

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

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 26—1st March 2021

Parent Own Plan (POP)

Use the CYPSC POP App to organise your child's activities & appointments



Donegal Children and Young People's Services Committee

Please introduce the POP App to all the Parents you work with

To install the app on an Android or Apple device, Go to your App Store and search for CYPSC App or CYPSC Parents Own Plan App – Simple!

The App is Universal and can benefit all Parents or Carers and is particularly beneficial for families who have multiple appointments or activities to keep track off. The POP App is user friendly, can be used in 6 languages and also has an Audio option. It has a link to the Parent Hub Donegal website & the Parent Hub Services Directory. The App will remind parents and carers about appointments, prevent double booking & limit missed appointments.

FAQ: Is the App maintained and if so who pays for this?

Yes - CYPSC have a maintenance contract with the developer. This takes care of any bugs that may develop and any changes made to operating systems by Android or Apple.

FAQ: Are there any GDPR issues?

No – the individual is identified by first name only. The information put on the App is for personal use only and isn't gathered or sent anywhere.

FAQ: Is there a limit to the number of children that can be listed in the App?

There is no limit for the App, this is more dependent on the any limitations on the device/ phone. As with all Apps, it may slow down depending on the overall size of data within the app itself, between Children, Appointments, etc

FAQ: Is there a limit to the number of appointments that can be added to the App?

No - Similar to above, the App doesn't have a specific limit itself.

FAQ: Are appointments automatically deleted or do they need to be deleted?

Appointments are not auto deleted and would need to be manually deleted in the app

For more Information or to arrange a Presentation on the POP App for your Agency or Team contact the CYPSC Coordinator at anne.timonymeehan@tusla.ie or phone 0873527651.

Community Health Sync Project : Activities for March via Zoom

FREE Online Workshop & Personal Health Plan



Pilates (morning & evening)

3 Week Course
Beginning: Wednesday, 10th March
@ 7am & 7pm on Zoom (choose 1).

Pilates - 3 week course
Starts 10th March 7am
OR 7 pm

FREE Online Workshop & Personal Health Plan



Financial Wellbeing

2 Week Course
Beginning: Tuesday, 9th March
@ 11am on Zoom

Financial Wellbeing
2 week course
Starts Tues 9th March 11am

FREE Online Workshop & Personal Health Plan



Mocktail Masterclass

3 Week Course
Beginning: Thursday, March 11th
@ 7:30pm on Zoom

Mocktail Masterclass
3 week course
Starts Thurs 11th March 7.30pm

FREE Online Workshop & Personal Health Plan



Book Club

3 Week Group Meet
Beginning: Friday, 12th March
@ 11am on Zoom

Book Club, meet friends
3 week Group meetings
Start 12th March 11am

FREE Online Workshop & Personal Health Plan



Men's only Cookery

4 Week Course
Beginning: Thursday, March 11th
@ 7pm on Zoom

Mens Cookery
4 week course
Starts 11th March 7pm

FREE Online Workshop & Personal Health Plan



Beginners Zumba

3 Week Course
Beginning: Tuesday 9th March
@ 7pm on Zoom

Beginners ZUMBA
3 week course
Starts Tues 9th March 7pm

FREE Online Workshop & Personal Health Plan



Learn to Knit

3 Week Course
Beginning: Tuesday, March 9th
@ 7pm on Zoom

Learn to Knit 3 week course
Starts Tues 9th March 7pm

FREE Online Workshop & Personal Health Plan



Cooking for and with Children

Weaning babies, disguising vegetables, healthy school lunches & dinners and much more!
3 Week Course, beginning: Monday, 8th March
@ 11am on Facebook live

Cooking with Children
3 week course Mon 8th March

FREE Online Workshop & Personal Health Plan



Arts & Crafts

3 Week Course
Beginning: Wednesday, 10th March
@ 11am on Facebook

Arts & Crafts 3 week course
Starts Wed 10th March 11am

Register your interest call 087-9683868 or emailing health@dldc.org

Jigsaw Youth Advisory Panel—YAP

RAISE YOUR VOICE

Apply to join **Jigsaw Donegal's Youth Advisory Panel (YAP)**



If your service works with Young People in the age range 16 to 25 yrs Please bring this opportunity to their attention.

For Info contact
amymcroy@jigsaw.ie
or 085 8712607 for an application form.

Are you aged 16-25?
Interested in volunteering & passionate about youth mental health in Ireland?

VOLUNTEER WITH OUR JIGSAW TEAM.

Email amy.mcroy@jigsaw.ie or call 0858712607 for an application

APPLICATION DEADLINE IS MARCH 5TH 2021

The Youth Advisory Panel is a team of volunteers (aged 16-25) who are passionate about youth mental health. This group gives their view on how Jigsaw works and helps to make decisions and influence how Jigsaw supports young people in their community .

So what does a YAP member do?

Support & be part of fundraising events. Be involved in key decision making with Jigsaw. Access to training & support within the role Help with recruiting the best staff to Jigsaw. Organise mental health promotion campaigns Represent Jigsaw at events

"I am making a real difference and ensuring that the Jigsaw service is 100% youth focused" – Quote from a Youth Advisory Panel Member

The COVID Word Social Media Campaign Launch 24th Feb

"The COVID Word" Online Campaign is a social media campaign created in collaboration with young people from South Dublin, Sligo and Leitrim and in a partnership between Foróige and Children and Young People's Services Committees (CYPSC). In this uncertainty, it helps simply knowing you're not alone. There is immense power in peer community support - to cope through tough times, and make good times even brighter. While young people need our support, they also possess their own hopeful power and wisdom. As experts in their own lives this campaign uncovers and shares their thoughts and ideas. This campaign helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021. The campaign was developed by Ireland's young people during workshops carried out by Foróige on behalf of Sligo Leitrim CYPSC and South Dublin CYPSC. The campaign will run for 5 weeks from 24th February to 24th March on TikTok, Twitter, Instagram and Facebook. **We invite all to share, like and re-share the campaign & spread the message of youthful resilience on Twitter Instagram & Facebook**

