

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.

How to wear a face covering:

Cover your nose and mouth.



Nope.



Not quite.



Try again.



That's the one!



Coronavirus COVID-19 Public Health Advice

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 17—September 2020

Donegal Sports Partnership— Sports Inclusion Disability Programme

Donegal Sports Partnership through it's Sports Inclusion Disability Programme (SIDP) is currently accepting **Expressions of Interest from Community and Disability** organisations who wish to provide sport and physical opportunities for people with a disability in County Donegal. Link to the Expression of Interest click [HERE](https://www.surveymonkey.com/r/dspdgap)

Closing date for submissions is: **Wednesday 23rd September 5.00pm** For Further Info:

Email: sido@activedonegal.com

Phone: 074 91 16078/16079

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**Inclusive Fitness Programme**

This is an exciting programme with Paul Smyth Inclusive Health & Fitness. The 1-1 sessions are for children and young adults with a disability and will take place at Paul Smyth Inclusive Health & Fitness - Base Centre, Stranorlar.

The initiative is subsidised by Donegal Sports Partnership and costs €50 for 6 weeks. For bookings click [HERE](https://1-1fitnesspaulsmyth.eventbrite.ie/), places are limited. More Info email: sido@activedonegal.com

Inclusive Fitness Programme

Cost: €150
€50

This initiative is subsidised by Donegal Sports Partnership

Donegal Sports Partnership and Paul Smyth Inclusive Health & Fitness are launching an inclusive fitness programme for children and young adults with a disability.

Sessions will be on a 1-1 basis
Led by an experienced instructor
6 weekly 30 minute sessions

Venue: Paul Smyth Inclusive Health & Fitness, Base Centre, Stranorlar

Booking link: <https://1-1fitnesspaulsmyth.eventbrite.ie/>

For Further Info:

✉ sido@activedonegal.com ☎ 074 91 16078 / 16079

Donegal Sports Partnership
SPORT IRELAND

PAUL SMYTH
INCLUSIVE HEALTH & FITNESS

SPORT IRELAND
HSE
hi

Léargas-Strategic Partnerships in Digital Education Readiness & Creativity.

Léargas €2.5 million EU fund to 'build digital and creative readiness' in hardest hit sectors. Applications welcome from schools, youth organisations, further education organisations, and adult education groups. Supporting teachers to develop digital competencies, ensuring widespread access to digital learning, and promoting social inclusion through the arts are just some of the ways this €2.5 million fund will address the significant impact Covid-19 has had on the regular delivery of education and training and the cultural and creative sectors in Ireland. **The deadline for applications is 11.00 am Irish time on Thursday 29 October 2020.**

<https://www.activelink.ie/community-exchange/news/77295-leargas-to-open-eu25-million-eu-fund-to-build-digital-and-creative-readiness-in-hardest-hit-sectors>

Funded by the EU, managed by Léargas the 2 new Erasmus+ Strategic Partnerships will support the recovery process from the Covid-19 pandemic. Lorraine Gilligan, Léargas, welcomed these measures to foster creativity, culture and multiculturalism. Léargas announced online workshops & webinars to support organisations to develop their project ideas for the **Strategic Partnerships in Digital Education Readiness and Creativity**. This Strategic Partnership will make funding available to schools & education organisations to support learners & teachers adapt to online / distance learning through digital tools & methods. There is also a focus on promoting safer & more responsible use of digital technology in a new virtual learning environment. **The Strategic Partnership for Creativity** will support adult & school education or youth organisations to equip young people & adults to develop creative and innovation solutions to unprecedented risks and societal issues. Organisations will be supported to promote active citizenship through the arts, to reinforce virtual networks & collaboration models that support intercultural exchange and engagement.

Donegal CoH-Sync Wellbeing courses

Donegal CoH-Sync are offering Free online health & wellbeing courses. All courses include a 1-2-1 personalised health plan with support from a team of health facilitators. They are available to anyone over 18 years living in Donegal & the border counties. For More information check out their Website [HERE](#) which has a full list of upcoming courses or if you would like to register for a course click [HERE](#) for the registration form. For more info contact Siobhan Coyle via email: sc Doyle@dldc.org

THINKING ABOUT A LIFESTYLE CHANGE?

FREE ONLINE WORKSHOPS WITH PERSONAL HEALTH PLANS

- Fitness, Tai Chi, or Mindfulness
- Photography & Wellbeing
- Art or Journaling
- Cookery or Nutrition

Logos: Community Health Project, Donegal Local Development Committee, interreg

National Volunteer Week September 21st - 25th 2020

The 2020 National Volunteer Week is from 21st – 25th Sept. In line with COVID guidance Donegal Volunteer Centre is offering a number of Virtual Sessions for both volunteers & community organisations over the week. The focus is on community festivals / events, plastic reduction, charity shop marketing and volunteer self-care. To register for one or more events see Details for FREE ZOOM sessions:



Social Media to increase sales and footfall for Charity Shops - Zoom session with Aidan Spence, Monday 21st September 3-4pm. Click [HERE](#) to register

Reducing Single Use Plastic - ZOOM Session with Simon Ruddy of CUSP (Cease Using Single Use Plastic). Challenging Environmental Awareness Session, Tuesday 22nd September 3-4pm. Click [HERE](#) to register

Running Community Festivals & Events in Covid Times - ZOOM session with Colm Croffy, Executive Director of AOIFE. This masterclass will outline next steps for Community Events & Festivals in the COVID world. Wednesday 23rd September 3-4pm. Click [HERE](#) to register

Wellness in Covid -19 times - Zoom session with Maria Whelan CBT Therapist & Counsellor, a lunchtime session on dealing with covid stress and self-care. Thursday 24th September 1-2pm. Click [HERE](#) to register.

HURT - Love the Life You Live Programme

HURT is a Drug, Alcohol & Mental Health Awareness Programme for 13 to 24 year olds.

Starting September 19th Saturday 11.30 to 2.30 and Wednesday Evenings 6 to 9pm. There are two options to take part: Physical Venue (Covid Guidelines Apply) Limited Places at Destined Learning Centre Foyle Rd. Derry OR via Zoom. Topics Addressed:

1. Drug Alcohol & Mental Health Awareness.
2. Save a Mate - First Aid
3. Equality & Diversity.
4. Suicide Prevention

If your interested in this Programme or would like more information Call : 028 71 36 96 96 or email lovetheliveyoulive.hurt@gmail.com

Love the life You Live
9 week Programme
Starting 19th & 23rd September 2020

Free Training in:

- Online & in person
- Save A Mate
- Are You aged 13-24?
- Suicide Awareness
- Drugs & Alcohol Awareness
- Mental Health Awareness

If interested call 02871 369696 or email: lovetheliveyoulive.hurt@gmail.com