

DONEGAL CYPSC**Email:**

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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

gov.ie/healthyireland



DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

COVID19 Special Edition 24 — January 2021

Healthy Ireland - Keep Well Campaign

To help look after our bodies and our minds for the months ahead, it's good to decide on a plan. To keep up a little exercise, spend time on a hobby, keep in touch with family and friends, and to talk to someone if you need to. Decide what's part of your plan today to. Resilience, Now's the time to make a plan see video [HERE](https://www.youtube.com/watch?v=HRE) #KeepWell

Go to gov.ie/healthyireland for more information and an abundance of resources.



Noontime Knowledge Sharing Event - Our Generation Project

The Our Generation project is a Peace 4 project that provides an opportunity for communities north and south of the border to work together to address trauma, mental health issues and to build resilience and peace for generations to come. The project runs until December 2022 involving Counties Donegal, Sligo Leitrim Cavan & Monaghan. Co-operation Ireland are excited to present a number of sector specific Information events to provide nuggets of Information about:

- OUR Generation Project - Who, What, Where, When & Why?
- OUR Generation Partners - What is their Role?
- OUR Generation Possibilities - What Opportunities are Available?
- OUR Next Steps - Let's Begin the OUR Generation Journey Together.

For more Information, contact the OUR Generation Team at Co-operation Ireland

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The COVID-19 vaccine is here

The COVID-19 vaccine will be delivered in stages, starting with the people most at risk from coronavirus. Other groups will be offered a vaccine as it becomes available. For factual, expert information you can trust, visit: www.hse.ie/covid19vaccine



Start your New Year's resolution NOW! - DLDC

Why not sign up for some wellbeing support from the **CoH-Sync** team in 2021. Register online using this link: <https://forms.gle/fHby2AR6WmNWKQYg9>

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|----------------------------------|--|--|----------------------------------|--|
| Journaling Tuesdays @ 11am | Pilates Mondays @ 7pm | Mindfulness in practice Tuesdays @ 11am | 'COVID to Calm' Zoom @ 11am | 'Beginners Ukulele' U-Can-Elle! Zoom @ 7.30pm |
| | Free Online Wellbeing Classes | | | |
| Zumba Tuesdays @ 7pm | | Couch to Move Thursdays @ 11.30am | 'Relaxation' Zoom @ 7.30pm | 'Men's only cooking' Zoom @ 7.30pm |

Call 087-9683868 to register

Stress Control Online programme

Full timetable on stresscontrol.ie, resources available on the website such as information Booklets and Relaxation Mindfulness techniques. Stress Control is an evidenced based programme which teaches practical skills to deal with stress.

TAKE CONTROL WITH STRESS CONTROL JANUARY: Commencing Monday, 11th January 2021

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

| | | |
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| | Controlling your Thoughts | Mon 18th Jan, 9am until Wed 20th Jan, 11pm |
| | Controlling your Actions | Thurs 21st Jan, 9am until Sun 24th Jan, 11pm |
| | Controlling Panicky Feelings and Getting a Good Night's Sleep | Mon 25th Jan, 9am until Wed 27th, 11pm |
| | Controlling your Future | Thurs 28th Jan, 9am until Sun 31st, 11pm |

www.stresscontrol.ie



Donegal Sports Partnership - Autism in Sport Workshop

In partnership with the CARA Centre, Donegal Sports Partnership is hosting an Autism in Sport online 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 20th January 2021 Time: 7.00pm - 9.30pm - Cost: €10
Booking Link: <https://dspais.eventbrite.ie> More Info: sido@activedonegal.com

Donegal Sports Partnership - Home Exercise Resource

Given the ongoing situation with Covid 19 and the restrictions in place Donegal Sports Partnership is keen to engage with families/individuals in the community and promote exercise that complies with the current restrictions.

In partnership with the CARA Centre Donegal Sports Partnership compiled a home exercise resource booklet and collated a selection of instructional videos (delivered by Paul Smyth - Paul Smyth Inclusive Health & Fitness) which accompany the resource. The booklet is available for download from the Covid 19 Activity Hub: [Click Here](#)



The instructional videos can be found by visiting YouTube Channel via the links below:

Home Exercise Circuit 1: [Click Here](#)

Home Exercise Circuit 2: [Click Here](#)

