

## General Information/Updates:

**World Mental Health Month – October 2024:** [World Mental Health Month](#) takes place throughout October and October 10th marks World Mental Health Day. The World Federation for Mental Health started this mental health awareness campaign in 1992 and it is being celebrated yearly since. World Mental Health Day provides the opportunity to raise awareness about global mental health issues and creates the opportunity for people to call for action and advocate for change in mental health.

Throughout the whole of October, we are making mental health and wellbeing a national priority with a programme of events, activities and workshops that celebrate and raise awareness of the importance of Connection. For further information [CLICK HERE](#) or contact the Area Development Officer for Mental Health Ireland [finola@mentalhealthireland.ie](mailto:finola@mentalhealthireland.ie) or the Resource Officer for Suicide Prevention, Longford Westmeath Patrick Jones at [Patrick.Jones1@hse.ie](mailto:Patrick.Jones1@hse.ie) or Laois Offaly Josephine Rigney at [josephine.rigney@hse.ie](mailto:josephine.rigney@hse.ie)



**Longford Westmeath CYPSC Youth Forums – Seeking New Members:** Longford Westmeath CYPSC Youth Forums are currently recruiting new members. The CYPSC Youth Forums 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 by 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

**Launch of Community Families Programme:** Community Families is a home visiting programme which puts parents first, supporting them in their new relationship with their child. Community Families is not a new Programme. It originated from the Community Mothers Programme (Johnson, Howell, Molloy, 1993) which started in the greater Dublin area in 1983 and has since gained international recognition. The Programme grew and was delivered in locations across Ireland in slightly different ways. Initially, it was a volunteer peer-to-peer Programme. It is now delivered by trained, local Home Visitors or Community Mothers employed by Community and Voluntary Organisations. The move to fully implement Community Families in the current 7 sites and to roll out Community Families to other parts of the country is now underway. A new governance structure co-chaired by the HSE and Tusla commenced work in March 2022.

On October 2nd Minister Roderic O'Gorman will launch the new Community families Programme and over the coming weeks and months in Longford/Westmeath we will be evolving to Community Families.

For more information contact Catriona (Programme Coordinator Longford Westmeath) at [ccorcoran@westcd.ie](mailto:ccorcoran@westcd.ie) or Delores (Programme Coordinator Laois Offaly) at [dolores@parentsfirst.ie](mailto:dolores@parentsfirst.ie)

For more information contact Catriona (Programme Coordinator Longford Westmeath) at [ccorcoran@westcd.ie](mailto:ccorcoran@westcd.ie) or Delores (Programme Coordinator Laois Offaly) at [dolores@parentsfirst.ie](mailto:dolores@parentsfirst.ie)





**COMMUNITY CONNECT**  
linking parents to real supports

We provide practical support to pregnant mothers and families with babies aged 0-3 years.

We can help with items such as buggies, cots, bouncers, highchairs, clothing, hygiene essentials & hospital bags.

We currently have hubs in Athlone, Cork, Dublin, Galway & Kilkenny and cover these and surrounding areas.

If you know of a family who needs our support, please refer via:  
[www.communityconnect.ie/access-support](http://www.communityconnect.ie)  
info@communityconnect.ie 085 875 8366

[www.communityconnect.ie](http://www.communityconnect.ie) Reg Charity No 20206555

**Community Connect – support for expectant families:** Community Connect is a registered charity dedicated to providing practical support to pregnant mothers and vulnerable families with small babies, who are struggling to provide for their children.

Community Connect currently has five ‘hubs’ across the country - in Athlone, Cork, Dublin, Galway & Kilkenny. They accept donations of used baby equipment (buggies, cots and cribs, highchairs, bouncers, playmats etc.) and clothing in good condition, and then pass those items on to families referred to them for support. They also prepare gift packages which include hygiene essentials, and provide these to each family they assist along with the bundle of pre-loved items. For pregnant mothers, they can offer a Hospital Bag when needed. They also gift a special BabyBox to all mothers of newborns - a 'starter set' of new items for baby.

To find out more about Community Connect including referral details, visit their website at [www.communityconnect.ie](http://www.communityconnect.ie)

## Webinars/ Training/ Events:



**You're Invited!**  
to our community

**We're Breastfeeding Friendly Longford**

**We're Breastfeeding Friendly Longford event**  
Takes place on Monday, 7 October from 11am to 1pm in Edgeworthstown Library, Longford N39 F7Y8. #LongfordBFP

We're Breastfeeding Friendly Longford will showcase the many supports available to breastfeeding mothers and aims to normalise breastfeeding. This is a Longford Breastfeeding Project Initiative.

Proudly supported by

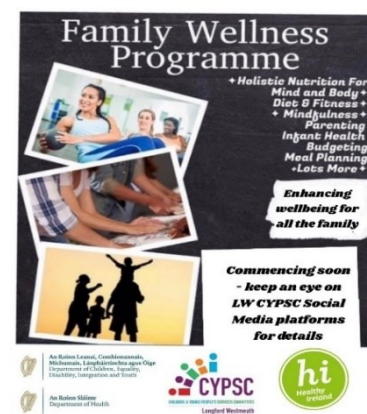
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**Launch Event ‘We’re Breastfeeding Friendly Longford’:** Healthy Ireland Longford, invite you to join them at the launch of the ‘We’re Breastfeeding Friendly Longford’ event which will take place on **Monday 7<sup>th</sup> October 11am to 1pm in Edgeworthstown Library, Longford N39 F7Y8.**

This multiagency collaborative event is open to everyone, parents, guardians, grandparents, siblings, professionals, and community members alike! The event is a whole community approach towards supporting breastfeeding mothers.

Fantastic resources will be available on the day, and it is an opportunity to come together to celebrate the efforts to normalise breastfeeding. Whether you’re a new or expectant mother or a member of the community wanting to show your support, come along to learn, connect, and be part of this important initiative. Together, let’s make Longford a welcoming space for breastfeeding. No registration required.



**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 Action Leader, Coombeleece, Wickliffe, Longford/Offaly area, Department of Children, Equality, Disability, Integration and Youth

An Action Leader, 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 continues this autumn 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 life style habits and change for all members of the family.

Workshops are taking place in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon.

Keep an eye on LW CYPSC Social Media Platforms for details of further workshops across the two counties or contact [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) who will put you in touch with your nearest participating host organisation.

## Information Bulletin – October 2024



**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.



**Offaly and Laois Libraries Parenting Support Programme**

Presents **Supporting your Stressed or Emotional Teenager**

Location: **Mountrath Library**  
Time: **Thursday 10th October at 6.30pm**

This one-hour workshop will discuss: Understanding teen development, How to parent adolescents & the shift needed from child to teen, How anxiety impacts our young people & supporting them and Teen issues: secondary school, bullying, social anxiety & boosting resilience.

Helen Vaughan is an accredited therapist, speaker & broadcaster who features regularly in the media on mental health topics on RTE, Today FM, Newstalk & others.

Mountrathlibrary@laoisco.ie or call (057) 87 56378

**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.



Small changes, big differences.

**Two hours is all you need for a Triple P Discussion Group**  
Positive parenting help for parents around Longford

Venue	Date
Family Centre Longford, 81 Mar's Road, Ballinacree NS, N19 V1E7	14 <sup>th</sup> September 10.00-12.00 15 <sup>th</sup> September 10.00-12.00
Community House Farnagh, N19 A726	20 <sup>th</sup> September 10.00-12.00
Edgeworthstown Library, 21 Main Street, N19 F726	27 <sup>th</sup> September 10.00-12.00
Lis Na Greine FRC, Main St, Granard	4 <sup>th</sup> October 10.00-12.00
Town House, London Park, Sligo, Longford	11 <sup>th</sup> and 18 <sup>th</sup> October

BOOKINGS AND INFORMATION:  
043 644 666 or email [admin@lngfrc.ie](mailto:admin@lngfrc.ie)

[www.triplep-parenting.net](http://www.triplep-parenting.net)

**Triple P – Positive Parenting Programme Longford:** Triple P is a parenting and family support programme designed to help children to realise their potential. It is designed to provide help and guidance to families when they need it most. It aims to create supportive family environments, and to prevent, and help with the challenges of behavioural and emotional problems in children and teenagers.

**Lus Na Greine Family Resource Centre,** Granard have commenced their Autumn Triple P Programme in County Longford. For further information or to register call 043 666 0977 or email [admin@Lngfrc.ie](mailto:admin@Lngfrc.ie)



**Barnardos National Wellbeing Project**  
Free Parents/Guardians Wellbeing Programme

Together we will do some gentle breathing and movement to improve our sleep, reduce stress and make us feel calm and relaxed.

Tea and coffee provided.

To sign up contact: Sinead by phone or WhatsApp on 086 1036156. Places are limited.

Where? Athlone Library

When? Starting in September 2024 for 6 weeks on Tuesday:

13.09.2024  
17.09.2024  
24.09.2024  
01.10.2024  
08.10.2024  
15.10.2024

Time: 10:00am - 11:00am

**Barnardos**  
100 Years of Wellbeing

**Barnardos Wellbeing Workshops for Parents:** Barnardos National Wellbeing Project Wellbeing workshops for Parents/ Guardians are currently taking place every Tuesday morning at 10am in Athlone library.

These **FREE workshops** facilitate the Breath-Body-Mind programme and include some gentle breath and movement practices to improve sleep, reduce stress and allow us to feel calm and relaxed. More information on the project and programmes are available on the website [HERE](#)

For further information or to register please contact Sinead on phone or WhatsApp at 086 1036156 Early booking advised as places are limited.



**Do you know a young person that has lost a sibling?**

**FREE ADVENTURE DAY**  
Ages: 4-18  
Venue: Lilliput Adventure Centre

**12th October**

Book Now  
[info@jacintassmile.ie](mailto:info@jacintassmile.ie)

**Siblings Bereavement Support Day Out:** Jacinta's Smile is offering children who have lost a sibling to have day out **free of charge**. Do you know of a young person who has lost a siblings ages 4 - 18 They are now taking bookings for their Adventure Day.

Taking place in Lilliput Adventures Mullingar on the 12th of October, this is a full day with food & activities. There will be a qualified psychotherapist on-site in case anyone is in need of a little extra support.

For further details or to register contact Jacinta on 0906 625898 or email [www.jacintassmile.ie](http://www.jacintassmile.ie)

### Pre-Registration Training for Childminders



The Pre-Registration Training is split into 3 sessions. This will cover:

- |  |   |  |
|--|---|--|
| <p><b>1</b><br/>Becoming a Childminder</p> <ul style="list-style-type: none"> <li>• What is a childminder?</li> <li>• Overview of main regulations</li> <li>• Documentation required for Tusla registration</li> <li>• Tusla Registration process</li> </ul> | <p><b>2</b><br/>Running a Childminding Service</p> <ul style="list-style-type: none"> <li>• Main roles &amp; responsibilities of a childminder</li> <li>• Skills required of a childminder</li> <li>• Apply regulations to childminding practice</li> </ul> | <p><b>3</b><br/>The Childminding Service Handbook</p> <ul style="list-style-type: none"> <li>• Description of Childminding Service</li> <li>• Policies &amp; Procedures</li> <li>• Documents for Parents &amp; Childminders</li> </ul> |
|--|---|--|

**Pre-Registration Training for childminders:** If you would like to register as a childminder you will need to complete the registration process which includes participating in a FREE pre-registration training with your local County Childcare Committee. This FREE training is available through your local city/county childcare committee.

Please find a list of contacts for the local County Childcare committees in the Midlands below:  
**Longford** email [clare@longfordchildcare.ie](mailto:clare@longfordchildcare.ie) or phone 043 33 42505

**Westmeath** email [childminding@westmeathchildcare.ie](mailto:childminding@westmeathchildcare.ie) or phone 087 43 37700

**Laois** email [info@laoischildcare.ie](mailto:info@laoischildcare.ie) or phone 057 866 1029

**Offaly** email [info@offalychildcare.com](mailto:info@offalychildcare.com) or phone 057 913 5878

All 3 sessions must be completed to receive your certificate




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 **5<sup>th</sup> & 6<sup>th</sup> December** from 9am to 5pm each day. For further information or to register please [CLICK HERE](#)



**The 1916 Bursary** **TUS**  
**Supporting your third level journey**

Three financial awards  
1. €5,000 per annum  
2. €2,000 per annum  
3. €1,500 once-off award

Find out if you qualify visit: [www.1916bursary.ie](http://www.1916bursary.ie)

**1916 Bursary Fund NOW OPEN:** The 1916 Bursary Fund aims to support students from socio-economically disadvantaged backgrounds who are under-represented in higher education. This includes Irish Travellers, members of the Roma community, students with disabilities, first-time mature students, second-chance mature applicants, further education award holders, lone parents, teen parents, refugees, EU ethnic minorities, and those who are or have been in state care. To be eligible, students must belong to one of the above communities, be in their first year of college, and have an income under €26,200 (qualifying for the special rate of SUSI or receiving a long-term means-tested payment from the Department of Social Protection).

For more information please [CLICK HERE](#) or email [1916bursary.midlands@tus.ie](mailto:1916bursary.midlands@tus.ie)

### 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](mailto: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](#)

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](mailto:grainne.reid@tusla.ie)  
[www.cypsc.ie](http://www.cypsc.ie)