

**DONEGAL CYPSC****Email:**

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**Website:**

[www.cypsc.ie](http://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](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 27—15th March 2021**

### Cruinniú na nÓg 2021 – YOUTH CALL OUT

Cruinniú na nÓg, 12th June 2021, is a nationwide day of celebrating youthful creativity among children and young people aged between 0-18 years. It aims to empower children and young people to develop their creative expression by offering opportunities to participate in activities, **free of charge**.

This year we would like to open the initiative out to young people who, in association with a partner youth organisation, may wish to organise and present their own creative events or projects. These could be music, song, drama or dance performances, heritage events, guided walks, exhibitions, poetry readings, storytelling, or combinations of all of the above. The Youth Project or Club must be affiliated with a registered Youth Organisation operating under best practise policies and guidelines for working with young people, including the Safeguarding and Protection of Children. The responsibility for supervision and support to the young people while creating/ performing their project is that of the named Youth Organisation. Due to the ongoing restrictions caused by the Covid 19 pandemic, we propose that all featured projects, programmes and events will be delivered online and will be pre-recorded in line with Government restrictions. It may not be possible to fund all proposals; so selection will be based on the information provided & evidence that the proposal will meet the following objectives:

- ◆ The degree to which young people within the organisation are involved in all aspects of the proposed activity.
- ◆ The suitability of the proposal for the target audience proposed.
- ◆ Proposals which are engaging, exciting and ambitious.

**For further information on Cruinniú na nÓg:**

**Culture & Creativity Strategy for County Donegal:**

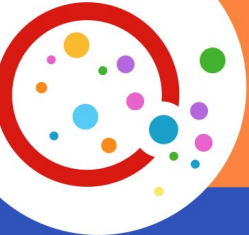
**[www.creativeireland.gov.ie/donegal](http://www.creativeireland.gov.ie/donegal)**

**Creative Ireland: <https://creativeireland.ie>**

**Completed submission forms must be submitted to [creativeireland@donegalcoco.ie](mailto:creativeireland@donegalcoco.ie)**

**by midnight Wednesday 24th March 2021.**





# Touch-type Read & Spell

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## Free access to Touch-Type Read and Spell (TTRS) with Donegal County Library

Touch-Type Read and Spell (TTRS) is an award winning online course that teaches touch-typing skills to help children and adults improve reading and spelling. Through a multi sensory approach, the user hears a word spoken, sees the word on screen and is prompted to use the correct fingers via the on-screen keyboard. TTRS is particularly useful for those with Dyslexia, Dyspraxia, ASD and ADHD. TTRS is extremely beneficial for anyone experiencing reading, writing and spelling difficulties. This web based program supports self paced learning and can be accessed from the privacy of your own home on your own device.

**Access to TTRS is FREE.**

To register for TTRS simply email your full name to:  
**ttrs@donegalcoco.ie**



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## World Sleep Day 19th March 2021

**Help Your Child Sleep Well:** This is the first in a number of events planned to support Baby & Toddler Groups and parents in Donegal throughout Spring '21 .

Expert tips and advice to encourage good sleeping habits. Guest Speaker: Denise Gillespie.

Denise is a qualified nurse, midwife, public health nurse & advanced nurse practitioner in child health & parenting. Denise runs the preschool children's behaviour support clinic in Donegal, which provides support to parents in the area of sleep and behaviour.

This initiative is funded through Tusla's Parent Support Champions Project.

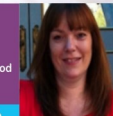
**To Register for the 'Help your Child Sleep Well' event on Fri 19 March at 11am**  
**Contact [info@donegalcountychildcare.com](mailto:info@donegalcountychildcare.com)**

### Help Your Child Sleep Well



**World Sleep Day 19th March '21**  
Get expert tips and advice to encourage good sleeping habits.

Guest Speaker: Denise Gillespie



Denise is a qualified nurse, midwife, public health nurse and advanced nurse practitioner in child health & parenting. Denise runs the preschool children's behaviour support clinic in Donegal, which provides support to parents in the area of sleep and behaviour.

## An Introduction to Diversity In Your Community & Workplace

Ireland has always been a diverse country however more recently Ireland is becoming a more ethnically diverse country. This diversity is spread across the country in cities and rural areas around Ireland. Donegal Travellers Project invites you to take our FREE online Diversity Aware course –



**"An Introduction Into Diversity In Your Community And Workplace"**. As a country with a growing population of diverse multiple cultures and languages, we all have a responsibility to play our part in promoting diversity. This eight-part online training programme will take you through the key elements of becoming Diversity Aware and it will take under an hour to complete and its FREE! It's a great resource so Check it Out!

**<https://donegaltravellersproject.ie/course/an-introduction-into-diversity-in-your-community-and-workplace/>**

## Funding Opportunity— HSE Lottery Grants

Applications are now being invited by the HSE for National Lottery Funding Grants.

This funding is distributed by the HSE each year to community based groups and voluntary organisations under the **Respite Care Grant Scheme** and the National Lottery Grant Scheme. Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding.

The HSE has advertised in newspapers for applications and you may wish to share this notification among your professional or local networks. All of the information required, including the application form, is available on [www.hse.ie/lotterygrants](http://www.hse.ie/lotterygrants).

**Closing Date for Applications is 12 noon on Friday 16th April 2021.** Applicants will be advised as to the outcome of their application by 30th July 2021.

