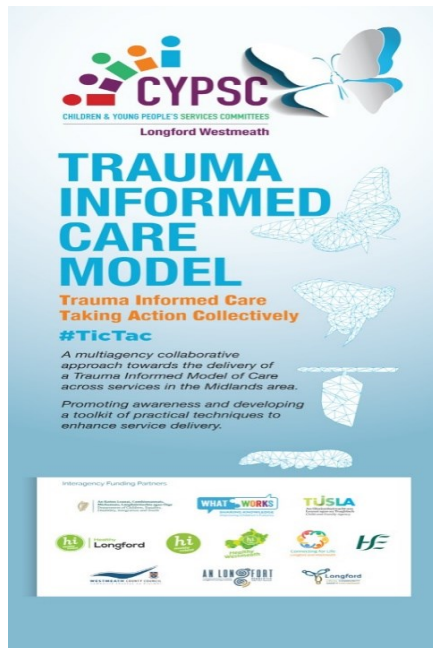


## General Information/Updates:



### Longford Westmeath Trauma Informed Care Conference Evaluation:

Longford Westmeath CYPSC would like to thank everyone for their immensely positive feedback which was received during the evaluation phase following the recent two day Trauma Informed Care Conference which took place on 1<sup>st</sup> and 2<sup>nd</sup> May in Mullingar, Co. Westmeath, with 280 delegates in attendance.

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. An amazing 107 responses were received via the evaluation survey and an evaluation report is currently being prepared which will include the key learnings from the conference as well as sign posting to next steps regarding the further enhancement of a Trauma Informed Model of Care in the midlands area.

A [summary video](#) from this amazing event is also now available to view [HERE](#).

A dedicated mailing list for future Trauma Informed Care trainings/ workshops/ webinars has been established, if you would like to join this mailing list, please email [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie)



**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 until 31st August 2024. 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)

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



**Sun Smart Campaign:** As part of the Sun Smart 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.

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



**Let's Get Ready:** [Let's Get Ready](#) webpage focuses on children's transitions to pre-school and school. It includes information on:

- Free School Books Scheme for primary school children
- Learning through Play
- Children with Additional Needs
- Resources

The Let's Get Ready campaign by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) aims to support parents & children and help them know what to expect when they start pre-school, crèche or go to a childminder.

For further information [CLICK HERE](#)



**National Parents Council Primary - Supporting your child's transition from Pre-school to Primary School:** NPC Primary Supporting Parents Supporting Children have produced a Hints and Tips document to support a child's transition from Pre-school to Primary School. Topics included in the document are:

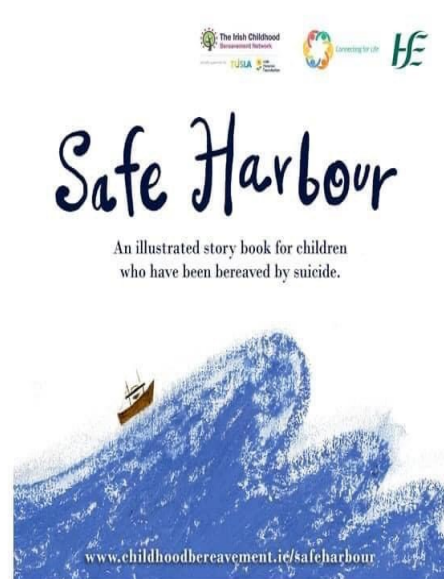
- Social Development
- Language and Literacy
- Independence
- Uniform
- School Routine

For further details and to download this resource please [CLICK HERE](#)



**Jigsaw School transition toolkit - primary to post-primary:** Jigsaw has developed a toolkit for primary schools to support teachers to prepare young people for the transition to post-primary school. They have incorporated strategies in a number of engaging resources with a mix of methodologies including classroom discussions, animations, scenarios, reflective exercises and worksheets.

Jigsaw's school transition toolkit is supported by Rethink Ireland through the Innovate Together Fund, a collaboration between Rethink Ireland and the Department of Rural and Community Development. For further details [CLICK HERE](#)



**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.

## Webinars/ Training/ Events:



**Sensory Storytime Offaly:** As part of the Sensory Offaly Programme, a collaboration between Offaly Libraries and Laois Offaly CYPSC, and the Summer Stars Programme, a magical storytelling experience for children aged 6-10 years will take place on Wednesday 3<sup>rd</sup> July at 11am in Birr Library and at 2pm in Banagher Library. These events will delight and engage young minds through the power of sensory story telling.

To register please email [birrlibrary@offalycoco.ie](mailto:birrlibrary@offalycoco.ie) or [banagherlibrary@offalycoco.ie](mailto:banagherlibrary@offalycoco.ie) or to find more information on the Sensory Offaly programme and resources visit [www.offaly.ie/libraries](http://www.offaly.ie/libraries)







**WOMEN'S COMMUNITY PROJECTS MULLINGAR**

**Family Wellness Programme**

STARTS 30TH SEPTEMBER

JOIN US FOR A FREE 8 WEEK PROGRAMME TO ENHANCE FAMILY WELLBEING

Practical workshops on household budgeting, meal planning, mindfulness, management of your finances, arts & crafts, fitness, effective recycling, batch cooking, cutting food costs/wastage, mental health & wellbeing and lots more!

MONDAYS FROM 10AM TO 12.30PM

CONTACT US  
0845 044301  
mullingarcommunitycentre

- Budgeting
- Meal planning
- Parenting
- Mindfulness
- Diet & Fitness

**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



**Foroige Summer Programme Calendar**  
JULY 2024

<b>JULY 2 - 4</b> Junior Sports 10 - 12 years 11am - 3pm	<b>JULY 9 - 11</b> Music Generation All Ages 11am - 3pm	<b>JULY 16 - 17</b> Junior STEM Workshop 10 - 12 years 12pm - 4pm
<b>JULY 18</b> Shannon River Adventure 10 - 12 years	<b>JULY 19</b> Cooking Workshop 15 - 17 years 11am - 3pm	<b>JULY 24</b> Junior Art Day 10 - 12 years 11am - 3pm
<b>JULY 25</b> Junior Cooking Day 10 - 12 years 11am - 3pm	<b>JULY 26</b> Drop-in 11am - 3pm	<b>JULY 31</b> ZIP-IT 10-17 years

For more information, contact [Taniel.adur@foroige.ie](mailto:Taniel.adur@foroige.ie) or 0861915884  
To register, young people, please drop into the Attic Youth House, The Attic House, Majorcove, Ballinacree Road, Longford, N39Y5X7

**Foróige, Attic House, Longford Summer Programme:** Foroige's Summer programme continues in July and August, hosted by the Attic House, Longford with workshops for ages 10 to 17 years.

The summer programme contains a wide range of workshops including sports, music, coding, art, cookery, Senior Surf, Picnics, Scavenger hunt and lots more! Something for everyone!

For further details and registration email [taniel.adur@foroige.ie](mailto:taniel.adur@foroige.ie) or visit the Attic Youth House, Longford N39 Y5X7



**Connect Safely**  
Learn. Create. Connect.  
Online safety programme for young people.

**Connect Safely Online Teen Training:** Foroige are running a Connect Safely Online Safety programme from 9<sup>th</sup> -12<sup>th</sup> July 2pm to 4:30pm for 13 – 15year olds. This FREE Online programme promotes safer use of digital resources, equipping young people with the skills to safely benefit from being online. It also empowers young people to safely participate in their online communities as positive digital citizens.

During the sessions, important topics such as cyberbullying, privacy settings, screen time, and well-being will be discussed. Other topics based on what interests the group, such as gaming, online relationships, and more will also be covered.

Registration from a parent/caregiver is essential. Spaces are limited to 20 participants. To register please [CLICK HERE](#)



**BRIEF TRAINING SERIES**

**July**

- TUESDAY 26 JULY: COERCIVE CONTROL
- WEDNESDAY 27 JULY: LEGAL REMEDIES REGARDING DOMESTIC ABUSE
- THURSDAY 28 JULY: CHILDREN AND DOMESTIC VIOLENCE ABUSE

**August**

- TUESDAY 27 AUGUST: COERCIVE CONTROL
- WEDNESDAY 28 AUGUST: LEGAL REMEDIES REGARDING DOMESTIC ABUSE
- THURSDAY 29 AUGUST: CHILDREN AND DOMESTIC VIOLENCE ABUSE

IF YOU ARE INTERESTED IN ANY OF THE ABOVE DATES PLEASE CONTACT US:  
0874880740  
[eskerproject@eskerhouse.ie](mailto:eskerproject@eskerhouse.ie)

WWW.ESKERHOUSE.IE

**Esker House Domestic Abuse Support Service Training Series:** Esker House Domestic Abuse Support Service, Athlone are currently carrying out a brief training series that covers topic such as Coercive Control, Legal Remedies Regarding Domestic Abuse, Post Separation Abuse, and Children and Domestic Violence Abuse. This series aims to promote awareness and shed more light on the above topics for professionals, third level students, and members of the public.

For further details or to book your place for any of the July or August trainings please contact 087 488 0740 or contact via email to [eskerproject@eskerhouse.ie](mailto:eskerproject@eskerhouse.ie)



**PUTTING THE PIECES TOGETHER**  
TRAINING PROGRAMME

17 and 18 July  
Tullamore, Co. Offaly

MIDLAND REGIONAL DRUG & ALCOHOL TASK FORCE

**Putting the Pieces Together Training Programme:** The Midland Regional Drug & Alcohol Taskforce (MRDATF) is now accepting applications from those who wish to participate in the Putting the Pieces Together (PTPT) training programme which will take place on 17<sup>th</sup> and 18<sup>th</sup> of July 2024 from 10am – 4pm in Tullamore. Putting the Pieces Together is a two-day in-person FREE interactive training. This training programme was developed to harness an integrated approach to working with young people, parents and communities on the subject of drugs and alcohol. It aims to act as a guide and a resource for those working with young people in an out-of-school setting.

For further details please email [martina.dunne2@hse.ie](mailto:martina.dunne2@hse.ie) or to register please [CLICK HERE](#)





**Whole Family Mental Health and Recovery Conference:** Registration is now open for this International conference co-hosted by the HSE Mental Health Engagement & Recovery Office and Maynooth University Centre for Mental Health. The aim of the conference is to explore, develop and promote opportunities for 'whole family' practices and policies to support family mental health and recovery in Ireland. The event will showcase best practice and research both in Ireland and internationally, as well as identifying and understanding enablers and barriers to the implementation of family- focused practice in Ireland. Whole family approaches recognise that it is not enough to only focus on the needs of the adult mental health service user, but also to consider the needs of their wider family – including children.

To register for this FREE Event, please [CLICK HERE](#)



**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)



**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.

[www.communityconnect.ie/access-support](http://www.communityconnect.ie/access-support)  
[info@communityconnect.ie](mailto:info@communityconnect.ie) 085 875 8366

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

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



**Breastfeeding Support Group Mullingar:** The Mullingar Breastfeeding group continue to meet fortnightly over the coming months.

The group will meet on Friday 12<sup>th</sup> and 26<sup>th</sup> July, and 9<sup>th</sup> and 23<sup>rd</sup> August in Mullingar Library (Áras an Chontae, Mullingar, Co. Westmeath, N91 FH4N) facilitated by the local HSE Public Health Nurse.

For further details please contact Colleen on 086 254 0950

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)