

General Information/Updates:



Ireland's Response to the situation in Ukraine: A webpage on the whole-of-Government response to the situation in Ukraine is now available at www.gov.ie/ukraine (and is updated regularly) which includes information on supports and services available to people arriving from Ukraine. You can find information below on the supports and services available:

- [Реакція Ірландії на ситуацію в Україні](#)
- [Реакция Ирландии на ситуацию в Украине](#)

Community Response Forums have been established in every local authority area across the country to coordinate local responses to the Ukraine crisis. To contact your local Community Response Forum you can email:

Longford – Communityforum@longfordcoco.ie Westmeath – ukrcommunityforum@westmeathcoco.ie

Laois – responseforum@laosicoco.ie Offaly – communityforum@offalycoco.ie



National Play Day 2022: Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, recently announced that €93,000 has been approved to support National Play Day 2022. This funding has been distributed to all Local Authorities across the country.

This year National Play Day can take place on any day or a combination of days between 02 July and 09 July (inclusive) with a range of play events taking place in each county in Ireland throughout the first week of July.

The aim of National Play Day is to promote play opportunities for children and young people across the country, with this year's theme being 'All Play Together'.

Keep an eye on local Social Media platforms for upcoming events in your locality.



Longford Westmeath CYPSC #PromotingPlay Social Media Campaign: In support of National Play Week which runs from 2nd – 9th July Longford Westmeath CYPSC will be promoting play in the early years each day next week commencing on this Saturday 2nd July. Keep an eye on their Facebook and Twitter pages for daily #PromotingPlay posts and tweets.

LW CYPSC have also collated a 'Promoting Play' resource list from the many excellent resources available online. This resource is a useful tool for parents and professionals alike.

The Promoting Play resource list can be downloaded on the CYPSC website [HERE](#)



Summer Stars Libraries Ireland National Reading Programme: Summer Stars is the free national reading programme for children that takes place in all public libraries and online. The Summer Stars programme runs throughout the summer from 13th June until 31st August 2022.

All children throughout the country are invited to join the adventure and to enjoy the fun and pleasure of reading and writing over the summer. Summer Stars is non-competitive and every child who reads even one book/ eBook is regarded as having completed the programme – and it's all completely free!

For further information [CLICK HERE](#) or visit your local library (links below) for details of local Summer Stars events.

[Longford](#)

[Westmeath](#)

[Laois](#)

[Offaly](#)

[Libraries Ireland](#)



Longford Westmeath CYPSC Youth Forum's

Recruiting new members now!

In YOUR hands to create YOUR futures!

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Longford Westmeath

Contact your local forum for details:
Athlone 085 842 3738
Ballinacarrigy 044 937 3060
Ballymahon 085 255 1555
Granard 043 666 0977
Or drop in to your local FRC for details

Longford Westmeath CYPSC Youth Forums – Seeking New Members: Following a very successful Child and Youth Participation consultation process, during the development of the LW CYPSC Children and Young People's Plan 2020 – 2022, a proposal was put forward from the participating young people to establish CYPSC Youth Forums in Longford and Westmeath so as to provide an opportunity for the inclusion of Children and Young People in the planning, development and implementation of the LW CYPSC children and young people's plan. This includes input into the planning and development of CYPSC youth actions and projects in Longford and Westmeath. One such project which took place last year with the LW CYPSC Youth Forums was the #MindYour 'Our Voice Our Wellbeing' Healthy Ireland Initiative.

A summary video for the project can be viewed [HERE](#)

If you are aged 6 – 24 years and would like to join one of the LW CYPSC Youth Forums please contact your local forum or drop into your local Family Resource Centre for further details.

Longford: Ballymahon: 085 255 1555 Granard: 043 666 0977

Westmeath: Athlone: 085 842 3738 Ballinacarrigy: 044 937 3060



Protect your skin from the sun

HSE **nccp** **hi** **SunSmart**

SunSmart campaign & Children's Art competition: As part of the SunSmart campaign the HSE's National Cancer Control Programme, in collaboration with Healthy Ireland and cross-sectoral partners are working together to support people to protect their skin from the sun. The aim of the campaign is to increase awareness of the steps you and your family can take to protect your skin from the sun and reduce your risk of skin cancer in Ireland. A Children's art Competition is also being run as part of the campaign and is open to all primary school children, depending on their age category to either colour-in a SunSmart image or draw an image showing how to be SunSmart! Competition runs from 16th May until midnight 30th June 2022 For full details on how to enter [CLICK HERE](#)

For further information on how you can be SunSmart and protect your families skin from the sun [CLICK HERE](#)



LET'S GO EASY ON THE TREATS

START Public Health Campaign: START is a public health campaign which aims to support families to take small steps to eating healthier food and becoming more active. New research shows that families spent €160 on treat foods during April 2022.

The START campaign launches its latest drive to encourage parents to reduce treats with advice on ways to start swapping treats with fruit after school. For further details on the campaign and useful information and tips on how to "Go easy on the treats" [CLICK HERE](#)



First 5
Bags of stories and fun for every child starting school in 2022!
Pick up their **FREE** Little Libraries Book Bag at your local library

My Little Library Bag

First 5 My Little Library Initiative: More than 60,000 children will start school in September 2022 and each participating child is invited to collect a **FREE Book bag** of stories and fun from their local library.

This project is a collaboration between the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD), local authorities and the Local Government Management Agency (LGMA).

Information on supporting transitions to school is available for parents on the

[Let's Get Ready page on gov.ie](#)

You can also check out your local library webpages at the following links

[Longford](#), [Westmeath](#), [Laois](#), [Offaly](#)

Online Survey/ Consultations for completion/circulation:



Survey on the impacts of COVID-19: NUI Galway are currently inviting adults aged 18-29 years living in Ireland to take part in an international research study exploring perspectives on the impact of COVID-19. This study is being conducted by Dr Lindsay Sullivan, a Lecturer in the Discipline of Children's Studies at NUI Galway in collaboration with researchers at 79 other sites across the globe. To participate in this survey [CLICK HERE](#).

This anonymous survey assesses the impact, perceptions, and experiences of COVID-19 on young people, including on individual's overall wellbeing, identity, coping strategies, and behaviours. Deadline to complete the survey is 31st July

For additional information about please contact Dr. Lindsay Sullivan via email at LindsayMarie.Sullivan@nuigalway.ie

Webinars/ Training/ Events:



Portlaoise Combat Academy Multi Activity Camp: Laois Sports Partnership in collaboration with Laois Offaly CYPSC are hosting a 'Corrective Gymnastic Multi Activity Camp' for children aged 5 – 12 years.

Week One will take place from 11th – 15th July

Week Two will take place from 18th – 22nd July (10am – 1pm each day)

Activities include:

Fun and Games, Motor Fitness, Back defect correction, wilderness exploration, lower limb corrections, focusing on balance and much much more!

To book a place, contact Mirek on 086 886 8403



Start from the Heart Parenting Support Ballymahon: The next [Start from the Heart Parenting Programme](#), supported by Longford Westmeath CYPSC and the Healthy Ireland Fund will be delivered in Bridgeways Family Resource Centre, Ballymahon every Tuesday for 10 weeks commencing 13th September (10:15am – 12:15pm).

Start from the Heart introduces the latest research on neuroscience, brain development, attachment and the impact of childhood trauma. It explores how stress, relationships and early experiences affect us, as we journey through parenting.

To book, please contact:

Grace – 085 8668062 or Emer – 085 2551555 or via Bridgeways FRC social media pages.

HSE Suicide Prevention Training Schedule: July - October 2022: The HSE Suicide Prevention Training Schedule for the midlands area is now available. A number of trainings are available to assist with up-skilling staff and volunteers in the statutory, community and voluntary sector. The Schedule is outlined on the booking website, through which registrations to attend any of the training programmes can be made.

For the full list of programmes available [CLICK HERE](#)

Additional programmes will be added as scheduled over the coming weeks and months.





“What we know now – How we can shape the future” ODVSS Conference: Offaly Domestic Violence Support Services (ODVSS) are hosting a Conference marking 25 years of ODVSS providing support to victims of domestic abuse. The Conference brings together an array of experts to look back at what they have achieved and explore how to look forward into the next chapter in the hope of eliminating violence from personal relationships and continue to place the person responsible for the abuse firmly in the spotlight. This conference will be opened by Minister for Justice Helen McEntee and will have individual guest speakers along with two panel discussions. The conference will take place on 13th October from 10am – 4pm in the Tullamore Court Hotel and registration is now open. To book your tickets [CLICK HERE](#)

Laois Offaly Parents First New Parents with new Babies get-together:

Parents First 'Laois, Offaly' CLG host a get-together for new first-time parents in Tullamore Library every Tuesday morning from 11am to 12:30pm.

If you and your baby would like to come along, or you would like additional information please contact Dolores on 086 1959221 or email dolores@parentsfirst.ie or visit the [Parents First website](#)

Mullingar Parent and Toddler Group: Westmeath Community Mothers in conjunction with Women's Community Projects are hosting a new Parent and Toddler group for the Mullingar area.

The group meet every Thursday in the Parish Community Centre, Mullingar from 10am to 11:30am.

For further details please contact Carol – 087 931 0848 or Claire – 087 688 0441 or contact Women's Community Projects Mullingar on 044 93 34827

Slaintecare Healthy Communities Triple P Programme: Triple P is a Positive Parenting Programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation. Triple P is run in a small group setting and parents can attend one or multiple sessions.

For information regarding the delivery of upcoming Triple P Parenting programmes in Longford contact admin@lngfrc.ie and in the Athlone area please contact triplepathlone@barnardos.ie

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 or

Laois Offaly CYPSC: niamh.dowler@tusla.ie

www.cypsc.ie

