

DONEGAL CYPSC**Email:**

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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.

**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

Pathways Parent Support Services:

074 - 9131245 / email :

leona.bradley@finnvalleyfrc.ie

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

YourMentalHealth Helpline: 1800 111 888



DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

COVID19 Special Edition 22—November 2020

Help make sure all Donegal families have a very happy Christmas

Two Fantastic Initiatives supporting families in Donegal:

Lifestart Services set up a Fund For Families at the beginning of the pandemic to support families in Donegal struggling during these difficult times. With the support of Tusla, the Children and Young Peoples Services Committee (CYPSC), generous donations from the Letterkenny Rugby Club, Four Seasons Charity Shop, Letterkenny Babies, Orla Neely and the Go Fund Me Page approx. €32,000 was raised. All the money raised goes directly to parents with Lifestart Services donating their time free of charge to manage the fund. Many services throughout Donegal, both statutory and community, working with children and families have availed of funding to purchase essential items for the families they work with. The level of need throughout Donegal is high and at this point there is approx. €7,000 left to spend.

The need for support is ongoing and Lifestart has decided to reactivate the Go Fund Me page and ask you all to please support this cause and share it far and wide because together we can achieve a lot for families needing a little extra support. The link to the Go Fund Me Page is <https://www.gofundme.com/f/a-fund-for-families>

For further information contact Mary Walker Callaghan, Regional Manager Lifestart Services CLG. Tel: +353 (0)74 9156644, Mobile: +353 (0)87 6791898
Email: marylsl@lifestartfoundation.org

Together we can Spread the Joy of Christmas across our Community

DLDC Christmas Food Appeal 3rd December 2020

Our colleagues in the DLDC team are hosting a '**Christmas Food Appeal**' on Thursday 3rd December. The 'Community Hands' vans will be at locations across the county and hopefully together we can fill them with food to donate to local charities. Help spread the word and help all families to have a very happy Christmas. DLDC Staff will be collecting food on Thursday 3rd Dec from 11am to 3pm at the following locations:

- ♦ DLDC Offices, 1 Millennium Court, Pearse Road Letterkenny
- ♦ Public Services Centre, Donegal Town
- ♦ Gaoth Dobhair, Áislann Ghaoth Dobhair, Doire Beaga
- ♦ Tir Hugh Resource Centre, the Mall, Ballyshannon
- ♦ Niall Mór Community & Enterprise Centre, Killybegs

New Parent Support Service established in Donegal

Introducing the Pathways Parent Support Service

Our Vision: Building strong, resilient families through information, support and signposting across Donegal. **Who we are:** Pathways parent support is a free and confidential service. We aim to support parents to improve the lives of their families and communities through brief interventions. The service is aimed at parents of children and young people 0 – 24 years.



What we do:

- Provide information and support to parents/carers and children on a one to one basis
- Deliver parent/carers support sessions with a dedicated focus on co – parenting when separated.
- Coordinate and deliver parenting events
- Share information and guidance through social media and other platforms
- Call back service available Tuesday to Thursday from 10:00am - 12:00pm by contacting 074 - 9131245

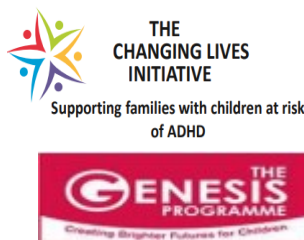
For further Information and additional referral details contact

Leona Bradley, Parent Support Team Leader on 074 - 9131245 / 0860675186 or email : leona.bradley@finnvalleyfrc.ie

FREE ZOOM WORKSHOPS FOR PARENTS ABOUT ADHD

Free online information and awareness workshops for **parents/caregivers** concerned about their child's inattentive or hyperactive / impulsive behaviour.

- Learn more about ADHD and the behaviours associated with it.
- Get some tips, tools and strategies to support your child.



Workshops are facilitated by our project psychologist (Dr Clare McGeady)

Monday 14th Dec 2020 @ 10:30am & Tuesday 15th Dec 2020 @ 06:00pm.

Please register through Eventbrite.ie Click [HERE](#)

There is also a session for professionals working with children 8th December 2020 @ 10:30 am – 12:30pm **For further information contact : christina.ryan@cllp.ie**

QQI Level 5 Community Addiction Studies

Thinking about Upskilling in the New Year

Enrolling NOW QQI level 5 Community Addiction Studies Online Course 21st JAN 2021 ~ 20th MAY 2021 (150hrs: 54 taught hours / 96 self-directed learning hours). Thursdays 2pm-5pm. Fee €300



Content covers:

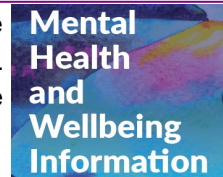
- ◆ The Family & impact of problem substance misuse.
- ◆ Theories of addiction.
- ◆ The media & addiction.
- ◆ Drug types and effects.
- ◆ Brief psychosocial interventions.

For further Info on this course & the Alcohol & Other Drug Education & Training Programme 2021 contact :

christinamceleney@donegaletb.ie

Mental Health & Wellbeing Information - Your Mental Health

Mind your Mental Health especially during COVID. There are supports available. Check out this helpful leaflet Click [HERE](#). There are many additional mental health supports listed on the HSE website www.YourMentalHealth.ie



You can also call the Freephone YourMentalHealth Information

Line to find supports and services nationally or locally. **1800 111 888**

Community Banker - Financial & Digital awareness programmes

Eve Curran the Community Banker with Ulster Bank has a whole range of supports available to help us all stay safe when shopping and banking online. There has been a significant increase in online scams and fraud so check out the useful courses and supports that can be conducted digitally. They are suitable for all age groups and capabilities. For further information:

Contact the Community Banker Eve Curran [HERE](#).

Courses include:

- ◆ Money Skills for Life (facilitated on behalf of the CCPC, a one hour programme)
- ◆ Fraud and scam awareness (with a focus on Covid-type scams)
- ◆ MoneySense (financial education programme for ages 4-18 but often used for young adults and other groups outside of this age range)
- ◆ Ways to bank (covers all types of banking and management of your finances)
- ◆ Digital safety (tailored to age group and capacity) **Upskill & Stay Safe on line.**