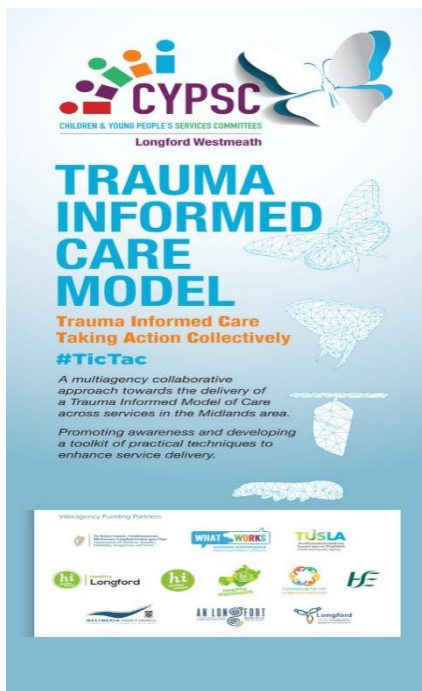


## General Information/Updates:



**Longford Westmeath Trauma Informed Care Conference:** The impact of trauma on service users and those delivering services was the focus of a multi-agency conference which also provided attendees with practical techniques to use in their work as well as for self-care. Organised by Longford Westmeath Children & Young People's Services Committee (LW CYPSC) in collaboration with multiple partners, the Longford Westmeath Trauma-Informed Care Conference took place on 1<sup>st</sup> and 2<sup>nd</sup> May in Mullingar, Co. Westmeath, with 280 delegates turning up to gain valuable insights into the challenges of trauma, as well as to enhance service delivery, and improve outcomes for children and families.

The gathering also provided a space to promote the therapeutic work already being carried out at a local level by service providers in the midlands area. Building on the work in recent years of Laois Offaly CYPSC this conference is one step on a journey towards the delivery of a trauma-informed model of care, across child, youth, and family services in the area and beyond. LW CYPSC invite those who attended the conference to complete an Evaluation Survey which can be found [HERE](#). Feedback gathered will assist the CYPSC in future planning of further training/ workshops or events. Many thanks to those who attended and to those who have completed the survey to date.

**Please note the deadline for submission of feedback via our survey is COB Wed 22<sup>nd</sup> May.**



**Get SunSmart! Children's Art Competition:** The Get SunSmart! Children's Art Competition is back for its third year! The HSE's National Cancer Control Programme (NCCP) in collaboration with Healthy Ireland are calling on all pre-school and primary school children, depending on their age category to either colour-in our SunSmart images below or draw their own picture showing how to be SunSmart!

The SunSmart 5 S's provide simple information on how to protect your skin and stay safe in the sun. **The SunSmart 5S's are:**

- Slip on clothing that covers your skin such as long sleeves or collared t-shirts.
- Slop on sunscreen on exposed areas, using factor 50+ for children.
- Slap on a wide-brimmed hat. Protect your face, ears and neck.
- Seek shade especially if outdoors between 11am and 3pm.
- Slide on sunglasses to protect your eyes.

For information, tips and competition details [CLICK HERE](#)



**Hello, How are you Campaign?** Hello, How Are You? is a campaign led out by Mental Health Ireland, about connection and engaging in open conversations about mental health. The campaign asks individuals, communities, workplaces, friends & family to say Hello and ask the question 'How Are You?' in a meaningful way. Asking this small question and having one conversation can make a real difference in someone's life. Creating, maintaining and staying connected with others helps tackle loneliness, creates a sense of belonging and purpose and builds relationships.

You don't need to be an expert to have a meaningful conversation. By using the [HELLO Steps](#) you can feel supported in asking the question. Let's make saying Hello and asking How Are You? an everyday question that keeps us connected.

[Click Here](#) to learn more about the campaign or [CLICK HERE](#) to find out what local events are taking place in your area.

## Supporting Parents

A new local and national information resource for all stages of parenthood

see [gov.ie/supportingparents](http://gov.ie/supportingparents) for more



**Supporting Parents Initiative – Resources:** Parenting is both rewarding and challenging, and whatever age your child is and no matter how experienced you are, all parents benefit from a little support and advice from time to time.

Supporting Parents is a national model for parenting support services, which takes a whole-of-government approach to improving supports for parenting. It follows a commitment to improve existing parenting supports provided across a range of government departments and State agencies, through the development of a national model. **The vision of Supporting Parents is for all parents to be confident and capable in their parenting role, helping to achieve the best outcomes for children and families.**

The Supporting Parents initiative is bringing together trusted, high quality resources all available in one place, to help you navigate your parenting journey.

[CLICK HERE](#) to access this wide range of supports and resources.

## Consultations/ Surveys:

### Public Consultation on the Green Paper on Disability Reform:

The deadline for the public consultation on the Green Paper on Disability Reform is being extended to 31st July 2024 in response to requests from individuals, Disabled Person's Organisations and disability groups to have further time to make their submissions.

The Green Paper, published in September 2023, is a discussion/consultation document on how best to support people with disabilities into the future.

For more information visit [Gov.ie/DisabilityPaymentsReform](http://Gov.ie/DisabilityPaymentsReform).

## Webinars/ Training/ Events:

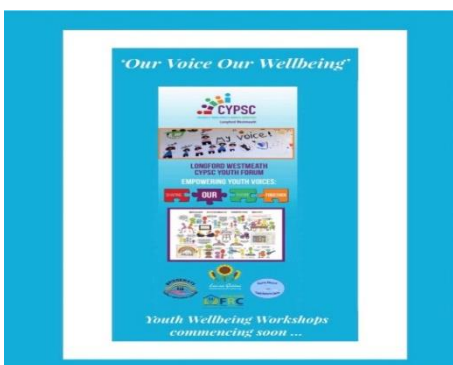


**National Weaning Week 2024:** Longford Westmeath CYPSC in collaboration with Slaintecare Healthy Communities, are delighted to launch their collated [Weaning Resource](#) list this month, which contains a list of websites, videos, workshop information and lots more for parents entering the weaning phase, all in one place!

In addition to the resource document, weaning workshops will also take place in Athlone and Longford town, rolled out by the Slaintecare Healthy Communities, Community Food and Nutrition workers.

Also, LW CYPSC will be launching a social media campaign showcasing top tips and information to support families with the weaning process over the course of national weaning week, check out the LW CYPSC [Facebook](#), [Instagram](#) and [X](#) social media accounts for details.

**'Our Voice Our Wellbeing' – Youth Health Initiative:** The LW CYPSC youth forums are currently planning workshops for the return of the excellent '[Our Voice Our Wellbeing](#)' initiative, which will take place again this year over the coming months. Workshops will take place in Athlone, Ballinacarrigy, Granard and Ballymahon and places on the programme are open to children and young people in Counties Longford and Westmeath to join with their local CYPSC Youth Forum's in promoting health and wellbeing for all. \_Keep an eye on LW CYPSC Social Media Platforms for further details or contact [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) who will put you in touch with your nearest participating host organisation.







**Family Wellness Programme**

+ Holistic Nutrition For Mind and Body + Diet & Fitness + Mindfulness + Parenting Infant Health Budgeting Meal Planning + Lots More +

Enhancing wellbeing for all the family

Commencing soon - keep an eye on LW CYPSC Social Media platforms for details

An Roinn Léanaí, Comhionannais, Míchannais, Langhairíochta agus Oige  
Department of Children, Equality, Disability, Integration and Youth

An Roinn Sláinte  
Department of Health

**CYPSC**  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES  
Longford Westmeath

**hi**  
Healthy Ireland

**Longford Westmeath Family Wellness Programme:** The [LW CYPSC Family Wellness Programme](#), funded by Healthy Ireland takes place this Summer at multiple venues in Longford and Westmeath. The aim of the programme is to support families to reduce/eliminate toxic stress and anxiety harmful to family wellbeing and promote long lasting and effective change. This is achieved through several interactive workshops with the following objectives:

- To empower individuals with knowledge about nutrition, physical activity, mental health, and preventative healthcare measures.
- To facilitate Behavioural Change across the programme: Implementing strategies to encourage the adoption of healthy habits within the family unit. This will include setting achievable goals, providing tools for tracking progress, and fostering a supportive peer environment where family members will motivate each other and commit to make positive lifestyle changes.
- To Build Age-Appropriate Sustainable Wellness Routines. This objective focuses on providing health and wellness activities as a start to the family integrating healthy practices seamlessly into everyday activities, such as meal planning, exercise routines, stress management techniques, seated exercises, and regular health check-ups, youth mental health workshops, sexual health, reducing social media stress and to promote sustained well-being across the lifespan.

Workshops will take place in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon. Keep an eye on LW CYPSC Social Media Platforms for further details or contact [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) who will put you in touch with your nearest participating host organisation.



**Well Westmeath Expo**

BE ACTIVE  
CONNECT  
GIVE  
TAKE NOTICE  
KEEP LEARNING

**Saturday 18th May**  
11am to 4pm

**Belvedere House Gardens & Park, Mullingar N91 EF80**

Health, Wellbeing and Activities, Information Village, Music, Dance, Guided Tours, Nature Walk, Fun Exercises & 'Have A Go' at Physical Activities

This is a Free Event

Westmeath Healthy Communities - 044 9338918 email: [healthycommunities@westmeathcoco.ie](mailto:healthycommunities@westmeathcoco.ie)  
Healthy Westmeath - 044 9332075 email: [healthywestmeath@westmeathcoco.ie](mailto:healthywestmeath@westmeathcoco.ie)

Sláinte Healthy Communities Westmeath | WESTMEATH SPORTS PARTNERSHIP | Belvedere | hi Healthy Ireland | Sláinte na hÉireann Government of Ireland

**Well Westmeath Expo – FREE Health, Wellbeing & Activities Event:** Get ready to celebrate all that is healthy and positive about life in County Westmeath as part of this **FREE event** organized by Healthy Communities & Healthy Westmeath. The picturesque Belvedere House Gardens & Park, Mullingar will host the event on Saturday May 18th, 2024, from 11am to 4pm, and entry is FREE to both the event and Belvedere Gardens & Park on the day.

County Westmeath provides many wonderful opportunities for people to get healthy, stay active and inspire connections and Well Westmeath Expo will showcase a variety of events and health-related activities including a special Information Village; Music; Dance; Guided Tour; Nature Walk; Fun Exercises & Have a Go at Physical Activities.

Information on health, fitness and mental health will all be available, and we are also proud to be showcasing music and dance performances from local artists and groups on the day.

For more information email [healthycommunities@westmeathcoco.ie](mailto:healthycommunities@westmeathcoco.ie) or [healthywestmeath@westmeathcoco.ie](mailto:healthywestmeath@westmeathcoco.ie) Follow Healthy Westmeath on Instagram or log on to [www.westmeathcoco.ie](http://www.westmeathcoco.ie)

**Foróige LEAP Project, Longford Coffee morning:** The Leap Project is hosting a Coffee Morning in the Leap Project offices, Longford town on the 17th May from 10.30am to 1pm. It will be a fantastic opportunity to meet some of the new members of the Leap staff team.

Please RSVP to [eimear.kelly@foroige.ie](mailto:eimear.kelly@foroige.ie) as capacity is limited.



**Leap Project invites you to our Coffee morning**

MAY 17th @ 10.30am - 1pm in the Leap office

**Leap Project**



**Foróige**  
Foróige cordially invites you to:  
**Midlands Citizenship Showcase 2024**

When: 24th May 2024  
Time & Place: 19:00-21:00  
The Gateway St Mary's Hall

*Come and celebrate young people as creators of change!*

Awareness, Action & Evaluation

**Foróige Midlands Citizenship Showcase 2024:** Foróige has a strong history of connecting young people with their wider communities and creating impact in their societies through Citizenship projects nationally. Over the last number of months the young people across the Midlands area have been working tirelessly on a number of Citizenship community based events and projects across the counties of Longford, Roscommon, Westmeath and Offaly. The Citizenship projects included a bake sale to raise money for local charities, making friendship bracelets for the Ukraine Children, fundraising for local charities and many more exciting projects. With this in mind, the young people would like to cordially invite you to the **Midlands Citizenship Showcase Event that is taking place in the Gateway Youth Project, St Mary's hall, Athlone on the 24th May from 7pm-9pm.** This is a very exciting opportunity for all the young people to showcase their fabulous work.

**Please RSVP by Friday 17th May by replying to [rosemary.finnerty@foroige.ie](mailto:rosemary.finnerty@foroige.ie)**



**Hello HOW ARE YOU?**  
Mental Health Ireland

Coffee Morning  
Friday, May 17  
McEoin and Ardnacassa Community Houses

hi Healthy Longford

**Hello, How are you Get Togethers, Longford events:** There are two upcoming Hello How Are You events supporting the Mental Health Ireland campaign, taking place this Friday, 17 May in Longford town.

Come, sip some coffee and spread some kindness at the 'Hello How Are You' Mental Health Get-Together on **Friday, 17 May!** These events are hosted by Longford County Council, Healthy Longford, and will take place at the locations listed below:

- McEoin Community House @ 10am
- Ardnacassa Community House @ 12:30pm



**SUICIDE BEREAVEMENT SUPPORT AWARENESS EVENING**

Connecting for Life  
Midlands, Louth and Meath

HUGG HE pieta

HAVE YOU BEEN BEREAVED BY SUICIDE?  
ARE YOU SUPPORTING SOMEONE BEREAVED BY SUICIDE?  
COME ALONG TO GET ADVICE AND SUPPORT:

**Suicide Bereavement Support Awareness Evening:** HSE - Resource office for Suicide Prevention, HUGG - the national charity for suicide bereavement and Pieta - Suicide Bereavement Liaison Service are hosting a Suicide Bereavement Support Awareness Evening, on Thursday 13<sup>th</sup> June, 7pm in the Mullingar Park Hotel, Mullingar, Co. Westmeath, N91A4EP

This event will be beneficial to adults bereaved by suicide, regardless of the length of time since the death occurred, the relationship the person had to the person who died by suicide, or the circumstances of the death. Also, if you are supporting someone bereaved by suicide, you are encouraged to attend. There is **no need to register** for this event, all are welcome. Please contact [patrick.jones1@hse.ie](mailto:patrick.jones1@hse.ie) if you have any queries



## Suicide Alertness for Everyone



### safeTALK Workshops Longford Westmeath:

There are limited places still available for the safeTALK (suicide alertness programme) workshops in Longford and Westmeath. To register please click on the dates below:

[May 22<sup>nd</sup> 09:30 – 13:00](#) Employment Development and Information Centre (EDI), 11A2, Mastertech Business Park, Athlone Road, Longford, N39Y0F4

[May 23<sup>rd</sup> 09:30 – 13:00](#) Cara Phort Family Resource Centre Harbour Street, Ballynacargy, Co. Westmeath, N91RD21

[May 24<sup>th</sup> 09:30 – 13:00](#) Athlone Health Centre, Coosan Road, Athlone, Co. Westmeath, N37W275

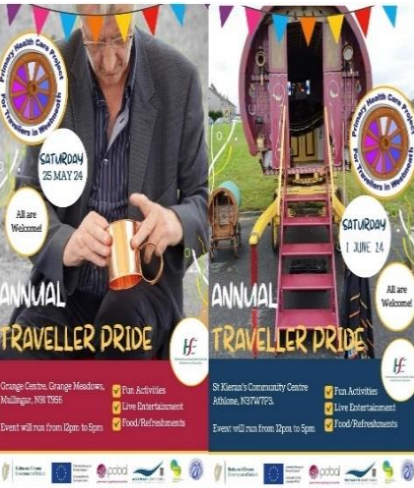




**MIDLANDS SCIENCE**  
**My Life Online**  
If you are interested in science and digital skills, this is the course for you. This course is free but places are limited.  
Digital skills, filming, understanding and communicating science in new ways, visual learning and more.  
Portlaoise Family Resource Centre, Herpurg Lane, Portlaoise, Co. Laois.  
10am to 4pm July 1st to July 25th  
Register by June 7th by contacting [manager@portlaoisefrc.ie](mailto:manager@portlaoisefrc.ie) or call 057 8686 151  
Suitable for age 15+  
Lunch and all resources provided.

**Midlands Science Summer IT bootcamp:** Midlands Science is delighted to offer a unique summer IT science bootcamp in digital skills and STEM for young people aged 15+Yr old in Portlaoise this year, hosted by Portlaoise Family Resource Centre in the Treo Nua Centre.

The summer bootcamp is free and includes lunch, places are limited, to book your place please contact [manager@portlaoisefrc.ie](mailto:manager@portlaoisefrc.ie)



**ANNUAL TRAVELLER PRIDE**  
SATURDAY 25 MAY 24  
SATURDAY 1 JUNE 24  
All are Welcome!  
Grange Centre, Grange Meadows, Mullingar, N19 1P55  
St Kieran's Community Centre, Athlone, N27W7P3  
Event will run from 12pm to 5pm  
Event will run from 12pm to 5pm  
Fun Activities, Live Entertainment, Food/Refreshments

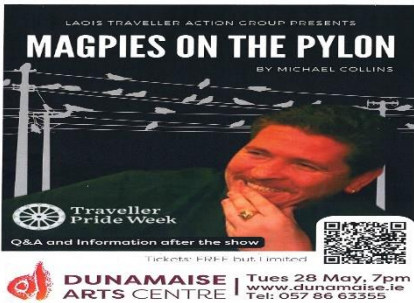
**Traveller Pride Events Westmeath:** Westmeath Traveller Project are hosting two events in Mullingar and Athlone for the Annual Traveller Pride Celebrations.

Mullingar: 25th May in Grange Centre

Athlone: 1st June in St Kieran's Community Centre

These events will run from 12pm to 5pm in both locations.

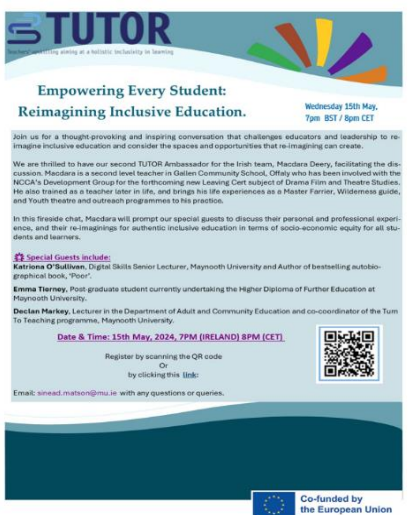
It will be a celebration of Traveller Culture, there will be lots of fun activities for all including a Talent show that will showcase the many talents of Traveller Children, a Traveller Man singing and playing Traditional Traveller songs, a Raffle along with food and refreshments. Come along to one of our events and join in on the fun!



LAOIS TRAVELLER ACTION GROUP PRESENTS  
**MAGPIES ON THE PYLON**  
BY MICHAEL COLLINS  
Traveller Pride Week  
Q&A and Information after the show  
Tickets: FREE BUT LIMITED  
DUNAMAISE ARTS CENTRE | Tues 28 May, 7pm  
[www.dunamaise.ie](http://www.dunamaise.ie)  
Tel: 057 86 63555

**Traveller Pride Event Laois:** You are warmly invited to join Laois Traveller Action Group to celebrate Traveller Pride week 2024. They are hosting an evening in The Dunamaise Theatre presenting the amazing show 'Magpies on the Pylon' by Michael Collins, talented Playwright and Actor.

Please [CLICK HERE](#) to book your FREE tickets to this outstanding play on the 28<sup>th</sup> May 2024, Doors open at 6pm for light refreshments and the show will begin 7pm sharp. There will also be an information stall and a chance to connect on the night.



**TUTOR**  
Empowering Every Student:  
Reimagining Inclusive Education.  
Wednesday 15th May,  
7pm BST / 8pm CET  
Join us for a thought-provoking and inspiring conversation that challenges educators and leadership to re-imagine inclusive education and consider the spaces and opportunities that re-imagining can create.  
We are thrilled to have our second TUTOR Ambassador for the Irish team, Maedara Deery, facilitating the discussion. Maedara is a second level teacher in Gallen Community School, Offaly who has been involved with the NCCA's Development Group for the forthcoming new Leaving Cert subject of Drama Film and Theatre Studies. He also trained as a teacher later in life, and brings his life experiences as a Master Farmer, Wilderness guide, and Youth Theatre and outreach programmes to his practice.  
In this fireside chat, Maedara will prompt our special guests to discuss their personal and professional experiences, and their re-imaginings for authentic inclusive education in terms of socio-economic equity for all students and learners.  
Special Guests Include:  
Katriona O'Sullivan, Digital Skills Senior Lecturer, Maynooth University and Author of bestselling autobiographical book, 'Poor'.  
Emma Tierney, Postgraduate student currently undertaking the Higher Diploma of Further Education at Maynooth University.  
Declan Markey, Lecturer in the Department of Adult and Community Education and co-coordinator of the Turn to Teaching programme, Maynooth University.  
Date & Time: 15th May, 2024, 7PM (IRELAND) 8PM (CET)  
Register by scanning the QR code  
Or  
by clicking this link:  
Email: [sinead.mattson@mu.ie](mailto:sinead.mattson@mu.ie) with any questions or queries.  
Co-funded by the European Union

**Empowering Every Student Webinar Featuring Katriona O'Sullivan:** Maynooth University are hosting a guest webinar on Wednesday 15<sup>th</sup> May 7-8pm, the theme of which is 'Empowering Every Student: Reimagining Inclusive Education'.

Featuring: Maynooth University Senior Lecturer and author of best-selling autobiography 'Poor', **Katriona O' Sullivan;**

**Declan Markey,** Turn to Teaching Maynooth University;

**Emma Tierney,** Postgraduate student, Higher Diploma in Further Education, Maynooth University;

Facilitated by TUTOR ambassador **Maedara Deery**, second level teacher, Gallen Community School, Offaly, [CLICK HERE](#) to register.

**SAVE THE DATE**

*“Interagency Training Saves Lives”*

**Impact Symposium**  
on  
**Domestic Abuse & Coercive Control Training**

**13 06 24**  
DAY MONTH YEAR

Time: 8.45 am - 1:00 pm

Millennium Theatre, Moylish Campus, Limerick




**Impact Symposium on Domestic Abuse and Coercive Control CPD Training:**  
Mark your calendar for June 13 and join us for TUS/Haven Horizons Domestic Abuse and Coercive Control Impact Symposium - *“Interagency Training Saves Lives”*.

We will be discussing the impact of the accredited domestic abuse / coercive control training on practitioners, agencies, and alumni of the course. We will explore how to close the gaps in risk assessment and risk management practices, build a coordinated interagency response, and reduce domestic abuse related homicides.

This event is free, but registration is required on Eventbrite.

[Register for the Impact Symposium on Eventbrite](#)



**Professionals Workshop**  
**THE INTERSECTION OF DOMESTIC VIOLENCE & SEPARATION**

Your role as a front line practitioner in supporting families post-separation with the lived experience of domestic violence.

**Facilitated By:**  
Eavan Ward  
Women's Aid

**Wednesday**  
May 15th @ 13:00

**REGISTER NOW**



## The Intersection of Domestic Violence and Separation Professionals Workshop:

The Separation Network is hosting a series of workshops for frontline practitioners who work with separated families.

This workshop, which will take place on Wednesday 15<sup>th</sup> May at 1pm, facilitated by Eavan Ward from Women's Aid is focused on the intersection of domestic violence and separation.

Learn more about the workshop and how to register [HERE](#)



**Parents Lunch & Learn**  
Zoom Workshop Series

**Parenting When Separated: BeLonG To Youth Ireland on LGBTQ+ Conversations**

May 22nd @ 12.30pm on Zoom

**In this session you will learn . . .**

- Belong To, services and family support.
- Understanding terminology.
- Personal experiences from a parent and young person.
- Supporting a young person coming out.
- Services for parents and young people.

**Register on Eventbrite!**



## Parents Lunch & Learn Zoom Workshop Series with One Family:

In this webinar, Belong To LGBTQ+ Youth Ireland will facilitate a workshop entitled “Parenting When Separated: LGBTQ+ Conversations”.

The workshop will take place on Wednesday May 22nd at 12:30pm

For Further information and registration details please [CLICK HERE](#)

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 [X](#), or LO CYPSC on [Facebook](#) and/or [X](#) 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)