



Longford Westmeath CYPSC 2023 ANNUAL PROGRAMME OF WORK

LW CYPSC Vision / Mission
Our aim is to secure better developmental outcomes by bringing together local partners within a single framework, to provide strategic leadership, agree and implement a Children and Young People's Plan in a cohesive manner so as to enhance the delivery of services to children, young people and their families within Longford and Westmeath.

LW CYPSC Statement of intent
It is the intention of the LW CYPSC, to support Child, Youth and Family Services in Longford and Westmeath, whilst implementing the actions as outlined below in the LW CYPSC Annual Programme of Work 2023

National Outcome 1 Active and Healthy, physical & mental wellbeing

CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Healthy Ireland Funded Initiatives	To further develop Healthy Ireland Projects and oversee the identification and development of new projects	Roll out of HIF Projects, uptake on programmes and feedback collated as part of evaluation process	Oversee, develop, review and recommend Healthy Ireland Fund Initiatives	Active and Healthy Subgroup	LW CYPSC Member organisations
Family Wellness	Continuous evaluation of the LW CYPSC Family Wellness programme, and plan for further development of the LW CYPSC Family Wellness Programme	Increased knowledge and awareness amongst participants	Continued delivery and evaluation of Family Wellness Programme in Longford Westmeath	Active and Healthy Subgroup	LW CYPSC Member organisations
			Include increased number of services and greater reach of families		
			Develop Intergenerational project nurturing relationships between children, grandparents and older generation in general following a period of isolation Covid 19	Child and Youth Participation Subgroup	
'Our Voice Our Wellbeing' Youth Initiative	Empowering youth health champions/ ambassadors in Counties Longford and Westmeath	Upskilling and awareness raising amongst LW CYPSC Youth Forum Members	Further development of 'Our Voice Our Wellbeing' Youth initiative based on feedback gathered from Post Covid Survey 2022	LW CYPSC Child and Youth Participation (CYP) Subgroup and CYPSC Youth Forums	LW CYPSC Member Organisations
Trauma Informed Conference	To organise and host a Trauma Informed Conference	Number of services involved in planning of conference, numbers in attendance, feedback gathered following conference and increased trauma awareness/ responsiveness in service planning and delivery	LW CYPSC dedicated Trauma Informed Planning Conference multiagency group to plan and develop a Trauma Informed Conference for the Longford Westmeath area	Trauma Informed Working Group and Active and Healthy Subgroup	LW CYPSC Member Organisations
Mindfulness/ Self Awareness Programme for Children and Parents	To develop a remote mindfulness/ self awareness programme for children, with supporting resources for parents	Measure uptake and engagement with parents, children and CYPSC member organisations and feedback from participating children/ parents	Review the Mindfulness online programmes for children aged 3- 6 years & 7 - 12 years	Cara Phort Family Resource Centre	LW CYPSC Member organisations
			Programme to be circulated following review to LW CYPSC member organisations		

Promoting Physical Activity for Parents and children	To promote physical activity for parents, children and young people	Measure engagement with parents and children	Support the "Buggy Walks" initiative, with local agencies for parents and children in early years	Active and Healthy Subgroup	LW CYPSC Member Organisations
			Inclusion of Physical Activity in the 'Our Voice Our Wellbeing' Initiative with CYPSC Youth Forums	Child and Youth Participation Subgroup	
Supporting Parents in early years	Promoting self care and wellbeing for new parents and babies and development of campaign promoting 'Appropriate foods' for children in early years	No. of agencies/ parents engaging	Work collaboratively supporting new parents promoting selfcare and wellbeing	Early Years Learning and Active and Healthy Subgroup	LW CYPSC Member Organisations
			Development of 'Appropriate Foods for age' campaign in Longford Westmeath		
National Outcome 2 Achieving full potential in all areas of learning & development					
CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Supporting Play in early years	To support the roll out of the 'My Place to Play' Initiative	Number of families engaging in the MPTP initiative in Longford and Westmeath	Continued support of 'My Place to Play' initiative including possibility of roll out of MPTP to other families in LW	County Childcare Committees and Early Years Subgroup	LW CYPSC Member Organisations
Music and the Arts	To remove barriers and promote participation in music with an inclusive approach to teaching and learning music in the early years sector and support the Fleadh and make accessible for families and those with disabilities	Number of Child care Providers and children that participate. Engagement with the Early Years Practitioners and children Engagement of CYPSC Member organisations	Support the delivery of Music Generation Early Years Programme in Westmeath	Music Generation, Longford Westmeath ETB and Westmeath Childcare Committee	LW CYPSC Member organisations
			Support Special Needs and Baby/ family changing facility at Fleadh 2023 in Mullingar	Westmeath County Childcare Committee	LW CYPSC Member Organisations
Guide to Services for Young People with Disabilities	To sign post supports that are available in Longford and Westmeath for young people with disabilities	No. of contacts/ requests for the directory/ leaflet and no. of hits on website	Update the Disability Directory and development of an Information leaflet based on information contained in the Disability Directory of Services	County Childcare Committees and Early Years Learning Subgroup	LW CYPSC Member Organisations
Interagency Parent and Toddler Development Plan	Continued support of Parent and Toddler groups in Longford and Westmeath	Maintaining the Number of Parent and Toddler Services in Longford Westmeath	Continued support of P&T Groups through interagency approach including support of Edgetworthstwon P&T group and ÁIRC groups	Early Years Learning Subgroup	LW CYPSC Member Organisations
			Promote parent & toddler network throughout Longford Westmeath to parents & local agencies		
Enhancing Children's communication skills development within the preschool settings	To support early years services in using strategies and ideas to promote children's communication/ interaction skills	No. of Services/ families/ agencies that participate	Promotion of HSE Speech and Language resources	Early Years Learning Subgroup with HSE Speech and Language Services LW as Lead	LW CYPSC Member Organisations and local libraries
			Link with local libraries in LW regarding promotion of reading, language in early years		

National Outcome 3 Safe & protected from harm					
CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Implementation of Meitheal National Practice Model	To promote Meitheal and sustain the number of Meitheals across the two counties and number of Lead Practitioners	The number of meitheals requested and feedback gathered from participants i.e. children, young people and parents	LW CYPSC to advocate the benefits of Meitheal as a preventative tool and encourage all frontline partner agencies to participate as Lead Practitioners and support and encourage services in the area to chair Meitheals	PPFS Subgroup	LW CYPSC Member organisations
Anxiety in Children and Young People	To support young people around potential anxieties e.g. Covid Related, Climate Change	Engagement with LW CYPSC member organisations	To support CYPSC services in meeting the needs of children and young people experiencing anxiety	PPFS Subgroup	LW CYPSC member organisations
Homelessness in Longford/ Westmeath	To implement a multidisciplinary team approach so as to minimise where possible the impact of homelessness, hidden homelessness and support children and families at risk of losing their home or who are living in substandard accommodation in Longford and Westmeath.	Engagement of local area response with relevant services and up-take of families/ clients in services provided	<p>To further develop the LW CYPSC Homelessness Initiative led out by Tusla and Local Authorities alongside partner agencies</p> <p>Provision of an outreach counselling service to IPAS centres in Westmeath</p> <p>Explore possible development of initiative to support young men in the Longford IPAS Centre (where need is identified)</p>	PPFS subgroup	LW CYPSC Member Organisations
Domestic, Sexual, Gender Based Violence	Continued implementation of the Domestic Violence Policy and promotion of services available to victims in Longford and Westmeath Garda Districts	Number of agencies engaged in DSGBV LW CYPSC projects, and number of referrals to DSGBV services directly linked to CYPSC DSGBV projects	<p>Coordination and support of the LW Domestic Abuse Local area network including the development of the following actions listed below:</p> <p>DSGBV Multilingual Information Leaflets - Complete review of provision of leaflets within Longford garda district - Development of leaflets in Westmeath garda district</p> <p>Continued development and completion of the Longford Westmeath Domestic Abuse Resource Pack, and resources such as DV stickers/ QR code raising awareness of local supports</p> <p>Host a Purple Day Event in April 2023 to launch the Longford Westmeath Domestic Abuse resources</p>	PPFS Subgroup and LW Domestic Abuse Local Area Network	LW CYPSC Member Organisations

			Support the LWL Domestic Violence Interagency Model Initiative entitled "Responding to the risk of Domestic Violence Homicide in Rural Ireland". The development of this model will incorporate specific training and workshops which will enhance knowledge and a mutual understanding between all agencies working within the criminal justice system of Longford and other areas.	Longford Women's Link	LW CYPSC Member Organisations
Families, Children and Young People at Risk	To strengthen the links between LW CYPSC and the CFSN Networks and support CFSN agencies in their work	Strengthen referral pathways at local level and continued support for Non Violence Resistance Network	Continued support and strengthening of links between CYPSC and CFSN	PPFS Subgroup	LW CYPSC Member Organisations & LO CYPSC - NVR action
			Support Ukrainian refugees entering the country through Community Contact Centres and Community Response Forums		
			Continued Support and coordination of network for NVR Facilitators		
Parental Separation	To support young people affected by Parental Separation in Longford and Westmeath and their parents	Number of young people and number of services engaged in initiative	Explore possibility of establishment of youth project/ group to support young people of separated parents	PPFS Subgroup and Parenting Support Subgroup	LW CYPSC Member organisations
			Support for separated parents including awareness of Parenting when separated programme and possible inclusion as webinar topic		
Parental Participation	To actively involve parents/ grandparents/ guardians in the planning of and evaluation of services which are aimed at supporting them	Feedback from parents and service providers	Parental Consultations with parents/guardians in LW - e.g. Start from the Heart groups, Parent Groups	Parent Support Subgroup	LW CYPSC Member Organisations
			Mindfulness Facilitator Training - To review the training which took place in 2022 (Funded by Community Foundation) and decide whether this action is deemed complete	Parent Support Subgroup	LW CYPSC
			Exploring the possibility of developing/ redesigning the suite of multi - lingual Parenting leaflets developed by Cork CYPSC in collaboration with Barnardo's	Parent Support Subgroup	LW CYPSC

Parent Support and Parent Support Programmes	Parent Support and Parent Support Programmes	Collate a list of parenting programmes available in Longford Westmeath and circulate to CYPSC member organisations and Parents/ Carers	Gather and communicate information on parenting programmes available in Longford Westmeath	Parenting Support Subgroup	LW CYPSC Member Organisations
		Numbers attended Start from the Heart Parenting groups and feedback gathered	Support Start from the Heart Parenting groups in LW including		
			Support Start from the Heart Facilitators including facilitated network meetings		
			Explore the SPACE programme (Supportive Parenting for Anxious Childhood Emotions) and possible training of Facilitators		
			Support Unresolved Conflict - Impact on Children Initiative		
			Support HSE Healthy Communities Parenting initiative in Longford and Westmeath		
			Explore possible topics for Parenting Webinar Series as part of the Family Wellness Initiative		
			Supporting parents of LGBTI+ young people and transitions in life e.g. adolescence, school etc.		
Support 'My Child My Vision' Transition Programme in participating Schools	Tusla Education Support Service and LW ETB				

National Outcome 4 Economic security & opportunity

CYPSC Priority	Objective	Indicator over 3-year CYPSC period	Action(s)	Lead Agency	Partners
Economic security and opportunity for young people Subgroup	To develop outcome four related actions based on knowledge of local services on Outcome four subgroup and improve life skills and opportunities for young people and families in Longford and Westmeath	Number of agencies engaged and programmes developed	Engagement with Centre Parcs regarding possible Education/ Employment initiative for the area Strengthen knowledge and pathways between subgroup member organisations Develop outcome four related actions for subgroup based on knowledge of local services represented on the committee	Economic Security and Opportunity Subgroup	LW CYPSC Member Organisations

National Outcome 5 Connected, respected & contributing to their world					
CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Active Participation and Communication	Children and Young People are actively involved in the Planning of services which are aimed at supporting them	Children and young people contribute to the implementation of the LW CYPSC Plan through the LW CYPSC Youth Forums across the two counties	Follow up to Post Covid Consultation with CYPSC Youth Forums and development of Our Voice Our Wellbeing Project 2023	Child and Youth Participation Subgroup	LW CYPSC Member Organisations
			Develop Internet Awareness Campaign - CYPSC Youth Forums		
			Ongoing development of LW CYPSC Youth Forums		
			Development of Online First Aid information posts for Parents and for young people		
			Develop Intergenerational project - see action under Outcome One		
			Develop Internet training workshop - see Change management action - Social Media Upskilling below		
Change management					
CYPSC Priority	Objective	Indicator over 3-year CYPP period	Action(s)	Lead Agency	Partners
Inter - CYPSC Working	Working collaboratively with neighbouring CYPSC's	Projects that involve more than one CYPSC being achieved	LW CYPSC Coordinator to work collaboratively with neighbouring coordinators where required including working alongside Laois Offaly CYPSC on the following:	LW CYPSC and LO CYPSC	Other CYPSC where applicable
			Collation and circulation of the Midlands CYPSC Information Bulletin		
			Supporting the coordination of the Midlands NVR Network		
			Supporting work of the Midlands Trauma Informed Network		
Social Media Upskilling for CYPSC Organisation members	Opportunity for CYPSC members to enhance their skills and use of multiple social media platforms.	Increased skills and presence online of CYPSC member organisations including increased online engagement with families and young people	Working collaboratively with CYPSC members and the LW CYPSC Youth Forums to develop and deliver a Social Media Workshop for LW CYPSC Members	LW CYPSC and subgroup members	LW CYPSC/ Subgroup member organisations
CYPSC Children and Young People's Plan Consultations	To consult with Partner agency members, Parents, children and young people so as to inform the development of a new Children and Young People's Plan (CYPP)	Consultations completed and information collated for inclusion in CYPP	To develop and host consultations with key stakeholders so as to inform the development of the next Longford Westmeath Children and Young People's plan	LW CYPSC Member Organisations	