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**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

**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 19—October 2020**

### Sensory Support Initiative extended into Northwest Donegal

A collaboration of Donegal County Council, Autism Awareness Northwest (AANW) & Donegal CYPSC has allowed the successful Sensory Support Initiative, (brainchild of Lifestart Services), which was run very successfully during lockdown to be extended into the Northwest of the county. Donegal CYPSC made a proposal to the County Council to support this initiative using the National Play Day fund. The proposal was met with enthusiasm both by Donegal County Council and by Emily Bonar founder of the Autism Awareness Northwest committee.

The aim was to extend the successful Donegal CYPSC Sensory Support Gift Pack initiative to children and young people who have Autism or sensory processing disorders in Northwest Donegal. Sensory gift bags were developed for each child or young person, tailored to the individual needs.

Autism Awareness Northwest who led the Project have done an amazing job and supported many vulnerable children & young people in the process: 28 Sensory Gift bags were supplied to Dungloe Autism Support Group, 30 Sensory gift bags distributed in Gweedore, Creeslough, Termon, Falcarragh, Gortahork and Crolly areas & 6 Sensory Support Gift Bags for young people on Tory Island.

A portion of this funding was used to purchase sensory toys and equipment to support the establishment of an Autism Support Group in Finn Valley Family Resource Centre, Stranorlar.

Autism Awareness Northwest had previously run Autism Awareness training for local businesses in the Gweedore area. This work was enhanced by Sensory Toy boxes for participating businesses. This training has just been run on Tory Island and Sensory Toy Boxes are ready for delivery to Tory. Tory Island is set to become the first Autism Friendly island of Ireland.



*Autism Awareness Northwest Committee: Emily Bonar Founder, Mary Doohan McCraith, Pearse Doherty TD and Dinny Ferry*



*Presenting the sensory bags to the Dungloe Autism Support Group: Front L-R :Kathleen Cook (Dungloe Autism Support Group), Mary Doohan McCraith (AANW), Eilish Haigh and her children (Dungloe Autism Support Group), Emily Bonar (AANW), Back L-R: Pearse Doherty TD and Dinny Ferry (AANW)*

Plans are afoot for Eileen Magner from RTÉ to do a report on Tory Island becoming the first Autism Friendly Island of Ireland.

**Congratulations to everyone involved.**

Photos overleaf.

## Sensory Support Initiative extended into Northwest Donegal continued



## What Works - Festival of Learning

The Minister for Children, Equality, Disability, Integration and Youth Roderic O’Gorman T.D. has announced a series of online webinars focusing on prevention and early intervention. The ‘Festival of Learning’ will spotlight leading global policymakers, practitioners and thinkers in prevention and early intervention, highlighting how it can improve the lives of children and young people. Four seminars are planned on:



- the State’s role in prevention and early intervention,
- how Government policy can be preventative,
- the role of entrepreneurial thinking in public services, and
- the potential impacts of Artificial Intelligence on children and young people.

All those working in children and young people’s sectors are welcome to attend, but online registration in advance is essential. Click on [HERE](#) for more information.

## National Fostering Week 2020

Tusla National Fostering Week 2020. Running from Monday 12th to Sunday 18th October, our public information and awareness campaign aims to recruit many new foster carers from across Ireland.



The theme of this year’s campaign is ‘Raising Amazing’, celebrating how Tusla foster carers have positively transformed the lives of vulnerable children and young people. If you would like to join Tusla in providing a child with safe and loving home environment we would love to hear from you. Please visit [www.fostering.ie](http://www.fostering.ie) for more information.

Video interviews featuring Minister Roderic O’Gorman TD, Bernard Gloster (Tusla), Terry Dignam (EPIC), Catherine Bond (IFCA) and strong video testimonials from three care leavers and a foster carer, talking about their own personal and positive experience in care, encouraging people to consider becoming a foster carer can be watched [HERE](#).

## CAWT Innovation Recovery Project Online Courses Oct/Nov

CAWT Innovation Recovery Project is supporting mental health, well-being and recovery through courses, workshops and networking. See below their online course timetable for October & November. They are also providing mental health and emotional wellbeing support via coffee mornings at 11am on Mondays. These EU funded courses are delivered via Zoom and are free to residents in the eligible cross border area e.g. Donegal, Sligo, Leitrim, Monaghan, Cavan and Louth.

Interested in a course? Get in touch and register today by contacting 086 6069480 or email: [Innovation.RecoverySouth@hse.ie](mailto:Innovation.RecoverySouth@hse.ie)

	Controlling your Actions	Thursday 15/10/2020 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 19/10/2020 2pm and 8:30pm
	Controlling your Future	Thursday 22/10/2020 2pm and 8:30pm
	What is Stress?	Monday 02/11/2020 2pm and 8:30pm
	Controlling your Body	Thursday 05/11/2020 2pm and 8:30pm
	Controlling your Thoughts	Monday 09/11/2020 2pm and 8:30pm
	Controlling your Actions	Thursday 12/11/2020 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 16/11/2020 2pm and 8:30pm
	Controlling your Future	Thursday 19/11/2020 2pm and 8:30pm