

DONEGAL CYPSC**Email:**

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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.

**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 Donegal

Parent Line—1800 11 22 77

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

Supporting Children & Families Hub:

www.gov.ie/supportingchildren

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

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

COVID19 Special Edition 13 July 2020

Donegal Community Resilience & Response to COVID 19

Donegal Travellers Project are excited to announce that they will be the first initiative in Ireland to launch an online training programme in Diversity. **"An Introduction To Diversity In Your Community And Workplace"** is a short

online programme that takes approximately 45 minutes to complete and covers topics such as diversity, ethnicity, interculturalism, asylum seekers and refugees, Travellers, Roma, racism and respecting diversity on social media.

DTP would like to invite you to the launch of the training on Sunday, July 19th in the Letterkenny Community Centre football pitch. The launch will take place from 2:30pm -3:30 pm. While there will be several short inputs on the day, the main activity of the event will be to stand in solidarity with those experiencing racism and exclusion by organising attendees into spelling out Black Lives Matter, Traveller Lives Matter and Roma Lives Matter which will be captured from above by a drone photographer. Participants are asked to wear black or dark clothing. All participants must register for the event via the Eventbrite page.

There will be a maximum capacity of **150 people**.

TO REGISTER FOR THE EVENT PLEASE Click [HERE](#)



**BLACK,
TRAVELLER,
ROMA,
LIVES
MATTER**

Jigsaw—Freephone number now LIVE !

Jigsaw support line is now up and running on **freephone 1800 JIGSAW (544 729)**.

It will provide free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults who live in the Republic of Ireland.

**WE'RE HERE
FOR YOU...**



Let's Get Ready - Resources

Returning to Childcare

Barnardos children's charity have gathered lots of Hints and Tips for Parents on how to support their children and their emotional needs as they return to crèche, for more info click [here](#)

If your child is going back to a creche, childminder or playschool have a look at this Video. It explains everything you need to know! Click on this link [video](#)

Starting Primary School

The National Educational Psychological Service (NEPS) have developed this information resource for parents of children starting school, for more info click [here](#)



NEW Covid-19 Tracker App Launched

COVID Tracker is a free app for your mobile phone. It will help us to protect each other and slow the spread of coronavirus (COVID-19) in Ireland.

Using the COVID Tracker app along with the existing public health measures will help us all stay safe when we meet up, socialise, work or travel.

Click [Here](#) for more info.

Visit hse.ie for updated factual information and advice or call 1850 24 1850

It's in our hands

Donegal Women's Centre

Donegal Womens Centre are currently closed to the public, but they are providing a limited service by phone 0749124985, and email

womenscentrelkenny@eircom.net.

The **ilash clinic** for young girls, will respond to emails for contraceptive provision, if, a client has been registered with the clinic for a previous 12 month period.

Pharmacies will provide an emergency supply service to returned students ,i.e. those who had to return home to Donegal from university or third level college, and would have attended the sexual health clinics in those provisions, on providing a used packet of their contraceptive with clients name on it.

Brook Clinic/ Common Youth in Belfast, will post contraceptives to registered students who have had to return home from Belfast due to COVID19.

Sexual Safety

'Let's Talk about Sexting' is a new resource developed to help parents and youth workers discuss this issue with young people. Young people engaging in risky behaviours such as sexting may experience an increase in levels of anxiety as Covid-19 restrictions ease and they begin to socialise again. That's according to experts speaking at the recent launch of 'Let's Talk about Sexting'. The Let's Talk about Sexting toolkit was developed by the National Youth Council of Ireland (NYCI) – which represents organisations working with over 380,000 young people nationwide, with the support of An Garda Síochána. This document is now online for more info click [here](#)



Support Returning to Community Activity

This is a follow-up to the Supporting Parents & Families through the Days & Weeks Ahead resource that The Genesis Programme published in March. This is a totally new Resource for Parents and Families. 62 pages packed with advice and tips including 12 pages of Low Cost & No Cost Summer Activities for families. Great work from the the Genesis Programme. You can download your copy by Clicking [here](#).

Supporting Parents and Families through SUMMER 2020