### CAVAN NETWORKS NEWS



A newsletter brought to you by Cavan CYPSC

EDITION 7— DEC

**Seasons Greetings from all in Cavan CYPSC** 



2020 has been a year like no other in our memories. It has been a trying and testing time for all. Thankfully we appear to have reasons for increased optimism on the horizon for 2021.

The events of 2020 brought new challenges no one was prepared for, changing the way we live and how we connect with each other.

As Cavan CYPSC Coordinator I would like to acknowledge and commend all for their ingenuity, creativity, spirit and resilience in responding to 2020's complex and diverse challenges.

It has been incredible to witness the amazing endeavors in supporting Children, Young People and Families across Cavan. This tremendous spirit and character was epitomized by Cavan GAA ending the year and heading into 2021 as Champions of Ulster

Thank you all for your support in this challenging and unpredictable year.

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#### Our Generation is coming to Cavan

OUR Generation is a 3 year project supported by the European Union's PEACE IV programme. It aims to promote positive mental health & emotional wellbeing plus build resilience of young people.

OUR Generation will collaborate and connect with existing community based initiatives to offer accessible, age appropriate prevention, early intervention and recovery activities. The project will be delivered in education, youth & community settings. Our Generations team will start delivering information sessions via CYPSC forums and networks from January 2021. Below is some information on some of the programmes, facilitator raining and also contact details.



#### Be Well Facilitator Training

- Working with young people in counties Cavan, Monaghan, Donegal, Sligo, Leitrim
- Have a group of 10 young people who would benefit from the Be Well programme for mental wellbeing
- Ask about our free training with the Youth Work Ireland Our Generation team
- □ Be Well is a 90-minute activity session for 14-24 year olds
- Be Well helps young people to identify & address anxiety
- □ Be Well uses the 5-A-Day approach to mental wellbeing
  - O CONNECT O BE ACTIVE O TAKE NOTICE O KEEP LEARNING O GIVE
- Trained facilitators who deliver to groups of 10 young people can claim €75 to spend on goodies or activities for the young people who complete Be Well

Contact the Our Generation Team for more information email: ourgeneration@youthworkireland.ie See our Be Well webpage









# **Project**

Youth Empowerment in SRE



European-wide initiative to support youth workers and peducate young people around issues of sexual health.



& RELATIONSHIPS

o/ Yes No O O Maybe

COMMUNICATING

fNfLuEnce

WIDER INFLUENCES &

is project is based on the need identified by Youth Work Ireland through a nsultation with young people in the Spring of 2018

es (NUIG Sexual Experiences Survey) show that further suppor leeded for the young people of Ireland. This programme aims i



Contact Our Generation: ourgeneration@youthworkireland.ie
Or visit the link below for more info:
https://www.youthworkireland.ie/youthwork-centre/ourgeneration









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#### YOUNG VOICES WITH DECISION MAKER VOICES, WHAT A **WAY TO KICK OFF 2021!**

On January 21st 5-7pm NYCI will be hosting a Young Voices online event with decision makers from the political arena, national youth work organisations, national children's structures, social and community sector representatives, European youth agencies, academics, youth delegates and others!

For more information click **HERE** 

#### **NUIG-TCD Research Study**

School of Psychology, NUI, Galway and TCD are currently conducting a research study alongside colleagues in Trinity College Dublin, on the impact of the COVID-19 pandemic and the various restrictions that are in place, on Irish teenagers. Click **HERE** for further information or see poster below.



Research Study: Call for Teenage Participants

n the many changes that we have experienced in recent months, we are keen to tand how the COVID-19 pandemic and the various restrictions that are in place, are ing on the lives of teenagers. A team of researchers from the School of Psychology, NUI, Galway and Trinity College Dublin are carrying out this research.

This survey is for teenagers (12-18 years).

There are 3 surveys to complete over 12 months (15 mins each).

e all teenagers require parent/guardian consent, if they wish t

To find out more about our study, you can access our study website: https://www.adaptresearchstudy.com/

Information for parents and teenagers is available on our study website.

rou can go straight to our parent information sheet via the  ${\sf Q}$  code below, or the following weblink.

n/ife/form/SV\_9MRSePFBfm7eKfr

Once parental consent is received a link to the adolescent agreement form and the survey is sent via email to the young person:

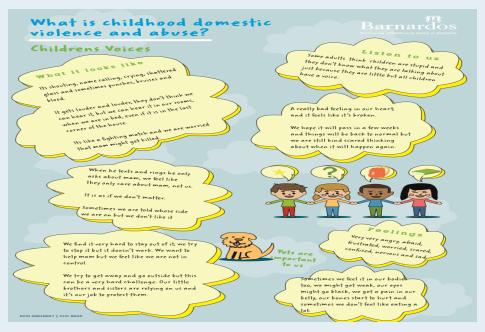






#### **Childhood Domestic Violence & Abuse**

Barnardo's have been collaborating with several specialist domestic abuse services from around Ireland in a children's participation project which aims to hear what children and young people are saying about their experiences of domestic violence and abuse. **HERE** is a link to the video which features the children's words and has been launched on the new section of the Barnardos website on Childhood Domestic Violence and Abuse.



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#### **Changing Lives Initiative**

Our colleagues in CLI have extended an invitation to their facilitated parent workshops. For more information see poster below and to book a place visit **Eventbrite** 



#### Alcohol Use as a Response to Childhood Trauma

The Alcohol Forum are delivering a webinar on Jan 29th. They have another great line up of speakers for their second webinar on the theme of alcohol and gender based violence.

Dr Sharon Lambert (UCC), Senator Eileen Flynn (first Traveller woman in Oireachtas), Michael O'Donnell (Gay Project, Cork), Caroline Munyi (AkiDwa) and Fergal Landy (PPFS, Tusla) will be participating as panellists for this one hour event.

Save the Date 29th Jan



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#### Keeping well this winter

The Keeping well this winter campaign is running across many media channels including TV, digital and social, radio and local press. Click Keeping well this Winter for a link to an e-version of this comprehensive guide



And the Cavan Co Co Keep Well website is a great resource to help you plan and find local resources



