

## General Information/Updates:



**Ireland's Response to the situation in Ukraine:** A webpage on the whole-of-Government response to the situation in Ukraine is now available at [www.gov.ie/ukraine](http://www.gov.ie/ukraine) (and is updated regularly) which includes information on supports and services available to people arriving from Ukraine. You can find information below on the supports and services available:

- [Реакція Ірландії на ситуацію в Україні](#)
- [Реакция Ирландии на ситуацию в Украине](#)

Community Response Forums have been established in every local authority area across the country to coordinate local responses to the Ukraine crisis. Local statutory, community and voluntary groups around the country have been mobilising in recent weeks to welcome into their communities people who are fleeing Ukraine. As the new arrivals begin to settle in, each local authority has established a Community Response Forum to provide a co-ordination point for the Ukraine response in their area. To contact your local Community Response Forum you can email:

Longford – [Communityforum@longfordcoco.ie](mailto:Communityforum@longfordcoco.ie)    Westmeath – [ukrcommunityforum@westmeathcoco.ie](mailto:ukrcommunityforum@westmeathcoco.ie)  
Laois – [responseforum@laosicoco.ie](mailto:responseforum@laosicoco.ie)    Offaly – [communityforum@offalycoco.ie](mailto:communityforum@offalycoco.ie)



**Tusla Ukraine Response Webpage:** The Tusla Ukraine Response page is now live on the Tusla Website and can be found at <https://www.tusla.ie/ukraine-response/>

(The page is available in English, Ukrainian and Russian)

**The following information is contained on the website:**

- How to report a child protection or welfare concern
- How to recognise child abuse and who to contact
- What happens after a report is received by Tusla
- Information for Ukrainians arriving in Ireland – Unaccompanied Minors



**NPC Helpline for Ukrainian parents:** The National Parents Council have a new helpline officer that speaks Ukrainian and Russian to assist with queries regarding pre-school or school going age education.

This service is available from 9am to 5pm Monday to Friday by phone 01 887 4473 or by email [helpline@npc.ie](mailto:helpline@npc.ie) or you can visit the National Parents Council Website [HERE](#) for further information



**World Maternal Mental Health Week:** This week (May 3rd to May 9th) is World Maternal Mental Health week, supported by HSE and Minding Me, who support expectant and new mothers. Mental Health Difficulties can occur in pregnancy and after your baby is born. Getting help early will give you and your baby the best start. Remember your needs matter too. Kildare CYPSC and Wicklow CYPSC along with partner agencies have developed a suite of resources for expectant and new Mothers Visit [www.parentingsupports.ie/mmh](http://www.parentingsupports.ie/mmh) to access these resources. Maternal Mental Health Day is an international campaign dedicated to talking about mental health problems during and up to one year after pregnancy. It's all about raising public and professional awareness of maternal mental health difficulties, advocating for women affected, changing attitudes and empowering women and families by helping them to access the information, care and support they need to recover. For further details on Perinatal Mental Health Care visit the HSE website [HERE](#)





**Active School Week**  
May 3–6, 2022

**Active School Week:** This week, 3<sup>rd</sup> – 6<sup>th</sup> May, is Active School Week, with many schools participating in Getting Active across the country.

For ideas and resources on how to get active in your local school [CLICK HERE](#) for further information and supports.

**First 5 My Little Library Initiative:** The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, recently announced the roll-out of the First 5 My Little Library Initiative. The initiative will see more than 60,000 children starting school in September invited to collect a free book bag and join their local library, with participating children and their parents receiving an invitation in the coming days. The project is a collaboration between the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD), local authorities and the Local Government Management Agency (LGMA). Invitations for parents and children to My Little Library and other information on supporting transitions is available on the [Let’s Get Ready page on gov.ie](#)

You can also check out your local library webpages at the following links

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

**SunSmart campaign:** As part of the SunSmart 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 on how you can be SunSmart and protect your families skin from the sun [CLICK HERE](#)

### Children whose parents use drugs: promising practices and recommendations:

In recent years, the Pompidou Group have introduced a subject that so far has not received enough attention: children whose parents use drugs. The impact of parental substance use is reflected in the children’s development outcomes and in their daily lives. This project addresses both the children and parents affected by substance use while focusing on the programmes, services and practices in place to address the issue. The project on children whose parents use drugs has been carried out in two phases: the first one started in November 2020 and was completed in February 2021. The second phase has been implemented throughout 2021 with the involvement of 11 countries (Croatia, Cyprus, Greece, Iceland, Ireland, Italy, Mexico, Poland, Romania, Switzerland and Turkey). To read more about this project and its findings [CLICK HERE](#)

### Online Survey/ Consultations for completion/circulation:

#### Public Consultation - Review of the Regulations governing Early Learning and Care:

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, has launched a public consultation on a review of the Regulations governing Early Learning and Care. The review will primarily focus on enforcement powers of the Tusla Early Years Inspectorate and the independent statutory regulator for the sector. A background document on this review of the ELC Regulations can be found [here](#) in English and [here](#) in Irish. To complete the survey [CLICK HERE](#).

The deadline date for this survey has been extended until **27<sup>th</sup> May 2022**.



## Webinars/ Training/ Events:

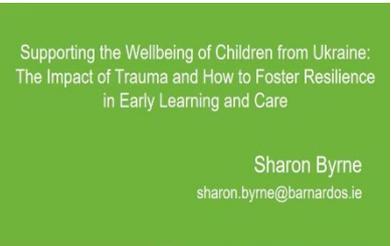
**Slaintecare Healthy Communities Triple P Programme:** Triple P is a Positive Parenting Programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation. Triple P is run in a small group setting and parents can attend one or multiple sessions. Bookings are now being accepted for the FREE Triple P Parenting programme hosted by Lus na Greine FRC, Granard. The course will commence on 9<sup>th</sup> May, please email [admin@lngfrc.ie](mailto:admin@lngfrc.ie) for further details or to register. For information regarding the delivery of upcoming Triple P Parenting programme in the Athlone area please contact [triplepathlone@barnardos.ie](mailto:triplepathlone@barnardos.ie)



**Childhood Domestic Violence and Abuse, Community of Practice Guest Speaker:** Barnardos CDVA Community of Practice are delighted to welcome **Anna Mitchell**, who is the UK lead for the **Safe and Together** practice model. Safe and together is an approach developed in the United States which provides a framework for partnering with domestic abuse survivors and intervening with domestic abuse perpetrators in order to enhance the safety and wellbeing of children. These are issues and gaps that are recurring in all of our events to date, so we hope this is an opportunity for you to hear more about the framework, and discuss with your colleagues who also work with children living with domestic violence and abuse, how this may be applicable in an Irish context. This FREE online event is aimed at both front line staff and managers and will take place on 18th May 2022 from 10am – 1pm  
Spaces are limited, and early booking is advisable. To register for this event [CLICK HERE](#)



**Supporting the Wellbeing of Children from Ukraine:** We know that the experience of war denies children a sense of safety and puts a massive strain on their resilience. This recorded webinar hosted by Barnardos, supported by Pobal and the Department of Children, Equality, Disability, Integration and Youth gives early years educators an overview of the impact of trauma in the context of children arriving in Ireland from Ukraine and explores some of the key considerations to help foster resilience in the early learning and care setting. Please note that this webinar is for information only and there is no certificate awarded.



To view the webinar [CLICK HERE](#)

**Mindfulness Programme for Children Athlone FRC:** The Athlone Family Resource Centre 6 Week Mindfulness Programme for children will commence again in May 2022. Research shows Mindfulness for Children and Young People has the following benefits:

1. Increased focus, attention, self-control, classroom participation, compassion.
2. Improved academic performance, ability to resolve conflict, overall well-being.
3. Decreased levels of stress, depression, anxiety, disruptive behavior. If you would like to book a place for your child on this programme please contact AFRC by email to [coordinator@afrc.ie](mailto:coordinator@afrc.ie) Places are limited and early booking essential



## Growing Up in Ireland 14th Annual Research Conference

May 25th 2022 - \*\*online only\*\*

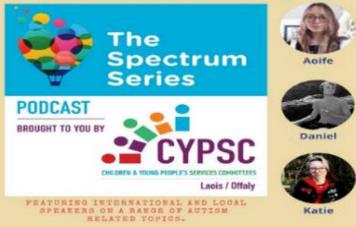
Draft programme available and  
registration now open  
Further details on [growingup.ie](http://growingup.ie)



**Growing Up in Ireland Annual Research Conference:** The Growing up in Ireland 14<sup>th</sup> Annual Research Conference will take place as an Online event on Wednesday 25<sup>th</sup> May. A [draft programme](#) is available and registration is now open, please [sign up here](#). The event is free.

The conference will run from 9am to approximately 3pm and will include presentations based on the **Growing Up in Ireland** study data, the launch of the latest **Growing Up in Ireland** report, plus a keynote address from Professor Alissa Goodman, Director of the Centre for Longitudinal Studies at UCL.

FIRST RELEASE: 



**The Spectrum Series**  
PODCAST  
BROUGHT TO YOU BY CYPSC  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES  
Laois / Offaly

Featuring international and local speakers on a range of autism related topics.

Hosts: Aoife, Daniel, Katie

**Laois Offaly CYPSC Life Matters Podcast:** Laois Offaly CYPSC have recently launched their new Podcast entitled '[Life Matters](#)'. The initial six-part series is about "Life on the Spectrum" and the many issues and challenges for everyone involved. The Spectrum Series features International and local speakers on a range of autism related topics such as: Theory of Mind and Context blindness, ARFID, Assessment and the Diagnostic Process, Parent and Young Adults Perspectives and much more. To listen to the 'Life Matters' podcast [CLICK HERE](#)

### Coffee Mornings for Parents of Children with Additional Needs - Longford:

Longford Coffee Morning for parents of children with additional needs is a collaboration supported by LW CYPSC with lead partners - AIRC Midlands, Longford County Childcare Committee and Longford Community Resources Clg. The group will meet on the following dates in May in Longford Community Resources Clg: **16<sup>th</sup> and 30<sup>th</sup> May from 10am – 12pm**

This is FREE group for parents of children of all ages. There is also a play area available for parents of young children.

To book your place email [aircmidlands@gmail.com](mailto:aircmidlands@gmail.com) or phone 086 150 6416

### Coffee Mornings for Parents of Children with Additional Needs - Westmeath:

Airc Midlands coffee morning for parents of children with additional needs takes place the first Tuesday in every Month in the Annebrook hotel, Mullingar from 10am – 12pm .

This is a Free group for parents of children of all ages

To book your place email [aircmidlands@gmail.com](mailto:aircmidlands@gmail.com) or phone 089 4708741

Coffee Morning for parents of children with additional needs  
Dates: Monday, May 2  
Monday, May 16  
Monday, May 30  
Time: 10am-12:00pm  
Contact: 086 150 6416  
aircmidlands@gmail.com  
Venue: Longford Community Resources (C.R.I.)  
Templemichael, Longford N39 1H 1Z2  
Located beside Fenlons factory on the road beside the fire station and the Mall  
**ALL WELCOME - FREE**



Come join us for coffee and chat 1st Tuesday of the month  
**AIRC MIDLANDS COFFEE MORNING**  
Annebrook Hotel 10-12pm  
Tuesday the 1<sup>st</sup> of April  
AIRCMIDLANDS@GMAIL.COM  
CONTACT: 0894708741 FOR ANY QUERIES



## ART THERAPY

can help you communicate what is sometimes difficult to put into words...



Support is available if you are feeling overwhelmed or down about:

- School
- Work
- College
- Friendships
- Relationships
- Sexual Identity
- Confidence

**LET IT ALL OUT**  
No art experience is necessary  
Sessions are confidential

To find out more about our art therapy sessions call 057 866 5010 or email [clive@ywilaois.com](mailto:clive@ywilaois.com)

**Youth Work Ireland Laois – Art Therapy Sessions:** An art therapy service for young people is available two days per week in Youth Work Ireland Laois. Art therapy can help young people communicate what is sometimes difficult to put into words.

No art experience is necessary and all sessions are confidential.

To find out more about this Art Therapy service contact

YWI Laois at 057 866 5010 or email [clive@ywilaois.com](mailto:clive@ywilaois.com)

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 [Twitter](#), or LO CYPSC on [Facebook](#) and/or [Twitter](#)

or you can

email the coordinators at:

Longford Westmeath CYPSC: [grainne.reid@tusla.ie](mailto:grainne.reid@tusla.ie) or

Laois Offaly CYPSC: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)

[www.cypsc.ie](http://www.cypsc.ie)