

Weekly Information Bulletin – 11th Sept 2020

General Information/ Updates:

Let's get ready/ Back to School: Please find below this week's resources:

Great resources for children needing additional supports: <http://bit.ly/TransitionstoSchool>

Keep washing those hands: <http://bit.ly/KidsHandwashing>

Developing a good bedtime routine: <https://www.safefood.net/start/sleep>

Info on the National Childcare Scheme: <https://www.ncs.gov.ie/>

Eolas faoin Scéim Náisiúnta Cúraim Leanaí ag teastáil? Faigh anseo é: <https://www.ncs.gov.ie/ie/>

Some thoughts for parents as children return to childcare: <http://bit.ly/ReturningtoChildcare>

Cúpla smaoinemh do thuismitheoirí agus na páistí ag fillleadh ar chúram leanaí: <http://bit.ly/ReturningtoChildcare>

Jigsaw School Resources: Young people and school staff may face challenges to their mental health and wellbeing as they navigate the return to school alongside Covid-19. JIGSAW have created a set of resources to support schools with these challenges. These supports can be found [HERE](#)

Gov.ie - Protecting your Child from COVID-19: COVID-19 can affect children as well as adults, but cases of coronavirus are much less common in children. Children generally get a milder infection than adults or older people. Often, they have no symptoms. Children have rarely been the person who brought coronavirus into a household when household spread has happened. They are less likely than adults to spread infection to other people. You can find out more about protecting your child from coronavirus [here](#).

For more information and resources for schools and parents, please see: www.gov.ie/backtoschool

For more information on protecting your child from COVID-19, please see: www.gov.ie/adviceforparents

COVID-19 Video for Members of the Roma Community: A new [video](#) has been made for members of the Roma Community explaining what to do if travelling into Ireland from another country.

Escape Your Chair Campaign: The Irish Heart Foundation's Escape Your Chair Heart Month campaign supported by HSE Health & Wellbeing is calling on the nation to Escape Your Chair by moving for a minute each hour during the day. A survey conducted by Ipsos MRBI in early August found that more than half of all Irish workers are now working from home, with 53% of them sitting down for longer than when they commuted to work. While one in four are remaining sedentary for at least three hours longer than when they commuted to work. The evidence shows that being sedentary for long periods of time increases your risk of developing heart disease. For more information about the campaign [CLICK HERE](#) and for tips about maintaining a healthy heart while working from home [CLICK HERE](#)

New Emergency Card Scheme for Family Carers: Family Carers Ireland (FCI), in partnership with An Garda Síochána, the National Ambulance Service Community First Responder Schemes, The Irish Red Cross and The Order of Malta has developed a new Emergency Card Scheme for family carers. If a family carer is involved in an accident, has an unplanned hospital admission or is suddenly taken ill, there is a risk that the person who needs their care and support could be left at home alone and uncared for. The Emergency Card Scheme (**free to family carers with access to a 24/7 emergency helpline**) is intended to give peace of mind to family carers as well as ensuring that the person they care for remains safe in such emergencies To download the Emergency Care Plan please [CLICK HERE](#) or for more details on the scheme please go to www.familycarers.ie or call Family Carer's Ireland Freephone Careline 1800 24 07 24. The scheme is kindly supported by Irish Life and the dormant accounts fund.

Libraries Ireland: This week we celebrated International Literacy Day. To celebrate Libraries Ireland have a range of reading supports on offer online and in your local library. For full details [CLICK HERE](#)

National Integration Fund 2020: The closing date for applications to the National Integration Fund 2020 which promotes integration of migrants into Irish society has been extended to

12pm on Tuesday 22nd September. The Fund 2020 is open for applications from both public and private bodies. Funding will be given for projects that:

- Increase mutual understanding between local communities and immigrants;
- Combat racism and xenophobia;
- Undertake research on interculturalism and / or integration;
- Help immigrants improve their language skills so they can access employment and / or integrate into their local communities;
- Promote the integration into Irish society of vulnerable or socially-excluded immigrants;
- Introduce immigrants to the political system and encourage them to vote;
- Provide training to public and private sector organisations on equality and integration;
- Provide information and support for immigrants to help them access services;
- Provide information and support for immigrants in regard to immigration and citizenship;
- Promote integration in schools;
- Promote integration in the youth sector;
- Promote integration in the workplace; or
- Promote the involvement of immigrants in sport, volunteering and cultural activities.

Applicants can access a detailed guidance document and complete an online application form [HERE](#)

World Suicide Prevention Day: World Suicide Prevention Day took place yesterday 10th September. The HSE [Your Mental Health](#) service provide a free 24 hour, anonymous text support service.

To access this service text **YMH** to 50808



Covid-19 Isolation Quick Guide for those aged from 3months – 13years: The HSE Health Protection Surveillance Centre and Irish College of General Practitioners have published an 'isolation quick guide' which can be applied to those aged greater than 3 months up to their 13th birthday. You can download the guide [HERE](#)

Public Health Information: As always, for the most up to date information and advice on Coronavirus, please see:

- **Department of Health DOH:** Covid 19 information and campaigns [CLICK HERE](#)
- **Health Service Executive HSE:** Covid 19 information including symptoms, testing and how to manage Coronavirus at home [CLICK HERE](#)
- **Health Protection Surveillance Centre HPSC:** Covid 19 Information including advice for general public, return to work, resources and posters [CLICK HERE](#)

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Online Survey for completion/circulation:

LGBTI+ Life in Lockdown: LGBTI Ireland are conducting a survey to establish how the Covid-19 restrictions have impacted the mental and physical wellbeing of the LGBTI+ community in Ireland? To access the LGBTI+ Life in Lockdown snapshot survey, please [CLICK HERE](#).

Webinars/ Training/ Online Events:

It All Works Out: A six part podcast series , entitled “It All Works Out” commenced last Friday 4th September. The series, hosted by Luke Casserly, reflects on the Leaving Cert 2020 and how it has been a Leaving Cert like no other. You can listen to part one of the Podcast series by [CLICKING HERE](#) and the second part of the series will be available today on [A Lust for Life](#) Facebook page.

Implementing the European Child Guarantee in Ireland: The Children’s Rights Alliance are hosting a webinar entitled “Implementing the European Child Guarantee in Ireland” on Monday 14th September from 9am to 1pm. The European Child Guarantee is planned to be included in the next EU budget (2021-2027). The ambition of the Child Guarantee is that every child in Europe has access to the following key services, free healthcare, free childcare, decent housing and adequate nutrition. It will particularly focus on vulnerable children and those experiencing poverty, including refugee children. This event will focus on how Ireland can implement the Child Guarantee to reduce the levels of child poverty in Ireland. Please [CLICK HERE](#) for registration details.

Webwise Wednesdays: Webwise and RTE junior continue their internet awareness series every Wednesday. The latest episode addresses online bullying and explores the emotions involved for young people that experience cyber bullying. To view the latest episode [CLICK HERE](#)

National Youth Council of Ireland upcoming courses: Please Click on the links for further information for the various courses:

- [SHEP Reflective Practice](#) Oct 15th
- [Official DCYA/NYCI Covid-19 Induction Session for the Youth Sector](#) ongoing

Many thanks to all for forwarding information and links,
please continue to forward your updates for sharing and continue to tag
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or you can
email the Coordinators at:
Longford Westmeath CYPSC: grainne.reid@tusla.ie or
Laois Offaly CYPSC: niamh.dowler@tusla.ie
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