

## General Information/Updates:

HSE Resource Office for Suicide Prevention, See Change Green Ribbon Campaign and World Suicide Prevention Day, invite you to...

## Turn the Midlands, Louth & Meath Green 10th September 2024



**See Change Green Ribbon Campaign**

**END MENTAL HEALTH STIGMA**

**See Change**

Theme for 2024

The annual See Change Green Ribbon campaign aims to spread awareness about mental health difficulties to help end mental health stigma and discrimination.

Support inclusion and understanding by wearing a green ribbon

Empower yourself with the knowledge to challenge stereotypes about mental illness

Encourage others to become part of the social movement

**Change**

**WEAR THE GREEN RIBBON**

**World Suicide Prevention Day**

**CHANGE THE NARRATIVE**

World Suicide Prevention Day 10 September

Changing the Narrative on Suicide

Suicide remains a critical global issue affecting individuals and communities worldwide. In an effort to address this issue and encourage positive change, the theme adopted for World Suicide Prevention Day (WSPD) 2024-2025 is 'Changing the Narrative on Suicide'.

The aim of the theme is to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue.

Changing the narrative requires systemic change. It's about shifting from a culture of silence and stigma to one of openness, understanding and support.

Suggestions for promotion at individual, community or organisational level

Host a Green Ribbon and/or Suicide Awareness event in your place of work, education or business providing resources and information.

**Green Ribbon Campaign**

- Host a presentation/talk from one of the Green Ribbon Ambassadors - a mental health awareness event to facilitate conversations around mental health
- 'Shine' your building for the day or throughout September showing your support and solidarity for the Green Ribbon campaign.

**World Suicide Prevention Day**

- Host a presentation/talk from one of the HSE Resource Officers for Suicide Prevention.

To organise an event or for information on other events in your area please contact:  
Josephine Rigney, Resource Officer for Suicide Prevention - Laois/Offaly email: josephine.rigney@hse.ie  
Patrick Jones, Resource Officer for Suicide Prevention - Louth/Meath email: patrick.jones@hse.ie  
Patrick Jones, Resource Officer for Suicide Prevention - Longford/Westmeath email: patrick.jones@hse.ie

Scan QR code for webinar and presentations from award RCSP & See Change Green Ribbon Webinar

Scan QR code to order Green Ribbons

**HSE**

**The Midlands Area Go Green – See Change Green Ribbon Campaign & World Suicide Prevention Day events:** As part of the **'Turn the Midlands, Louth & Meath' Green campaign** and to raise awareness of **World Suicide Prevention Day (WSPD) which takes place on 10<sup>th</sup> September**, the HSE are hosting a number of events across the midlands area this month. Details of the Longford and Westmeath events are below.

**Westmeath Goes Green:** September 9<sup>h</sup> The Northgate Suite, Radisson Blu Hotel, Northgate Street, Athlone, N37 A8X9 3pm – 4pm

**Longford Goes Green:** September 11<sup>th</sup> The Attic House (Foroige), Majorswell Road, Ballinallee Road, Longford N39Y5X7 2:30pm – 3:30pm

The Laois and Offaly Goes Green events were a huge success and have already taken place, see links below for details however there are a number of World Suicide Prevention Day events in Laois Offaly on this Tuesday 10<sup>th</sup> September see details below.

**Offaly Goes Green:** <https://www.offalyexpress.ie/news/offaly-goes-green-in-support-of-national-green-ribbon-campaign>

**Laois Goes Green:** <https://www.leinsterexpress.ie/news/your-community/go-green-for-mental-health-in-laois-this-september>

### Laois Offaly WSPD events Tuesday 10<sup>th</sup> Sept:

Midland Regional Hospital Tullamore :11am – 3pm

Midland Regional Hospital Portlaoise: 11am – 3pm.

Bridge Shopping Centre Tullamore from 11am -3pm

For further details regarding the Longford Westmeath events or arranging your own event, please contact the local 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)

**First 5 My Little Library Initiative:** The **'My Little Library Book Bag'** initiative is providing a FREE bag of goodies (available in English and Irish) to every child starting school in 2024 to help children navigate starting school! **Children & their parents/guardians can collect the bags at any library throughout the country!** You can also check out your local library webpages at the following links **Longford, Westmeath, Laois, Offaly**

This project is a collaboration between the libraries, Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD), and the local authorities as part of the First 5 Strategy.

Libraries can't wait to welcome all the 4 and 5 year old children in to collect their book bags and begin their library membership journey. More supports to help the transition to primary school are available on the Let's Get Ready page on [Gov.ie](https://gov.ie). You can find out more about library services to ELCs and childcare settings [here](https://gov.ie)



**First 5**

**Tá málá 'Mo Leabharlann Bheag' ann do gach páiste atá chun tosú ar scoil i 2024!**

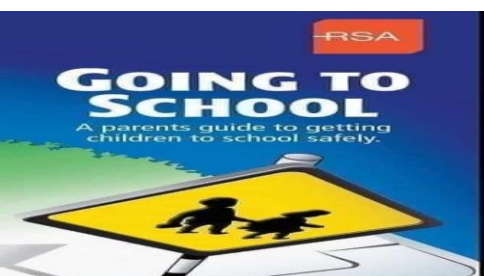
**Piob suas Málá Leabhar 'Mo Leabharlann Bheag' SAOR IN AISCE dóibh sa leabharlann i do cheantar féin**

**There's a Little Library Bag for every child starting school in 2024!**

**Pick up their FREE Little Library Book Bag at your local library**

**My Little Library Bag**

Logainnne: [gov.ie](https://gov.ie)



**RSA**

**GOING TO SCHOOL**

A parents guide to getting children to school safely.

**CLICK HERE**

**A Parents Guide to Getting Children to School Safely:** With children back to school, getting your child to school safely is a top priority! The Road Safety Authority have created a quick guide with essential tips for safe journeys. To download this resource and make every school journey a safe one **CLICK HERE**. For further resources from the RSA to ensure road safety for children please visit the Road Safety Authority website **HERE**



**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:

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



## Safe Harbour – Children's illustrated story book for those bereaved by suicide:

A beautiful, new, free illustrated story book '[Safe Harbour](#)' that will support children who have been bereaved by suicide, has recently been launched.

Written by Patricia Forde and illustrated by visual artist Bronagh Lee, this new resource will empower parents or carers to have difficult conversations safely with their child around this sensitive topic. The content in Safe Harbour has been developed by bereavement experts, professionals and people with lived experience.

It is accompanied by 'Safe Harbour: A Helpful Guide for Parents and Carers', which outlines how parents or carers can practically use the book. The guide is also helpful for any professionals who would like to integrate Safe Harbour into their work to support a child who has been bereaved by suicide. Safe Harbour is dedicated to bereaved children and families in Ireland.

The [Safe Harbour](#) website has additional information on how to use the book, activities and signposts Bereavement Services for Children.

# Safe Harbour

An illustrated story book for children who have been bereaved by suicide.



## Webinars/ Training/ Events:



**HSE TALKING**  
HEALTH & WELLBEING  
PODCAST

Episode 65  
Back to School

WITH DR. ABIGAIL COLLINS  
Hosted by Noreen Turley

**HSE** **hi**

**Back to School – HSE Talking Health & Wellbeing Podcast:** The HSE Talking Health and Wellbeing podcast returns, with a focus on supporting parents as young people return to school. Their 'Back to School' episode features Dr. Abigail Collins, a Consultant in Public Health and National Clinical Lead for the National Healthy Childhood Programme, who shares top tips for helping children and parents prepare for the school year ahead. This includes advice on changing children's routine after the holidays and planning ahead for common illnesses and viruses.

This episode will be followed in the coming weeks with episodes on 'Healthy Lunchboxes for Kids', 'Screen Time and Young People' and much more. This episode is available on [Podbean](#), [Apple Podcasts](#), [Spotify](#) and the [HSE Health and Wellbeing YouTube](#) channel, where you can follow us to keep up to date with the latest episodes.





**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 will take place in Athlone, Mullingar, Ballinacarrigy, Granard and Ballymahon. Details of a number of the Ballymahon summer workshops are below.

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.

**Bridgeways FRC, Ballymahon Family Wellness Workshops:** As part of the LW CYPSC Family Wellness programme as previously referenced, Bridgeways Family Resource Centre, Ballymahon are delighted to host a number of family wellness workshops over the coming months, including:

- Start from the Heart Parent Support Programme
- Reiki, Meditation & Sound Baths
- Health Workshops
- Fun for Parent & Tots and lots more.

For further information or registration please contact Emer on 085-2551555



**Women's Community Projects Mullingar, Family Wellness Programme:** As part of the LW CYPSC Family Wellness programme as previously referenced, the Women's Community Projects Mullingar Family Wellness 8 week autumn programme will commence on 30<sup>th</sup> September and run for 8 Monday's from 10am to 12:30pm.

With practical workshops on budgeting, meal planning, mindfulness, arts and crafts, fitness, cookery and lots more.

For further information or to register email [adult.ed@wcpmullingar.ie](mailto:adult.ed@wcpmullingar.ie) or phone 044 9344301



**Talking Buddies' Toddler Talk:** Clara Library, supported by Laois Offaly CYPSC is delighted to host Talking Buddies' Toddler Talk on Tuesday, 10th September at 10:30am as part of the Offaly and Laois Libraries Parenting Support Programme. Talking Buddies' Toddler Talk is designed for parents of toddlers aged 15 months to 3.5 years. It is developed by Laura Lalor, Senior Speech and Language Therapist with 11+ years' experience and mother of two young children.

Toddler Talk includes evidence-based strategies that are easy to incorporate into your everyday routines. To book a place, please contact [Clara Library](#) on 057 9331389 or email [claralibrary@offalycoco.ie](mailto:claralibrary@offalycoco.ie). Take a look at our Parenting Support Programme brochure please [CLICK HERE](#)

## 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 086 103 6156. Places are limited.

Where? Athlone Library

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

10.09.2024  
17.09.2024  
24.09.2024  
01.10.2024  
08.10.2024  
22.10.2024

Time:  
10:00am – 11:00am

**Barnardos**  
Increase children's skills in Ireland

Respecting your child's privacy – should not have any child protection concerns for your child. Barnardos will need to receive this for the usual work placement of staff. This is in line with Barnardos Child Protection policy and Ireland's Children Act 2005.



**Barnardos Parent/ Guardian Wellbeing Programme:** Barnardos National Wellbeing Project are delighted to announce their upcoming Parent/ Guardian Wellbeing Programme.

This programme commencing on Tuesday 10<sup>th</sup> September, will run for six weeks (Parents do not have to commit to all 6 sessions and are welcome to join at any point over the duration of the programme). The programme will take place from 10am – 11am in Athlone library.

For further information and to register please contact Sinead on phone or WhatsApp at 0861036156 Early booking advised as places are limited.



**Let's Talk About Suicide:** Let's Talk About Suicide is a free online suicide prevention training programme that helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe. In just one hour, equip yourself with the skills to identify those at risk, initiate conversations about suicide, and connect them with vital resources. To register please [CLICK HERE](#) or for information on mental health, services or supports, visit [yourmentalhealth.ie](http://yourmentalhealth.ie)

## Understanding Young People and Pornography – 26th September 2024

September 26 @ 10:00 am – 4:00 pm IST FREE **NYCI** National Youth Council of Ireland



**Understanding Young People and Pornography training:** The National Youth Council of Ireland are hosting a FREE one day training in Mullingar Congress Centre on Thursday 26<sup>th</sup> September from 10am – 4pm. This interactive one-day training aims to support the practitioner's understanding and knowledge of the topic of pornography and its implications for young people.

Current research, legislation, media impact, and good practice guidelines for organisations are some of the issues discussed on the day. This course supports the objectives of the National Sexual Health Strategy 2015- 2020; with particular reference to Goal 1: Sexual Health promotion, education, and prevention, where everyone living in Ireland will receive comprehensive and age-appropriate sexual health education and/or information and will have access to appropriate prevention and promotion services. This training is aimed at anyone working with youth in a youth work, out-of-school, or non-formal education setting. For further information or to register please contact Kevin O'Driscoll at [KevinOD@nyci.ie](mailto:KevinOD@nyci.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 [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)