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**Website:**

[www.cypsc.ie](http://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.

**Download the COVID Tracker app at [covidtracker.ie](http://covidtracker.ie)**

Updated version now available in your Apple and Google play store



Riailtas na hÉireann  
Government of Ireland

**USEFUL Helplines:**

**Community Helpline 1800-928-982**

**E-mail [covidsupport@donegalcoco.ie](mailto: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](mailto:help@jigsaw.ie)**

**Childline: [www.childline.ie](http://www.childline.ie)**

**1800 66 66 66 Text: 50101**

**Lifeline Inishowen: [support@ldvs.org](mailto: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](http://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 CYPSC & MACE join forces for Social Inclusion Week

Social Inclusion Week 12th - 18th October 2020 will be very different this year will lots of events and information online. Donegal CYPSC in collaboration with our colleagues on the MACE CAWT Project is delighted to support this **FREE Webinar for Parents on the 15th October. The Look Say Sing Play webinar** will be jointly facilitated by Ms. Margaret Gallagher - Head of NSPCC Campaigns and Donna McGee MACE Project. Its all about creative fun ways to support a child's development. So spread the word far and wide! To register contact: [Donna.mcgee1@tusla.ie](mailto:Donna.mcgee1@tusla.ie)

**NSPCC**  
**look say sing play**

**Look, Say, Sing, Play  
Parents Webinar —Strabane & Donegal**

- Look, Say, Sing, Play is all about simple, fun activities that fit in to your routine and support your child's development.
  - Join us on Thursday 15<sup>th</sup> of October 10.00-10.30 am to find out more about supporting your child's development.
- To register for this Webinar (Zoom) email: [Donna.mcgee1@tusla.ie](mailto:Donna.mcgee1@tusla.ie)

Find out more at  
[nspcc.org.uk/brain-building](http://nspcc.org.uk/brain-building)



EVERY CHILDHOOD IS WORTH FIGHTING FOR

### Happy National Breastfeeding Week

The HSE is pleased to promote a series of webinars from a variety of international and national, experts and supporters of optimum infant feeding care and outcomes for mothers and babies. These webinars are free to join and are taking place in support of HSE National Breastfeeding week. Links to join and register to attend are included below :

**UCD National Breastfeeding Week Master class:** Date: 2nd Oct, 11am-12:30pm

[https://ucd-ie.zoom.us/webinar/register/WN\\_MEDSwaXSRpemFwdqXgFITg](https://ucd-ie.zoom.us/webinar/register/WN_MEDSwaXSRpemFwdqXgFITg)

Hosted by: University College Dublin

**Tongue Tie: Identification, Management & Outcomes:** Date: 5th Oct, 2.30pm to 4pm

<https://sswhg-cv19.webex.com/sswhg-cv19/onstage/g.php?MTID=e1e31c1c77d5c09a1a9a3b20df14ae35e>

Hosted by : HSE & Coombe Women and Infants University Hospital

**PRIME The journey to Breastfeeding in the Neonatal unit:** Date: 6th Oct, 2.30pm to 4pm

<https://sswhg-cv19.webex.com/sswhg-cv19/onstage/g.php?MTID=ed312188c11a02657d39430c4e5f19e9a>

**CONFERENCE: Diverse global perspectives on breastfeeding and breastfeeding support.**

7th Oct, 2pm to 5.30 pm. The full programme for the online conference hosted by NUI

Galway is available at [www.nuigalway.ie/breastfeedingconference2020](http://www.nuigalway.ie/breastfeedingconference2020)

## The National Parents Council presents

A series of conversations with Dr Colman Nector. All sessions will be online and free of charge. You can register by clicking [HERE](#) or by calling 01-8874034. Booking essential, places limited and will be issued on a first come 1<sup>st</sup> served basis.

### The National Parents Council presents:



Let's talk...



A series of conversations with Dr Colman Nector  
Child and Adolescent Psychotherapist

Each of the four sessions will last for 40 minutes beginning at 8pm and they will be interactive giving parents an opportunity to ask questions

Let's talk about connecting with your child	7th October
Let's talk about helping anxious children	14th October
Let's talk about your child's online life	21st October
Let's talk about building your child's social savvy	28th October

All sessions will be online and free of charge.  
You can register by clicking the link [here](#) or by calling 01-8874034

Booking essential, places limited and will be issued on a first come first served basis.

## Drugs and Alcohol Awareness Training - Donegal ETB

The Autumn / Winter Programme of Alcohol & other Drug training is now available. Click [HERE](#) for full list of courses and more information. The training has been completely redesigned, redeveloped and adjusted with a blended learning approach in response to the current circumstances and COVID19 restrictions.

To register click the link to fill in this google form.  
<https://forms.gle/CqyiCpxKeh6bNkXv8>

If you have difficulty accessing the link then email:  
[christinamceleney@donegetb.ie](mailto:christinamceleney@donegetb.ie)



**2020**  
**Alcohol & other Drugs**  
Education & Training  
North West Region



## Launch of new healthy eating guidelines for children 1-4 years

### New healthy eating guidelines for children aged 1 to 4 years

New guidelines have been published today 1st October by the Department of Health to help parents establish good eating habits in their children aged one to four. This early stage in a child's life is well recognised as a critical phase when dietary habits are formed and can last a lifetime.

### Resources for parents and healthcare professionals

The guidelines include a new children's food pyramid, a booklet for parents and fact sheets for healthcare professionals. The guidance includes advice on:

- the types of nourishing foods a child aged 1 to 4 needs
- how many servings to offer each day
- what child-size portion sizes look like



### New advice on vitamin D supplements during winter months

Included in the guidance is new advice for parents on vitamin D supplements. Vitamin D is needed for healthy bones and teeth and young children living in Ireland don't get enough of it in the winter months. The new advice is that children aged one to four take a vitamin D-only supplement every day from Halloween (31st October) to St Patrick's Day (17th March). These resources will be available on [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland) and on <http://www.mychild.ie/nutrition>

## Loft Youth Project - Autumn Programme 2020

LOFT Youth Project & Health Advice Café is a support service for young people aged 12 to 25, to engage themselves in activities and personal development programmes and overcome difficulties in their lives. Within the LOFT, young people can take part in group work programmes, one-to-one youth work, advocacy services, youth drop-in space and other activity programmes.

For more information on the events and youth support get in touch with a Loft staff member. They will direct you to the relevant person working with the group or organising the drop-in event.

Contact at [loftstaff@gmail.com](mailto:loftstaff@gmail.com)

**LOFT AUTUMN PROGRAMME 2020**

Tuesdays		Wednesdays	Thursdays:	
5pm-6pm Fit 4 Life ages: 12-24	6pm-8pm Girls Group ages: 12-15	6pm-8pm: World Wide Voices	6pm-8pm: Tea & Tunes ages:12-24	7.30pm-8.30pm Leadership for Life via zoom
Fridays		Saturdays		
3.30pm-4.30pm Boys Group ages: 12-15	5pm-9pm Drop In Events Night!	2pm-6pm: Drop In!  Young Carers Group 12pm-2pm Bi-weekly		

The LOFT also offers a one-to-one youth work service, providing young people with an opportunity to talk through any issues they might have with a professional youth worker.

Follow us on social media for upcoming groups, workshops and special events!