

**DONEGAL CYPSC****Email:**

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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.

**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 20—October 2020**

**Barnardos On-line Safety Workshops for Parents**

Barnardos online safety webinars for parents are based on current research and best practice to promote online safety for children. Barnardos believe that open communication between children and adults and regular conversations about a child's online use are key to helping children stay safe online. They do not scare or sensationalise, the objective is that parents leave the webinar feeling empowered and have practical tips that will help their family stay safer and be happier on the internet. The workshops are suitable for parents with children of all ages and it is held live, on Zoom with an experience Barnardos trainer.

You can sign up for a time and date that suit you on the website [Here](#)

**FREE Webinar on Online Safety for Parents**

**Delivered Live By a Barnardos Online Safety Trainer**

**Webinar Dates & Times**

**Tues 27th Oct. @ 8pm**

**Wed 4th Nov. @ 1pm**

**Tues 10th Nov. @ 7pm**

**Tues 24th Nov. @ 7pm**

**Wed 2nd Dec. @ 1pm**

**Tues 8th Dec. @ 7.30pm**

**Certificate in Licensing Law - LYIT in collaboration with the Alcohol Forum**

The Certificate in Alcohol licensing is going online through LYIT. This accredited Level 7 Certificate (10 Certificate in Licensing Law 2020.pdf ECT's) will be of interest to anyone working at the community level to reduce alcohol harm. It is envisaged that the course will involve 2 hours weekly sessions for 8 weeks ( Nov- Dec and Jan) which will take place on Monday's from 7 -9pm. There will be two block days in Jan, followed by assessment. There is also a requirement for some hours self-directed learning.



**Institiúid Teicneolaíochta Leitir Ceannainn**  
**Letterkenny Institute of Technology**



## Donegal Sport Partnership - Building Positive Clubs Programme

Donegal Sports Partnership is now accepting expressions of interest for the Building Positive Clubs Programme. Building Positive Clubs aims to support and guide sports leaders, parents, coaches, volunteers and athletes in creating a culture of positivity within their sporting clubs and community which will encourage and inspire young people into the future. The programme asks coaches to examine not only their individual coaching approach but the overall ethos of the club or more specifically the club culture which looks at the people, attitude, communication and empowerment within the club. 2 online sessions will be delivered to the club via Zoom with the participants devising a set of actions which they can implement within their club. Participants will receive resources. An overview of the programme and each of the workshops is attached. Anyone with a role or interest in the club is encouraged to attend - senior players, all coaches, parents, committee members and everyone connected to the club. **The programme will be delivered FREE.** Your club can express an interest in the participating in the programme [HERE](#). For more information contact Therese [HERE](#).



# BUILDING POSITIVE CLUBS



## Distance Creates programme - Helium Arts

Helium Arts is keeping creativity and connection alive for children and young people with long-term health conditions during times of social distancing. This winter, Helium's team of talented artists will be delivering a series of home-based creative experiences through activity sheets dropped in your inbox with step-by-step guides, surprise postal drops, Post Pal Relay collaborations, and virtual sharing. In the meantime, you can enjoy the creative and fun taster activities below to give you a flavour of the upcoming, home-based five week programmes for 6-8 year olds and 9-12 year olds beginning in November 2020.

If you are interested in registering, or have any questions, get in touch with the Helium Arts' Family Liaison [hello@helium.ie](mailto:hello@helium.ie) or phone 044 93 96 960 or checkout their website [HERE](#)



## Autism in Sport - Online Workshop

In partnership with the CARA Centre, Donegal Sports Partnership is hosting an Autism in Sport workshop. This online workshop will provide attendees with an understanding of Autism focusing on the delivery of sport. It will help participants to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions.

### Who is this workshop for?

Sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.

**Date: Wednesday 18th November.**

**Time: 6.30pm-8.00pm. Cost: €10**

Booking [HERE](#), for more information contact Therese [HERE](#)



## Circles of Security Training - MACE Project

The MACE Project Coordinators are currently completing Circles of Security Training online via Zoom. They have recognised what a beneficial evidence based programme this is, and would like to put a proposal to the Project Board to able to offer this to practitioners working with children & families in their Cross Border Community Network Areas, and to ensure sustainability into the future.

However in order to be able to present this proposal to the Project Board they are required to evidence the commitment from the potential facilitator, their line manager and organisation that if this funding is approved that they can commit to the training schedule, which includes a significant proportion of pre-recorded material and self-directed learning. The facilitator/organisation must also be able to commit to facilitating at least two 8-10 week programmes with families, for approximately half a day per session. Sessions are facilitated by two practitioners therefore this may involve partnership work and/or delivery within another organisation. If you or your organisation would like more information and are interested in availing of this training please contact Donna McGee at [donna.mcgee1@tusla.ie](mailto:donna.mcgee1@tusla.ie)

