

DONEGAL CYPSC

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The Donegal Children & Young People's Committee (CYPSC) aims to improve outcomes for children and young people aged 0-24 years in County Donegal.

The purpose of CYPSCs are to bring statutory, community and voluntary agencies providing services to children and young people together to cooperate and plan and work in a coordinated way. CYPSC's are funded through the Department of Children and Youth Affairs and Chaired by Tusla. The local authority holds the position of Deputy Chair. They work to support children, young people and their families to achieve the five national outcomes set out in Better Outcomes, Brighter Futures: the National Policy Framework for Children and Young People 2014-2020.

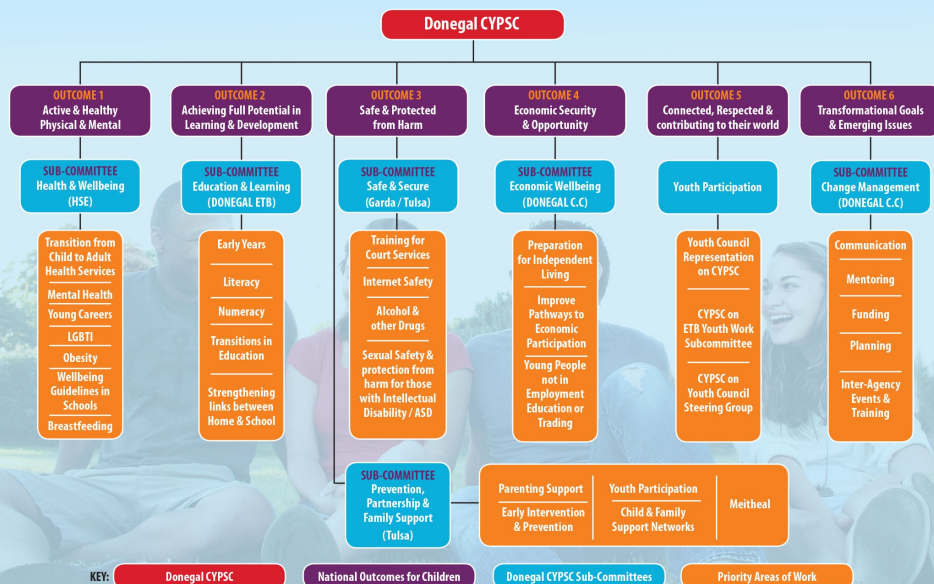
The national outcomes are that Children & Young People are:

- *Active and healthy with physical and mental well-being
- *Achieving full potential in all areas of learning & development
- *Safe and protected from harm
- *Have economic security and opportunity and
- *Are connected, respected and contributing to their world.

Over forty organisations across Donegal work in partnership to achieve these outcomes.

BETTER
OUTCOMES
BRIGHTER
FUTURES

STRUCTURE OF DONEGAL CYPSC



DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

Quarter 2 2019

Introducing the NEW Donegal Youth Council



Donegal Youth Councillors represent young people across five municipal districts in Donegal. NYC members are determined and committed to be the voice of young people across Donegal and encourage other young people to share their views so we can all work together. NYC works on a variety of issues and recently completed a work shop with Brian O'Donnell from the Road Safety Working group. NYC members were informed about the consequences of not following the rules of the road and experienced the virtual reality goggles through which they witnessed the frightening after math of an accident. NYC are working

alongside the road safety working group on encouraging the use of seatbelts on buses and are looking forward to completing a road safety message which will be featured on the radio.

NYC had the pleasure of meeting with Anne Timony Meehan., Donegal CYPSC Co-ordinator, who gave a presentation and facilitated a work-shop. We discussed how NYC can participate in CYPSC and where our interests and Agenda overlaps with the CYPSC Children & Young People's Plan 2018-2020. NYC found the day very informative and are now more aware of the



services available and how they can call on support from CYPSC.

Comaihe Gallagher and Shari Irfonz attended a relationship and sexual education reform work shop that the Department of Children and Youth Affairs held. Both NYC members thought the day was worthwhile as it gave an over view and insight to the different teaching methods being used and how much needs to change as young people feel that they are not educated enough.

Watch this SPACE!

NEWS FLASH! The Donegal Directory of Disability Services Edition 2 is now available to download from www.cypsc.ie Go to the Donegal page, Local Resources and click on the link. **Please share.** This is kindly updated every 6 months by the Bluestack Special Needs Foundation and is also available on www.bluestackfoundation.com If your organisation or service would like to be included in the Directory, please send info@bluestackfoundation.com

Parent Hub Donegal – An initiative of Donegal CYPSC

Over the past ten months County Donegal has been buzzing with training opportunities for those working to support positive parenting. Parent Hub Donegal secured funding from The Wheel to roll out training for facilitators in the full suite of Parents Plus programmes plus the LifeStart Spirals programme. We also went further and organised additional training to upskill facilitators and those working with parents in situations of additional need or where alcohol is impacting on family life and parenting. The Alcohol Forum provided us with an excellent workshop on 'Busting myths about alcohol' and 'Alcohol and the Teenage Brain'. The shortfall in funding was made up by Tusla, Donegal ETB, Donegal Local Development Company and with contributions in kind by LifeStart, Springboard/Finn Valley FRC, HSE, the Alcohol Forum and ParentStop. This type of integrated, collaborative working is key to how CYPSC functions. Facilitators have been trained in the Early Years, Children's, Adolescent and Parenting When Separated programmes as well as in the CBT based Working Things Out programme for use with teenagers. Parent Hub ran several of these programmes around the County, including Dungloe, Falcarragh, Letterkenny, Raphoe, Stranorlar and Carndonagh. The expanded network of facilitators means that the programme will be available to more places and more parents around Donegal.

Anyone interested in registering for programmes can go to <https://goo.gl/forms/32K0Ud4B5nyBomqC2>.

The training calendar finished on a high on 29th May with a group of over fifty facilitators, Family Support Workers, Tusla and HSE staff exploring how we can support parenting in situations of complex and additional need.

Excellent input was provided by Joanne Dowds EIT, Karen McMenamin Community Facilitator for Disability, Leslaw Migut and Sorcha Bolger Community Psychology and Nuala Caslin and Maeve Mangaoang CAMHS. We had the opportunity to listen and share experience, to network and learn from others, to reaffirm our belief that the best way to support children and young people is to support their parents, that's what ParentHub Donegal is about.



www.facebook.com/Parenthubdonegal/
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Creating Lifelong Readers (CLR) workshops for Early Educators

In May 2019, Donegal County Childcare Committee facilitated 2 CLR workshops in conjunction with the Donegal County Library to Early Educators in Letterkenny. The programme explores the development of literacy in the early years with a key element focussing on the importance of parents reading regularly with their children. As part of the Education and Learning subgroup of CYPSC, DCCC in conjunction with Donegal County Library and Lifesart provide information and resources to Preschool settings to implement a weekly lending library for parents and children from the preschool setting. Roll outs of the CLR programme are scheduled to take place in Buncrana and Bundoran in Autumn / Winter 2019. Creating Lifelong Readers is an initiative of the Education & Learning Subcommittee of Donegal CYPSC.



The Donegal Young Carers project

The Donegal Young Carers project will be taking part in a number of exciting events in June 2019. The project will be taking part in Cruinniú na nÓg 2019 in Donegal town for a 2 hour "Big Top Workshop" (which is learning circus skills) for the Young Carers Group on Saturday 15th June between in Donegal Town. Then the Annual Young Carers Ireland Respite Weekend will take place in Carlingford Adventure Centre, Co. Louth from June 22nd to 24th 2019. This is a great opportunity for young carers from across the country to come together and take part in lots of fun activities, giving them a break from the situation at home and a much needed break away from their caring

roles. The Donegal Young carers group has regular group meetings; Fun day trips and an annual respite trip throughout the year with over 40 existing members and are welcoming more members. Also the Donegal young carers fit4life group has been running weekly with the group taking part in physical activity and develop healthy habits and lifestyles. The group has a steady footfall of 10-20 people each week. **Contact us at the Loft, Donegal youth Services, 16-18 Port road, Letterkenny. 074-9129630, 0861247968 / 0873560202.**

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Donegal CYPSC Funding UPDATE

Better Outcomes ,Brighter Futures Funding 2019 is €28,000 to be administered via Tusla Cost Centre. As agreed by CYPSC €5,000 is allocated to CYPSC Events and associated printing, venue and refreshment costs. This will include the Disability Progressive Pathways Fair planned for November 2019. The balance is available to CYPSC Subcommittees to support the implementation of the Children & Young People's Plan during 2019. To date proposals for funding support include Donegal Traveller's Project for a Traveller & Roma Homework Club, Tusla Alternative Care 16+ for a Youth Conference,

Donegal Youth Services for the Young Carers Project Outreach to Donegal town, Foroige for a residential event for participants in the Be Healthy Be Happy Programme, Raphoe Family Resource Centre to run Mindfulness workshops for Adolescents in the Raphoe area and a Strategic review of Parenting Supports in County Donegal will also receive funding support.

Healthy Ireland Round 3: HIF Round 3 will run from July 2019 to June 2021. Donegal CYPSC has been allocated €96,000 to implement a programme of work under HIF during the 2 year period, €48,000 per year. This is a joint application with Donegal LCDC. Proposals for funding must be aligned with the Children & Young People's Plan 2018-2021 and the Local Economic & Community Plan. Expressions of Interest have been received from 8 CYPSC member organisations and are currently being processed, 5 of which will be included in the joint application.