

DONEGAL CYPSC**Email:**

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@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.



MINDING YOUR MOOD

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 21—November 2020

Tusla funding injection revives Donegal 'Fund for Families'

During the initial COVID 19 Lockdown last spring, Lifestart Services, supported by Donegal CYPSC, a 'Go Fund Me' page and individual cash donations, initiated and developed a 'Fund for Families'. The Fund was a direct and immediate response to the 'social toll' of Covid 19 experienced by the most marginalised and vulnerable children in the county. It provided supplementary supports to families, through the availability of small amounts of funding for essential items such as home heating oil, sensory support packs, baby and children's clothes, baby formula and baby furniture, sterilising equipment, grocery vouchers, bed linen, nappies, toys and more. Both Statutory and Community & Voluntary sectors working all over the county referred families for support until the 'Fund for Families' exhausted its funding resource in June/July.

**THE GOOD NEWS IS.....**

Recently, one off funding became available through the National Tusla office. PPFS Tusla in Donegal made a successful application for funding to further resource the 'Fund for Families'. Donegal CYPSC welcomes this additional financial support from Tusla, to allow the Fund for Families to continue supporting families most affected by the COVID19 restrictions. As with the previous implementation of the 'Fund for Families', the Fund is aimed at the most marginalised and vulnerable families.

Lifestart Services Staff review each application for funding on a case by case basis.

Further information on how to access this funding and how to refer families for support should be emailed to Mary Walker Callaghan, Regional Manager of Lifestart Services at marylsl@lifestartfoundation.org

Our sincere thanks to Tusla for supporting this initiative and a Special Thank you to the dedicated team in Lifestart Services for initiating, developing and managing this Fund. In responding to the immediate, practical and essential needs of families, this work is helping to deliver better outcomes for children and families during these challenging times. **Well Done Guys!**

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Coercive Control Symposium on Wednesday 9th December

The CNME Mayo/Roscommon and GMIT Mayo are pleased to present this online symposium. The aim is to assist professionals working with adults and children to recognise signs of coercive control and trauma. This enables them to respond in a professional manner knowing the appropriate services and resources to access for seamless referral. This free online event is open to all health care professionals and professionals working in statutory, community and voluntary agencies providing services to families, children and young people. Registration is now live. To register [Click Here](#) For further information please contact Ruth Hoban at maryruth.hoban@hse.ie

Some of the speakers include:

Ms Mary Mc Dermott	Dr Sharon Lambert	Foyle Women's Aid Co. Derry	Detective Sergeant David Hannigan	Ms Heather Wilson
Co Chief Executive Safe Ireland	Lecturer Psychology Department University College Cork	Voices Forum Representative and Teen link Voices	Mayo Divisional Protective Service Unit	Prevention Partnership & Family Support Manager TUSLA



FREE Online Workshop Winter Arts & Crafts - DLDC

It's officially November so we can FINALLY start talking about Christmas. CoH-Sync have a Winter Arts and Craft Workshop starting on November 30th @11am via Zoom. This workshop combines creative activity with personal and collective wellbeing. So if you or someone you know would like to learn how make Christmas cards and decorations while supporting your wellbeing then please use the link below to register: <https://forms.gle/D6YcqXTXciBbV9ZP8>

Winter Arts & Crafts

4 Week Course

Beginning: Monday November 30th

@ 11am on Zoom



BelongTo LGBTI+ mental health training

This free training is for adults (18+) who work or volunteer with young people in their communities on the topic of supporting LGBTI+ young people's mental health. The course will take the format of an online self-directed course, followed by a Zoom live on-line workshop. Participants can choose **one** of two dates for the online workshop: **Wed Nov 25th: 10-12 noon OR Tues Dec 8th: 10am-12noon** Places are limited so reserve your spot today. We hope that you will join us to learn more about promoting the mental health and wellbeing of LGBTI+ young people. Just click [HERE](#) to register .

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland



Cycling Ireland - Gearing Up Skills

SPREAD the Word:

Gearing Up Skills is an action packed fun youth bike skills programme. Young people learn top tips and tricks to develop and improve their bike skills. Fun weekly skills sessions delivered by video in a **Free online programme**. For Young people 17 years and under, who just need a bike and a helmet. Participants learn the basics of bike maintenance; learn new skills and are challenged each week with various skills activities. Starts 12th November. Cycling Ireland coaches provide support and guidance. For more information Click [HERE](#)



Donegal Sports Partnership - WEBSITE PORTAL DEVELOPED

SPREAD the Word: We all know how important the participation in physical activity and sport is for all our communities not alone for our physical health but for our mental health as well. Donegal



Sport Partnership's response to the impacts of Covid-19 on participation in sport and physical activity was to include a section on it's website, as a one-stop area including: a wide variety of resources, videos, activity programmes to encourage people of all ages to get active and to stay active. To support all our communities including children and families Donegal Sports Partnership have developed a **Covid-19 Activity Hub** with a variety of videos and resources to guide and support people in keeping active.

Please click [HERE](#) , Every little bit helps!