

DONEGAL CYPSC**Email:**

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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 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 23 —December 2020



Merry Christmas!

A sincere thank you for all you have done to support children and young people in Donegal in a most challenging year.

Cherish the good times & Stay Safe this holiday season
Warmest wishes from
Donegal CYPSC



Research Study: How Adolescents Deal with and Adjust to Pandemic Restrictions.— Call for Participants

How Adolescents Deal with and Adjust to Pandemic Restrictions:

Caroline Heary (Senior Lecturer) in the School of Psychology, NUI, Galway, is currently conducting a research study alongside colleagues in Trinity College Dublin, and are keen to understand how the COVID-19 pandemic and the various restrictions that are in place, are impacting on the lives of teenagers. A team of researchers from the School of Psychology, NUI, Galway and Trinity College Dublin are carrying out this research. This survey is for teenagers (12-18 years). Please note all teenagers require parent/guardian consent, if they wish to take part. To find out more about this study, you can access the research study website

click [HERE](#)



MACE - General Information Leaflet

Experiences of adversity and trauma occur in almost every one's life at some point. Sometimes these experiences occur in our childhood when we are more sensitive to trauma and the affect can last longer. How we learn to cope with these experiences can help improve future outcomes for us, the children we care for, our families and friends and the wider community. [Click HERE](#) to download the Info Leaflet.



Alcohol-Related Brain Injury (ARBI) - Alcohol Forum

The Alcohol Forum are asking your support in advocating for earlier identification and service provision for Alcohol-Related Brain Injury (ARBI).



We recognise that 'Not all Disabilities are Visible'. Help us spread awareness and understanding of Alcohol-Related Brain Injury, an invisible brain injury affecting up to 30% of people with alcohol dependency. Alcohol-Related Brain Injury is a brain disorder caused by long term dependency and can affect up to 30% of people who have difficulties with alcohol. It can led to significant disability. Early identification is important, as is advocacy for greater provision of rehabilitation and support for people affected. Help us break the stigma and silence around Alcohol Related Brain Injury. Fact Sheet and links to more information Click [HERE](#)

North West Drug & Alcohol Task Force offers training in SMART Recovery.

SMART Recovery delivers peer led community meetings to assist those who want to change their problematic behaviours including addiction to drugs, alcohol, gambling etc. to achieve recovery and live a balanced and satisfying life. To become a SMART Recovery facilitator involves online training, followed by facilitator skills training and a commitment to ongoing upskilling and reflective practice. SMART Recovery Ireland facilitators training is a four-stage process.

1. Expression of interest to SMART Recovery.
2. Complete the online modules with SMART Recovery with code. (approx.25 hrs).
3. Complete 4 online face to face training session (each 2.5 hr duration).
4. Register as a SMART Recovery facilitator, register your meeting, and engage in scheduled reflective practise for SMART Recovery facilitators.

If you are interested in the SMART Recovery training or just wish to know more please contact training@smartrecovery.ie for further details. The cut-off date for confirmation of training attendance is **Monday the 21st of December 2020.**



Cherish the Good Times—Reflections on success in 2020

2020 has been a challenging & tumultuous year with the COVID 19 pandemic taking its toll on our health & wellbeing & that of our loved ones. Many projects planned were disrupted, postponed or re envisioned into online formats. We were thrown in at the deep end to learn new ways of working, to upskill for video conferencing, virtual online platforms & webinars! We adapted, together we rose to the challenges as they presented. Here's just a flavour of some of the great work YOU made happen despite COVID 19. Well Done All!

Jan: CYPSC Safe & Secure SC launched the '**Going to Court Guide**' for young people', with Judge Kelly, Inspector Michael Harrison, Anne Duke, Gareth Gibson & the project team from Donegal Youth Service.



Feb / March: **READ DL** : Over 2,000 people across Donegal took part in the "One Book, One Community" reading initiative, which had teamed up with Laureate na nÓg Sarah Crossan, to deliver their annual reading adventure with the aim to spark an interest in poetry. 5 workshops delivered in primary schools across Donegal helped children created their own poems which are now housed in the National Laureate na nÓg archive.

Responding to COVID 19: The Sensory Support Gifting Initiative to address the heightened levels of stress and anxiety experienced by young people with a disability or additional needs, as a direct result of the COVID19 restrictions supported 600 children via the Bluestack Special Needs Foundation, Sproai Agus Sport, Donegal Down Syndrome & ICARE, Autism Awareness Letterkenny & Autism Awareness Northwest. CYPSC also helped establish the Lifestart initiative 'A Fund for Families' by re-directing €5,000 funding support. Tusla added a further €20,000 to support families most in need.



June / July: The '**Fit Fest**', A HI funded initiative of the Health & Wellbeing SC, led by Foroige was completely remodelled due to COVID19 restrictions. To coincide with the Summer Solstice young people from across the county took part in a 5k walk. A second event in July "Tunes and Chats" was a social event with a final creative event in August to capture all things that represent "Hope in a Pandemic" in a

legacy artwork.

Digital Divide: Pramerica kindly responded to our Appeal by donating 10 refurbished laptops to support exam students and in October additional funding to CYPSC supported a St Johnston & Carrigans FRC supply 10 exam students with a new Chrome Book for their studies.

