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[www.cypsc.ie](http://www.cypsc.ie)

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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.



**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

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](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)

YourMentalHealth Helpline: 1800 111 888  
[gov.ie/healthyireland](http://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 25 — February 2021

### FREE Innovation Recovery courses in February via Zoom

Online courses are free to join and welcome to everyone - see what they have in store for the rest of this month below.

For more information or to register Contact [innovation recovery](http://innovationrecovery.com)



Course	Date	Time
Elevenes Coffee Morning Daily Maintenance Planning	Mon 15th	11.00am 12.30pm - 1.00pm
Living With Bi-Polar (Week 2)	Tues 16th	2.30pm - 3.30pm
Maintaining My Wellness	Wed 17th	10.30am - 11.30am
Men's Health	Thurs 18th	11.00am - 12.00pm
Mindfulness	Fri 19th	11.00am - 11.30am
Elevenes Coffee Morning Steps To Appiness: Apps For Beginners	Mon 22nd	11.00am 2.30pm - 3.00pm
Mindful Sleep	Tues 23rd	10.30am - 11.00am
Understanding Depression (Week 1)	Wed 24th	10.30am - 11.30am
Hope & Optimism	Thurs 25th	11.00am - 11.30am
Tips For Anxiety	Fri 26th	11.00am - 11.30am

### Colmcille 1500 Grant Scheme

A new grants scheme as part of the Colmcille 1500 commemorations is now open for applications until 3.00pm on Friday 19th February 2021.

Colmcille 1500 is a year-long commemoration marking the 1500th anniversary of the birth of Colmcille. The grant scheme is part of a programme for the year being coordinated by Donegal County Council and Derry City & Strabane District Council with support from the North West Development Fund.

The scheme will provide grants of €2,000 or £1,800 to support projects that relate to any aspect of Colmcille's legacy and is open to community organisations or groups/individuals working in partnership with communities. You can access the guidance notes and application form available [HERE](#)



## FREE Yoga & Relaxation Classes with Inner SPACE health

Donegal Sports Partnership in conjunction with inner SPACE health are currently accepting expressions of interest for Yoga & Relaxation Classes for children with a disability aged 10+ years. They will include:

2 x 30min Zoom classes (Mon & Wed 11:15-11:45am) - Gentle Yoga poses, Sound work, Relaxation & Breathing exercises. Express your interest [HERE](#)



## Online Seminar on Empowering Roma in Education

The 'Empowering Roma in Education' Conference aims to bring academics, school staff, policy makers and members of the Roma community together to tackle bullying and discrimination against Roma in school systems across Europe.

UN Convention on the rights of the child is clear that all children, regardless of background, race, culture or identity have a right to education. However, existing economic, social, political, and educational discrimination's, as well as bullying and victimisation can sometimes disempower or disengage Roma children from pursuing their education. This conference will encourage the sharing of knowledge and expertise on the topic of Roma in education and contribute to the promotion of engagement and empowerment of Roma communities in society. It will merge perspectives from international and multi disciplinary speakers and create a powerful and open dialogue on the issues facing Roma children in schools today.

When: 10:00 am Wednesday 24th February 2021.

For more information click [HERE](#)

To Register click [HERE](#)



Co-funded by the Rights, Equality & Citizenship Programme of the European Union

## Pathways Parent Call back Service

Pathways Parent Support Service have set up a Call back Service for parents and carers throughout the Covid period. The Call back service will run on Tuesdays, Wednesdays and Thursdays from 10am to 1pm. The service is for any parents and carers who are finding family life in the current climate challenging, whether it be financial worries, anxiety, home-schooling, screen-time, challenging behaviour, etc.



Available from: 10:00am - 1:00pm, please contact numbers below:

Tues: 0860675184 | Wed: 0860675183 | Thurs: 0860675186

Pathways Parent Support Service is a project under the umbrella of Finn Valley Family Resource centre CLG.

Drumboe Avenue, Stranorlar, Co. Donegal F93ET28.

Ph: 074 - 9131245. Email: [admin@finnvalleyfrc.ie](mailto:admin@finnvalleyfrc.ie)

## FREE Webinar - Working with Children with Dyspraxia/DCD

This webinar looks at how Dyspraxia/DCD can affect children in a variety of ways and how these factors may affect these children in the classroom. It aims to provide teachers and SNA with a greater understanding of the lives of children with Dyspraxia/DCD as well as strategies and ideas to address these needs in an inclusive manner. Areas to be covered include: Defining and understanding DCD, Child experiences, Representations and manifestations, sensory integration and processing and strategies to address areas such as handwriting, fine motor skills, emotional regulation and organisation. **DATE: Thurs 4 March 2021 TIME: 7pm to 8pm** To register click [HERE](#)



## 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](http://www.hse.ie/covid19vaccine)



Donegal CYPSC says 'Fare Well' to Gearoid Horkan CYPSC Admin and wishes him all the very best in his new role with the HSE. Thank you for your support to CYPSC . **Fare Well & Best of Luck in the Future!**

