

Weekly Information Bulletin – 9th Oct 2020

General Information/ Updates:

Department of Children, Equality, Disability, Integration and Youth (DCEDIY) Press Releases:

Minister O’Gorman launched the publication of ‘How’s Your Head – Young Voices during COVID-19’ earlier this week, a national consultation with young people on mental health and wellbeing during COVID-19.

A new report from the Department has found that the Covid-19 pandemic has had negative effects on young people’s health and wellbeing, especially amongst marginalised groups. The report, based on the findings of research undertaken by SpunOut.ie and the Department’s Youth Advisory Group, shows how young people struggled with being separated from their friends, and faced significant mental health impacts as a result of Covid-19 and the restrictions. [CLICK HERE](#) for the full Press Release. To download the report [CLICK HERE](#)

Minister O’ Gorman also released a Press Release yesterday, announcing a series of online webinars focusing on prevention and early intervention. The ‘Festival of Learning’ will spotlight leading global policymakers, practitioners and thinkers in prevention and early intervention. The ‘Festival of Learning’ is taking place as part of What Works, an initiative designed by the Department, with Dormant Accounts funding, to maximise the impact of prevention and early intervention to improve outcomes for children and young people living in Ireland [CLICK HERE](#) for the full Press Release.

Details of each seminar are available on the [What Works website](#) and all those interested should register [HERE](#).

Let’s get ready: Please find below this week’s resources from the Let’s get ready campaign which supports the campaign launch of the [Food Pyramid and Healthy Eating Guidelines for 1-4 year olds](#):

Portion Size: Following your child's appetite can help you decide how much food to offer them. The new kids pyramid also acts as a guide for suitable servings and portion sizes. [CLICK HERE](#) for info

Milk and Milk Products: The new kids pyramid recommends three servings of milk, yogurt or cheese every day, as milk and milk products are key foods in the diets of 1-4 yr old children. [CLICK HERE](#) for info

Vitamin D: Young children don't get enough Vitamin D naturally in winter, so it's important they get it in supplement form. 5 micrograms a day from Halloween to St Patrick's Day is best. [CLICK HERE](#) for info

Iron: Making sure your child gets enough iron is really important. Offer them 3 servings of red meat a week, and choose breakfast cereals with added iron. [CLICK HERE](#) for info

Treats: Foods that are high in fat, sugar and salt can cause obesity in childhood if eaten regularly. If giving treat foods to your kids, offer only tiny amounts, once a week at the most. [CLICK HERE](#) for info

For information and resources for preschool and parents, please see: www.gov.ie/letsgetready

For information on protecting your child from COVID-19, please see: www.gov.ie/adviceforparents

The Supporting Children Website: The Supporting Children webpage has helpful information on services and supports for children and families provided by the State and Community & Voluntary sectors. [CLICK HERE](#) to visit the gov.ie Supporting Children webpage.

Guidance for Youth Work Organisations - Informed by the Government’s Resilience & Recovery 2020-2021: Plan for Living with COVID-19: As we moved to Level 3 across the country from midnight Tuesday 6th October, please find the [guidance](#) developed by the National Youth Council of Ireland with the officials in the Department of Children, Equality, Disability, Integration and Youth (DCEDIY). These are not new rules but existing rules that now come in to effect at a different level for the whole country. As previously circulated, the [Guidance for Youth Work Organisations](#) is based on the Government’s new framework, *Resilience and Recovery 2020-2021: Plan for Living with Covid-19*.

The following, also previously circulated, is a link to the [official DCEDIY/NYCI Covid Induction for Youth Services](#) training, for your convenience.

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World Mental Health Day 10th October: World Mental Health Day will take place on October 10th and the theme this year is ***Mental Health for All – Greater Investment – Greater Access. Everyone, everywhere.*** Mental Health Ireland is currently planning a range of activities through the support of our Development Officers, Mental Health Associations and partners. Please check their website [HERE](#) for full details of events

Guidance for Drug and Alcohol Support Groups and Treatment Programmes: COVID-19: New guidance for drug and alcohol support groups and treatment programmes and other addiction treatment services has been published today in line with *Resilience and Recovery 2020-2021: Plan for Living with COVID-19*. This new guidance has been developed to ensure that these groups can operate safely, including at levels 3 and 4 of the government framework. The guidance is available [here](#).

HSE and Irish Hospice Foundation Bereavement Support Line 1800 80 70 77: COVID-19 restrictions have changed the traditional ways we mark our grief. This means many people are facing bereavement in isolation. Many people have experienced and will experience the death of someone they love during the COVID-19 pandemic. In the face of such loss, the [Irish Hospice Foundation Bereavement Support Line](#), in partnership with the HSE, has been launched to provide connection, comfort and support in these exceptional times. You can help by using these [resources and graphics in workplaces and communities](#) to raise awareness about IHF Bereavement Support Line, and by emailing your colleagues and networks with the details – Bereavement Support line 1800 80 70 77 10am to 1pm, Monday to Friday, and linking to www.hospicefoundation.ie

Public Health Information:

Public Health Measures: All counties in Ireland have moved to [Level 3 of the Plan for Living with COVID-19](#). You can [download a graphic of all of the levels here](#) of the *Resilience and Recovery 2020-2021: Plan for Living with COVID-19*.

For the **most up to date information** and advice on Coronavirus, please see:

- **Department of Health DOH:** Covid 19 information and campaigns [CLICK HERE](#). You can view the latest national public health measures [here](#).
- **Health Service Executive HSE:** Covid 19 information including symptoms, testing and how to manage Coronavirus at home [CLICK HERE](#)
- **Health Protection Surveillance Centre HPSC:** Covid 19 Information including advice for general public, return to work, resources and posters [CLICK HERE](#)

Online Survey for completion/circulation:

Youth Consultations on the EU Child Rights Strategy: The EU are developing a Child Rights Strategy which will be published in early 2021. The EU Commission would like to hear from children and young people so as to inform this strategy and to help the EU better understand the challenges children face and help prioritize and suggest solutions. For further details on this online survey please [CLICK HERE](#)

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Webinars/ Training/ Online Events:

'Young people, social media and mental health' training: SpunOut.ie are delivering free training on 15th October, aimed at those working with young people aged between 16 and 25 who would like to get a better understanding of the relationship between social media and mental health for young people. This interactive workshop will cover:

- Research on social media and mental health
- Impact of social media on mental health
- [SpunOut.ie](#) social media and mental health content
- How to encourage awareness of social media usage
- Activity ideas for youth groups
- Available supports/resources

For registration details please [CLICK HERE](#)

Future Talks 2020 Comhairle Event: Future Talks 2020 is a national Climate event facilitated by Dublin Comhairle na Nóg, which takes place this Saturday 10th October. Young People aged 11-17 are invited to attend and registration is free. For full details on registration [CLICK HERE](#)

Connected for Life Webinar: Connected for life will host an online webinar for parents entitled ***What is 'Attachment' and why does it Matter?*** The webinar will take place on 13th October. Please [CLICK HERE](#) for registration details.

National Parents Council Parenting and Supporting your Child webinars: The National Parents Council are hosting a series of free, interactive webinars for parents every Wednesday in October. The webinars with Dr Colman Noctor entitled 'Let's Talk' discuss parenting and supporting your child. For further details and to register please [CLICK HERE](#) or phone 01 8874034.

It All Works Out: A six part podcast series, entitled "It All Works Out" is currently running each Friday, hosted by Luke Casserly. The series reflects on the Leaving Cert 2020 and how it has been a Leaving Cert like no other. You can listen to **Part five** of the Podcast series, 'Leaving Cert Reform' by [CLICKING HERE](#). The sixth and final part of the series is available later today on [A Lust for Life](#) Facebook page.

Webwise Wednesdays: Webwise and RTE junior continue their internet awareness series every Wednesday. To view the latest episode and the series to date [CLICK HERE](#).

Many thanks to all for forwarding information and links,
please continue to forward your updates for sharing and continue to tag
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or you can
email the Coordinators at:
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