

DONEGAL CYPSC**Email:**

Anne.TimonyMeehan@tusla.ie
Gearoid.Horkan@tusla.ie

Website:

www.cypsc.ie

Facebook

@CYPSCDONEGAL

COVID19 supports in your area. Send us your info for inclusion in the CYPSC Newsletter



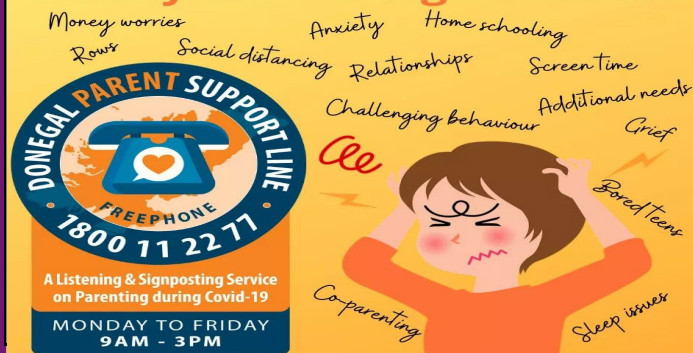
@CYPSCDONEGAL



@CYPSCDL

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 Vice Chair. They work to support children, young people & 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.

Family life feeling stressful?**USEFUL Helplines:**

Community Helpline 1800-928-982

E-mail covidsupport@donegalcoco.ie

HSE 180024 1850

Alone 0818 222 024

Seniorline 1800 804 591

Samaritans 116 123

Pieta House 1800 247 247

Woman's Aid 1800 341 900

Donegal Domestic Violence Service:

Helpline open 24hrs 1800 262677

Flac 1890 350 250

CARI Helpline 1890 924567

Worker's Rights Centre 1890 747 881

Threshold 1800 454 454

MABS 0761 07 2000

Jigsaw: help@jigsaw.ie

Childline: www.childline.ie

1800 66 66 66 Text: 50101

Lifeline Inishowen: support@ldvs.org

Helpline 074 9373232 Mon-Fri 10 – 1.30

STILL HERE Campaign for people who are suffering Domestic Abuse at this time - <https://www.stillhere.ie/>

National Traveller Helpline 083 100 6300

National HSE Roma Helpline 0871264606

**DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE**

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

Special Edition 10

June 2020

Healthy Ireland Funding Donegal revised Re COVID19

Participants enjoying the Foroige Be Healthy Be Happy Residential funded by Healthy Ireland 2019.

Healthy Ireland, A National Framework for Improved Health and Wellbeing 2013–2025. Healthy Ireland is funded by the Department of Health, with a funding allocation to each CYPSC and Local Community Development Committee (LCDCs) in each



Local Authority area. Ms. Margaret Fitzgerald, Donegal Healthy Ireland Co-ordinator is liaising with the local CYPSC Co-ordinator, Ms. Anne Timony Meehan and with the various groups responsible for delivering the approved actions in our Programme of Work for

Round 3 of the Healthy Ireland Programme. **As a result of the COVID-19 pandemic**, Pobal and the Department of Health are currently reviewing all the approved programmes of work under Round 3 of the scheme. Information is being sought from all groups responsible for actions under the programme on their ability to carry out their planned programmes and an opportunity provided to amend or to re-profile their approved programmes and budgets to enable them deliver their services to the target groups in the context of the COVID-19 restrictions. The grant period for Round 3 will run from 1st July 2019 to 30th June 2021. The Foroige led **'Fit Festival'** project is an example of how projects are continuing to support young people in line with COVID19 restrictions.

Minding Young People's Mental Health as they emerge from lockdown.

Foróige are hosting 3 fab events as part of our remodelled **"Fit Festival"**

While many young people will bounce back from lockdown very quickly others have expressed how they are struggling with anxiety about reintegrating with their

Healthy Ireland & Foróige Fit Festival



peers. To help make this transition period easier for young people, Foróige as part of a larger summer programme are hosting 3 events as part of our re-modelled Healthy Ireland Fit Festival for this year in order to adhere to Government and HSE guidelines on Covid 19.

Beginning on 20th June to coincide with the **Summer Solstice** young people in Foróige from across the county are doing a **5k walk**. To help them feel connected to their peers they will each be wearing specially made purple t-shirts and gifts of baseball caps, water bottles, lanyards and sports drawstring bags kindly sponsored by Health Ireland. The Summer Solstice walk is followed by a second event in July “**Tunes and Chats**” social event with the final event in August capturing all things that represent “**Hope in a Pandemic**”. This art piece that will leave a lasting legacy for generations to come. All young people that take part in all three events will get special recognition. By the end of the summer our aim is that every young person that engages in our Foróige projects and services will be more confident, feel reconnected to their friends and to their community and ready to face the challenges ahead with increased resilience and strength knowing that we are fully behind them, supporting them all the way. We encourage you to have a look at Foróige Donegal on Facebook and follow #ForoigeFitFest on social media.

‘**Fit Fest**’ is funded by Healthy Ireland through the Children & Young People's Services Committee (CYPSC) and Donegal County Council. If anyone would like more information on ‘Fit Fest’ and other events that Foróige are running over the summer please contact a Foróige staff member at infodonegal@foroige.ie.

Healthy Ireland – Community Mental Health Small Grants Scheme

Applications for the Community Mental Health, Small Grants Scheme were invited in February 2020 with an initial closing date of 27th March 2020, this was extended to 1st May 2020 as result of the COVID-19 restrictions. Under the terms of the scheme, small grants of between €2,000 and €5,000 are to be allocated to local community, voluntary and sporting organisations to deliver actions or projects which are in line with the Mental Health Theme of Healthy Ireland. In Donegal,

twenty three grant applications were received and assessed by the Healthy Ireland Sub-committee at a video meeting on Thursday 4th June. Details of the applications and the proposed grant funding to be allocated have been forwarded to the Donegal LCDC for their approval on Tuesday 16th June 2020. Successful applicants will be notified shortly.

Healthy Donegal

Accredited to the WHO, the National Healthy Cities and Counties of Ireland Network was launched in November 2016. The aim is to develop a structure to support Local Authorities to implement the Healthy Ireland Framework. The network aims to:

promote lifelong health and wellbeing,

provide a means where local issues can influence national policy, and provide a voice for Ireland in the WHO Network of European National Healthy Cities Networks.

Follow us on social media

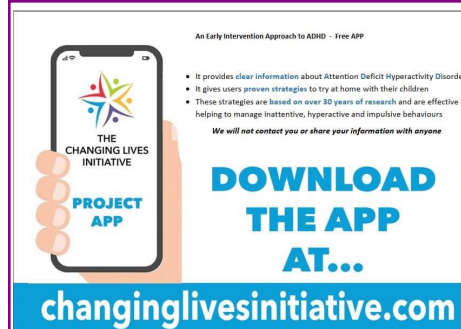
<http://www.donegalcoco.ie/community/healthydonegal>

<https://www.facebook.com/HealthyDonegal>

https://www.instagram.com/healthy_donegal/

<https://twitter.com/HealthyDonegal>

Fantastic new resource on ADHD for families



The Changing Lives Initiative have launched an innovative App on ADHD to support families. The App helps families understand what ADHD is and provides practical strategies and tools for parents to use with their children. The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child may have ADHD. The App is extremely useful for those working with children, in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity. The App may be of particular support to families during the current COVID19 situation.

Download the APP for free at www.changinglivesinitiative.com

The Changing Lives Initiative is a community based initiative supported by the EU IINTERREG VA Programme managed by the Special EU Programmes Body (SEUPB)