

### General Information/Updates:



**A Message from Santa Claus:** With Christmas fast approaching, Santa Claus has a special message to all children in Longford, Westmeath, Laois and Offaly and indeed all children across Ireland.

Santa is very much looking forward to visiting you all this Christmas, don't forget early to bed on Christmas Eve and be kind to everyone during this festive season. Santa would like to wish everyone a very Happy Christmas and New Year.

**Laois & Offaly Child & Youth Services website:** Laois Offaly CYPSC are delighted to announce that their new website [www.open-up.ie](http://www.open-up.ie) is now live. This is a signposting website to child, youth and family services in Laois and Offaly. [CLICK HERE](#) to view a short video to take you on a quick tour of the website and how it can be of use to you.

If you have any feedback or suggestions for content for the future, please contact [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie) This is a website that can be used to share information across all the services that support children, young people and their families.

When viewing the website please use any browser except Internet Explorer.

**Separated Children Seeking International Protection:** Providing support to separated children and unaccompanied minors is a long-established service within Tusla Child and Family Agency. This year there has been a significant increase in arrivals, which means the need for carers providing supported lodgings has never been greater.

By becoming part of Tusla's supported lodgings network, you, can make just as much of a difference in the life of a young person by opening your heart and your door to those fleeing violence and persecution.

If you would like to find out more contact Tusla by freephone 1800 226 771 or by email [tusla.fostering@tusla.ie](mailto:tusla.fostering@tusla.ie) or [CLICK HERE](#) for further details

### Online Survey/ Consultations for completion/circulation:



#### Ombudsman for Children – Young Person's Survey on Mental Health and

**Mental Health Services:** If you are aged 12-17 or have a child who is, the Ombudsman for Children's Office are seeking your help! The OCO is surveying children to find out about their mental health and mental health services in Ireland. They would like to hear from children about their own mental health and about mental health services. This will help inform policy-makers what children think about mental health services. The survey should take about five minutes to complete. To access the survey [CLICK HERE](#)

#### HSE Health & Wellbeing – Communications & Stakeholder Engagement Survey:

The HSE Health and Wellbeing, Stakeholder Engagement and Communications Team would appreciate if you would take 5 minutes to complete their [SURVEY](#). The survey will help shape the way the HSE share information with partner agencies, including how often and the type of promotional materials or event information you receive from HSE Health & Wellbeing. [CLICK HERE](#) for survey.

Please see links below to Privacy Policies.

<https://www.hse.ie/eng/gdpr/hse-data-protection-policy/>  
<https://www.coyneresearch.com/privacy-policy/>



## Webinars/ Training/ Events:

**Longford Westmeath CYPSC Family Wellness Initiative:** The LW CYPSC Family Wellness Initiative, funded by Healthy Ireland, commenced in early November with the roll out of a Parenting Webinar Series. Many thanks to our guest speakers and to all who attended. If you would like to receive the PowerPoint presentations along with our [additional information resources list](#) please email [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) If you attended the webinar series and would like to provide feedback to us please [CLICK HERE](#)

In addition to the webinar series, there are many in person workshops being rolled out across Longford and Westmeath by our partner agencies. Please keep an eye on our Social Media Platforms or contact your local participating Community Service –

**Lus na Greine, Granard & Longford** – 043 6660977 or email [admin@lngfrc.ie](mailto:admin@lngfrc.ie)  
**Bridgeways, Ballymahon** – 090 6432691 or email [emer.maguire@bridgewaysfrc.com](mailto:emer.maguire@bridgewaysfrc.com)  
**Cara Phort, Ballinacarrigy** – 044 937 3060 or email [info@caraphortfrc.ie](mailto:info@caraphortfrc.ie)  
**Athlone FRC, Athlone** – 085 251 2224 or email [administrator@afrc.ie](mailto:administrator@afrc.ie)  
**Women's Community Project, Mullingar** – 044 934 4301 or [coordinator@wcpmullingar.ie](mailto:coordinator@wcpmullingar.ie)

## Family Wellness Programme




Small changes, big differences.

**Fear-Less Triple P seminar:**  
Use positive parenting strategies to help your child (aged 6 to 14) manage and reduce anxious feelings

**Triple P - Positive Parenting Programme**  
Triple P is a parenting programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation.

**Triple P - Fear Less**  
Reducing Anxiety in Children

**Fear Less Webinar**  
DATE: Tues 13th Dec  
Time: 7.00pm - 9.00pm

**Fear-Less Triple P seminar:**  
Use positive parenting strategies to help your child (aged 6 to 14) manage and reduce anxious feelings

**Triple P & Fear Less Seminars & Webinar:** Triple P is one of the most effective evidence-based parenting programmes in the world, it aims to promote positive caring relationships between children teenagers and their parents and to support parents in managing common behaviour and development issues through enhancing parents' knowledge, skills and confidence. Triple P Fear Less programme focuses on anxiety. Being a parent to a child/teenager who is experiencing anxiety can be tough. Anxious children / teenagers can seek constant reassurance have outbursts of anger / frustration and can feel sick when worried.

There are a number of Triple P and Fear Less Seminars and a Fear Less webinar taking place in the midlands area over the coming weeks. See below for locations and registration details.

**Monday 5<sup>th</sup> Dec 10:15am – Fear-Less Seminar (Positive parenting strategies to help your child 6yrs – 14yrs manage and reduce anxious feelings) – Mullingar Primary Care Centre**

Contact Linda on 087 102 9890 or email [Lindam.mccann@tusla.ie](mailto:Lindam.mccann@tusla.ie)

**Thursday 8<sup>th</sup> Dec 10:30am - Fear-Less Seminar (Positive parenting strategies to help your child 6yrs – 14yrs manage and reduce anxious feelings) – Athlone Family Resource Centre**

Contact Linda on 087 102 9890 or email [Lindam.mccann@tusla.ie](mailto:Lindam.mccann@tusla.ie)

**Tuesday 13<sup>th</sup> December 11am – 12pm – Triple P seminar on Stress Free meal times – Ardnacassa Community House, Longford –**

Contact Lus na Greine FRC – 043 6660977 or email [admin@lngfrc.ie](mailto:admin@lngfrc.ie)

**Tuesday 13<sup>th</sup> December 7pm – 9pm – Fear Less Webinar - (Positive parenting strategies to help your child 6yrs – 14yrs manage and reduce anxious feelings)**

Contact Deirdre on 086 0274837 or email [deirdre.dowling@hse.ie](mailto:deirdre.dowling@hse.ie)



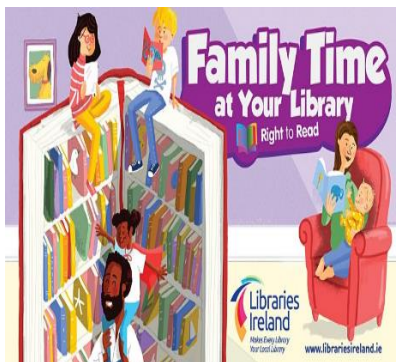


**Midlands Non-Violent Resistance (NVR) Programme 2023:** NVR is a non-judgemental programme that helps participants re-build their confidence as parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour. NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child. Participants on the programme learn skills to assertively and non-violently resist and de-escalate controlling and aggressive behaviours being displayed by a child in their care.

NVR will be rolled out across the Midlands counties in 2023, if you would like further information regarding the programme [CLICK HERE](#) or for details on the nearest programme to you please contact:

Linda, Child and Family Support Network Coordinator Longford Westmeath - [lindam.mccann@tusla.ie](mailto:lindam.mccann@tusla.ie)

or Martina, Child and Family Support Network Coordinator Laois Offaly - [martina.muller1@tusla.ie](mailto:martina.muller1@tusla.ie)



**Family Time at Your Library:** Family events and activities take place in all libraries during the month of December to support the involvement of the whole family in children's reading. Family Time at your Library activities are provided to engage family members in the enjoyment of reading and sharing stories.

The Family Time at your Library events aim to support a family-focused approach to reading with children as part of the national Right to Read programme and to increase awareness of the benefits of reading and promote reading as a fun, recreational activity for children. Visit your local library for details of family events and activities this December or check out the library websites - [Longford](#), [Westmeath](#), [Laois](#), [Offaly](#). You can also check out the [Libraries Ireland website](#) for further details.



**Whidden Workshop - Supporting Traveller and Roma Students in to Higher Education – How to Get to College Webinar:** The 'Whidden Workshop: It's Kushti to Rokker' will take place on Friday December 2<sup>nd</sup> from 2:00pm – 3:00pm with a *How to Get to College* webinar. Hosts, Breda Hogan and Megan Berry will be joined by a panel of Traveller and Roma students to chat about the different entry routes into college, the different supports available and they will be talking about their experience of accessing and progressing through college. To register for this event please [CLICK HERE](#)

The WWKR project is a collaboration between College Connect, the Munster Technological University, Dublin City University, Dundalk Institute of Technology, Maynooth University, Technological University of the Shannon Midlands Midwest, specifically aimed at supporting Traveller and Roma students wondering about the various routes to further and higher education.

For further information please see a list of Contact Details below:

**Dublin City University:** [antoINETTE.patton@dcu.ie](mailto:antoINETTE.patton@dcu.ie) or [margaret.lamont@dcu.ie](mailto:margaret.lamont@dcu.ie)

**Dundalk Institute of Technology:** [nora.sherry@dkit.ie](mailto:nora.sherry@dkit.ie)

**Maynooth University:** [megan.berry@mu.ie](mailto:megan.berry@mu.ie) or [declan.markey@mu.ie](mailto:declan.markey@mu.ie)

**Munster Technological University Cork:** [Breda.Hogan@mtu.ie](mailto:Breda.Hogan@mtu.ie)

**Technological University of the Shannon Midlands Campus:** [aileen.sheehan@lit.ie](mailto:aileen.sheehan@lit.ie)

**Technological University of the Shannon Midlands Campus:** [chennessy@ait.ie](mailto:chennessy@ait.ie)



**Building Support to break down Barriers Webinar:** To mark the 16 Days of Activism against Gender-Based Violence, Offaly Domestic Violence Support Service (ODVSS) Ethnic Minority Community Development wish to invite you to attend a seminar building supports to break down barriers. This seminar will take place on **Tuesday 6<sup>th</sup> December at 11am** and will discuss the obstacles and challenges faced by migrant and ethnic communities in accessing support particularly by those experiencing domestic violence and abuse, mental health, language, financial support and cultural integration.

To register for this event [CLICK HERE](#). For more information on this seminar contact Anna on 086 0418948 or email [ethnicminority@odvss.ie](mailto:ethnicminority@odvss.ie)

Webinar for Social Work and Social Care Professionals



**Domestic Abuse: Creating a Collaborative Model of Working with Families**

Join us  
30th November  
7th December  
10 - 11.30 am



**Aoibhneas**  
Domestic Abuse Support  
for Women and Children  
Safety, Recovery, Freedom.

**Domestic Abuse: Creating a Collaborative Model of Working with Families:** The 16 Days of Action Opposing Violence Against Women runs from the **25<sup>th</sup> of November to the 10<sup>th</sup> of December**, this year's theme is Awareness and Accountability in the fight against Gender Based Violence.

Aoibhneas recognises that collaboration is central to their ability to impact change. By creating collaborative models with statutory agencies, community organisations and other specialised services they are knitting networks that increase awareness and support and facilitate change therefore better enabling Women and Children's access to necessary supports and interventions in their journey from crisis to recovery and healing.

With this theme in mind, Aoibhneas would like to invite Social Workers and Social Care Practitioners to participate in their Webinar *Domestic Abuse: Creating a Collaborative Model of Working with Families*.

The webinar will take place on **7<sup>th</sup> December from 10 to 11.30 am**.

To register , please follow this [link](#) **Domestic Abuse : Creating a Collaborative Model of Working with Families Tickets, Multiple Dates | Eventbrite**

**This is the final LW/LO CYPSC Information Update for 2022, the CYPSC Coordinators, Gráinne and Niamh would like to wish all of our readers a very Happy Christmas and a bright New Year ahead for all.**



Many thanks to all for forwarding information and links,  
please continue to forward your updates for sharing and continue to tag  
LW CYPSC on [Facebook](#) and/or [Twitter](#), or LO CYPSC on [Facebook](#) and/or [Twitter](#)

or you can

email the coordinators at:

Longford Westmeath CYPSC: [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) or

Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)

[www.cypsc.ie](http://www.cypsc.ie)