

General Information/Updates:

Children First Sectoral Implementation Plan and Child Safeguarding Statement:

A revised Sectoral Implementation Plan has been prepared in accordance with section 27 of the Children First Act, 2015. This plan sets out the programme of measures in place to ensure compliance with the Act and with best practice as set out in Children First: National Guidance for the Protection and Welfare of Children.

A Children First Sectoral Implementation Plan is a plan required to be prepared and published by government departments, setting out the measures they are taking, or will take, to ensure compliance by their department and funded services, with the Children First legislation and guidance. For further details [CLICK HERE](#)

Migration and Ireland: Every year, people move to Ireland to live, work and study, and others leave Ireland to live in other countries. Some people migrating to Ireland are Irish people returning home, some are from the EU and UK, and some are from outside of the EU.

Migration is normal and increasing globally. Ireland is benefitting from migration, because of our ageing population and our need for skilled workers.

For more facts about migration, integrating our communities, and our immigration system please [CLICK HERE](#)

LW CYPSC Parenting Supports/ Events Calendar: The November [Parenting Support/ Events calendar for Longford and Westmeath for November 2024](#) is available now online.

Huge thank you to Edel Kelly for her assistance in developing this calendar of events, containing extensive information regarding parenting supports and events across Longford and Westmeath during the month of November.

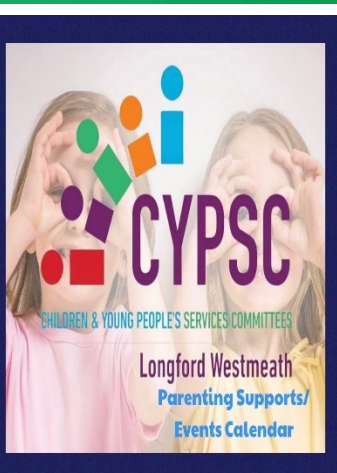
If you have a parenting support/ programme/ event taking place in **November, December or January 2025** please forward details of same to edelkellycypsc@gmail.com for inclusion in our parenting support event calendars. If there are further events happening in Longford Westmeath **during the month of November**, please **continue to submit to Edel** and she will update the Padlet on receipt of same. Please note Edel works two days per week and Edel's contracted period with LW CYPSC will end on 28th November so please **submit your information as early as possible to ensure inclusion ahead of your event date.**

Laois & Offaly Child & Youth Services website: Laois Offaly [Open Up website](#) 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.

This website is used to share information across all the services that support children, young people and their families across Laois and Offaly.

TESS School Attendance Campaign: School is an important part of childhood; where children learn, make friends and have fun. A good education combined with loving care and encouragement will give your child a great start in life. For helpful tips on how parents and guardians can support their children to get the most from school [CLICK HERE](#)

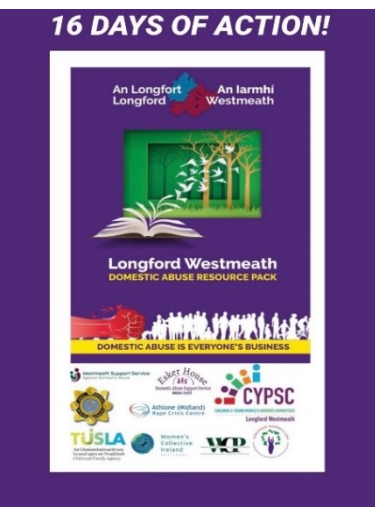
For further information and access to the recent TESS article in the Children's Health & Wellbeing Supplement in the Irish Independent [CLICK HERE](#). For further details regarding the TESS Educational Welfare service email tessinfo@tusla.ie or [CLICK HERE](#)





Bereaved Children's Awareness Week 2024: Every November, the Irish Childhood Bereavement Network (ICBN) organises a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. Bereaved Children's Awareness Week (BCAW) is to help raise awareness of the fact that children express grief differently; they feel the impact but may not have words to express it so it often shows in their behaviour. This year the awareness week, sponsored by the Irish Hospice Foundation and Tusla, will run from **18th -22nd November**.

To view a short video on Childhood Bereavement [CLICK HERE](#) For full details, information on how you can promote the awareness week, resources and a list of events [CLICK HERE](#) or if you would like more information or are interested in supporting the campaign icbn@hospicefoundation.ie



16 Days of Action Domestic Abuse Campaign: The 16 Days of Action Campaign is an important opportunity to raise awareness and call for change at an international, national and local level to end violence and domestic abuse. The campaign runs each year from 25th November (UN Day for the Elimination of Violence against Women) to 10th December (International Human Rights Day). These 16 days provide a dedicated period for advocacy and action.

Earlier this year the [Longford Westmeath Domestic Abuse Resource Pack](#) was launched and is available to download. This resource, offers advice, information, intervention, support and advocacy for women, men, children, perpetrators and victims of Domestic Abuse. The goal of this resource document is to create awareness of domestic abuse, support professional and front-line practitioners to identify domestic abuse and respond by highlighting a clear pathway when the need for support is required. This resource is a toolkit for professionals in Longford and Westmeath who support people experiencing any form of domestic abuse.



Stand Up Awareness Week: Stand Up Awareness Week will take place from November 4th – 8th 2024. [Belong To's](#) Stand Up Awareness Week is a time for post-primary schools, youth services and Youthreach centres in Ireland to join us and take a stand against homophobic, biphobic and transphobic bullying. is named as an action in the DCEDIY's [Cineáltas: Action Plan on Bullying 2023-2027](#)

This week is an opportunity to take steps to make spaces safe and supportive for LGBTQ+ young people. It is heartbreaking that one in five young LGBTQ+ people face bullying and that 76% of LGBTQ+ students feel unsafe at school. Together we can create spaces where LGBTQ+ young people feel safe, equal and valued. For more information including resources and posters [CLICK HERE](#)



Prepare Me AsI Am Webpage launch: AsI Am are delighted to launch their new Prepare Me AsI Am webpage which provides the most up to date preparatory educational programs and visual guides. AsI Am believe that all Autistic community members and their families can feel prepared for life through the access to educational information presented in the new Prepare Me AsI Am Education Platform.

All of us take the opportunity in everyday life to educate ourselves and prepare for all the things we do and all the places we go. Prepare Me AsI Am Education Platform supports Autistic community members and their families to feel educated and empowered to understand and prepare for daily life. For further information, please [CLICK HERE](#)



Safeireland Creating safety for women and children – New Learning Hub: Safe Ireland are delighted to introduce their new Safe Ireland Learning Hub, a comprehensive eLearning platform designed to equip individuals and organisations with the knowledge and tools needed to recognise and respond to domestic, sex, gender and sexuality based violence (DSGSBV). Safe Ireland has a clear ambition: to end domestic violence and make Ireland the safest country in the world for women and children.

To access the new hub please [CLICK HERE](#)

Online Survey/ Consultations for completion/circulation:



Swim Ireland - Women in Sport Community Survey: With the recent launch of Sport Ireland - Her Moves Campaign, Swim Ireland is seeking feedback from women and girls to help them shape their 2025 Women in Activity Calendar, continuing their mission to create an island of swimmers.

If you would like to participate in their survey, please [CLICK HERE](#)

Webinars/ Training/ Events:



LW CYPSC Parenting Webinar Series Nov 2024: Hosted by Lus na Greine FRC, as part of their LW CYPSC Family Wellness Initiative, a Parenting Webinar Series with Psychotherapist, broadcaster and regular media contribute, Helen Vaughan will run over three dates in November, namely 4th, 21st and 25th from 7:30pm to 8:30pm. The series is aimed at parents of children aged 0 – 18 years and professionals in the social care field who support parents and families through their work. The webinar topics are as follows:

Nov 4th: Anxiety & the body: Supporting the anxious child

Nov 21st: Building Resilience for Parents

Nov 25th: The link between Sleep and Mental Health

For further information or to register please contact Ber on 086 869 6385



iHeart Wellbeing Programme for Young People: Supported by LW CYPSC, the next iheart wellbeing programme for children aged 9 – 12years, will take place in Lus na Greine Family Resource Centre, Granard commencing on Monday 4th November, 4pm – 5:30pm.

The iHeart wellbeing programme, supports resilience building and promotes the development of a positive outlook for life “Even on a cloudy day, the sun is always in the sky!”

For further information or to register please contact Ber on 086 869 6385



Offaly and Laois Parenting Support Programme: Offaly Libraries together with Laois Libraries are delighted to co-deliver a free series of talks and workshops for parents this Autumn. Supported by Laois Offaly Children and Young People’s Services Committees (CYPSC), the Parenting Support Programme invites experts to discuss a broad range of parenting topics currently impacting our children.

The programme, is open to everyone including parents, caregivers, healthcare professionals, teachers, special needs assistants and those working with children and young people. Details of all events can be found [HERE](#) in their digital booklet.



Let's Talk Weaning!

Free workshop to support parents, guardians and carers on their weaning journey!

Date: Thursday 12th December
Time: 12pm
Venue: The Family Centre

To register, please contact Sínead:
sineadcostello@edilongford.ie
087 4312713

Let's Talk Weaning – Free Parent Workshops Longford: Longford Westmeath CYPSC in collaboration with Slaintecare Healthy Communities Community Food and Nutrition Workers, and Community Families continue the roll out of 'Let's Talk Weaning' Workshops, with the next workshop taking place in The Family Centre, Longford on Thursday 12th December at 12pm.

To register, please contact Sínead at sineadcostello@edilongford.ie or phone 087 4312 713.

In addition to workshops in both Longford and Westmeath, a [Weaning Resource](#) was also collated, which contains a list of websites, videos, workshop information and lots more for parents entering the weaning phase, all in one place! Further workshops to follow.



Menu Plan for Early Learning and Care Services

A practical guide to implementing the 'Nutrition Standards for Early Learning and Care Services'. This menu plan's recipes have been designed for use by all regulated early years providers including children's centres, nurseries, and childminders.

October 2024, also saw the publication of the '[Menu Plan for Early Learning and Care Services](#)' a collaboration by the HSE, Safe Food and Healthy Ireland. This menu plan aims to provide a practical guide to implementing the 'Nutrition Standards for Early Learning and Care Services'. This menu plan's recipes have been designed for use by all regulated early years providers including children's centres, nurseries, and childminders.



COMMUNITY SAFETY & WELLBEING EXPO

TUESDAY, 19 NOVEMBER

- Tips, Tricks and Advice
- Interactive Activities
- Information Stands
- Community Safety Info
- Guest Speaker at 12noon

11AM - 2PM
ST. MARY'S COMMUNITY CENTRE,
EDGEWORTHSTOWN, N39 W425

Guest Speaker - **Dr Katriona O'Sullivan**
Celebrated Author of The Memoir "Poor"

Longford Community Safety & Wellbeing Expo: Slaintecare Healthy Communities, Healthy Longford and Longford Community Safety Partnership are hosting a FREE **Safety & Wellbeing Expo on Tuesday November 19** (11am-2pm) in St Marys Hall Edgeworthstown with support of Longford County Council.

This event aims to showcase services and projects available in Longford to support peoples sense of Community Safety & Wellbeing (Financial, mental, health, relationship, physical).

Dr Katriona O Sullivan (author of the Memoir "Poor") will deliver a Wellbeing talk at 12pm, (During her keynote address Katriona will speak on her struggles growing up in poverty and how she overcame adversity. She will motivate and inspire the audience with her story of resilience - providing everyone who is listening with lessons learnt along her journey, and ideas on how they can support others.) The event will be open to the public but is specifically inviting all Transition Year groups/Youth groups, as well as Active Age , Disability groups, Community groups , Men's Sheds. Day Care services, Groups supporting new communities, migrants, Roma Community, Travellers, Ukrainians, IPS clients etc.



ASK THE PAEDIATRIC DIETITIAN

Cathy Monaghan

FOR LINK TO THE WEBINAR AND TO SUBMIT YOUR QUESTIONS
EMAIL: portarlingtonlibrary@laoiscoco.ie

Cathy has over 20 years experience helping thousands of parents with all their food and feeding issues. Cathy will answer all your questions on feeding your family. Whether you are feeding a baby or a sporty teenager this webinar is open to you!

WEBINAR*
13TH NOV | 12:30 PM

Available to view at home or at Portarlington library

Ask the Paediatric Dietician Webinar: As part of the Healthy Ireland at your Library initiative, Laois Libraries will host a webinar session with Cathy Monaghan, Paediatric Dietician on 13th November at 12:30pm.

Cathy has over 20 years experience helping parents with all their food and feeding issues. If you would like to join the webinar, or indeed submit a question for Cathy, please email Portarlingtonlibrary@laoiscoco.ie the webinar will also be available for viewing in Portarlington library on the 13th November at 12:30pm.



PARENTING PEER SUPPORT GROUP

Building Strong, Confident Kids
Wednesday mornings at Lus na Greine FRC
Main St Granard
10:30am - 12:30pm
Join other parents/carers, enjoy morning coffee/tea and share tips and tools!

This week's topic:
"Embracing Your Child's Unique Mind"
Raising awareness of neurodiversity, fostering acceptance and understanding of different neurological conditions

Parenting Peer Support Group, Granard: A Parenting Peer Support group for parents of neuro diverse children will meet weekly in Lus na Greine, FRC each Wednesday morning 10:30am – 12:30pm.

All parents are welcome. This project is a collaborative initiative between Tusla and Lus na Greine Family Resource Centre.

For further information or to register please contact Ber on 086 869 6385



Parents First BABY Massage
STARTING 4TH - 25TH NOVEMBER
RUNNING FOR 4 WEEKS
FROM BIRTH - 1 YEAR

MONDAYS
1.00 PM - 2.00 PM
THE SPACE
TULLAMORE
LIBRARY

To register, please text Dolores on 086 195 9221 or Email dolores@parentfirst.ie

Parents First BABY Massage in Tullamore Library: Parents First will host Baby Massage sessions for four weeks on Monday afternoons from 4th – 25th November from 1pm to 2pm each week in Tullamore Library

Baby massage is suitable for children from birth to 1 year old.

To register please text Dolores on 086 195 9221 or email or email dolores@parentfirst.ie



Edgeworthstown Parent & Baby/Toddler Group
All welcome
10:30 - 12:00pm
The Green, Edgeworthstown
'Every Week on Tuesday'
CONTACT: BRID 087 412 2922

Edgeworthstown Parent and Toddler Group: The Edgeworthstown Parent and Toddler group meet from 10:30am – 12pm at The Green, Edgeworthstown every Tuesday morning. This is a FREE group, and all are welcome!

If you have any questions or would like to register with the group, please contact Brid on 087 412 2922 The Edgeworthstown P&T group is a LW CYPSC collaborative project with lead agencies Longford Community Parents, Longford County Childcare Committee, and Westmeath Community Development.



Applied Suicide Intervention Skills Training



Applied Suicide Intervention Skills Training (A.S.I.S.T.): The A.S.I.S.T. programme is a 2-day intensive, interactive, and practice-dominated workshop designed to help Participants recognise the immediate risk of suicide and learn how to intervene to prevent the tragic consequences of suicide. A.S.I.S.T. is designed to help Caregivers become more ready, willing, and able to help persons at risk of taking their own lives to get further appropriate help to stay alive. Longford Westmeath HSE Connecting For Life will host a FREE two day A.S.I.S.T programme in the **Bloomfield House Hotel, Mullingar** on the **5th & 6th December** from 9am to 5pm each day. For further information or to register please [CLICK HERE](#)



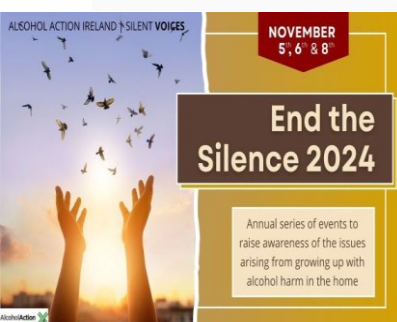
Offaly Domestic Violence Support Service
Invites you to 16 Days of Action Seminar
"VOICES FOR CHANGE"
Thursday 28th of November
The Tullamore Court Hotel
9.00 a.m. - 1.30 p.m.
Tickets are free available on Eventbrite
For Information Call 0579351796 or Email info@odvss.ie

Guest Speakers
Jason Poole, Jessica Bowes, Stephanie Maher, Yvonne O'Rourke and Anna Kavanagh

ODVSS will also be launching Children's & Parents Booklet "Finding the Right Words" on the day.

Voices for Change – Offaly Domestic Violence Support Services: Offaly Domestic Violence Support Service are hosting a **Voices for Change: Domestic Abuse Awareness Seminar**, in line with the 16 Days of Action, on **Thursday, November 28th**, in the **Tullamore Court Hotel** from 9 am to 12:30 pm. This **FREE EVENT** is a powerful and transformative seminar aimed at raising awareness, promoting understanding, and inspiring action against domestic violence. Featuring survivors and family members affected by domestic abuse, the seminar provides a platform for these courageous individuals to share their personal stories of resilience, survival, and healing. Guest speakers include Jason Poole, Jessica Bowes, Stephanie Maher, Yvonne O'Rourke, and Anna Kavanagh. In addition, ODVSS will also launch their Children and Parent's booklet "Finding the Right Words" at the event.

To Register for this event [CLICK HERE](#)



ALCOHOL ACTION IRELAND / SILENT VOICES
NOVEMBER 5, 6 & 8
End the Silence 2024
Annual series of events to raise awareness of the issues arising from growing up with alcohol harm in the home

Alcohol Action Ireland/Silent Voices annual End the Silence Week: A series of events will take place from November 5th – 8th, the aim of which is to raise awareness about issues around parental problem alcohol use.

All events are free, but places are limited, and early booking is advised.

This year's End the Silence is a series of three events and form part of Alcohol Action Ireland's initiative, Silent Voices, which seeks to raise awareness of the issues arising from growing up with alcohol harm in the home and put forward policy solutions to address these issues.

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 grainne.reid@tusla.ie
www.cypsc.ie