

**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.

**ISPCC Childline**

*Always here for every child and young person.*

<b>CHAT ONLINE</b> <b>Childline.ie</b> <small>(10am - 4am daily)</small>	<b>CALL</b> <b>1800 66 66 66</b> <small>(24 hours)</small>	<b>TEXT</b> <b>50101</b> <small>(10am - 4am daily)</small>
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Free. Confidential. Non-Judgmental.

**USEFUL Helplines:**

**Community Helpline 1800-928-982**

**HSE 180024 1850**

**TravelWise 01 613 1733**

**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**

**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/>**

**Check out: [www.cypsc.ie/resources/supports-to-parents-and-families.3091.html](http://www.cypsc.ie/resources/supports-to-parents-and-families.3091.html)**

**DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE**

**Is CYPSC Dhún na nGall muid i gcuideachta le chéile**

**NEWSLETTER**

**Special Edition 4 April 23rd 2020**

**Donegal Community Resilience & Response to COVID19:****Donegal CYPSC supports the Fund for Families**

**[www.cypsc.ie/resources/supports-to-parents-and-families.3091.html](http://www.cypsc.ie/resources/supports-to-parents-and-families.3091.html)**

All support services, statutory, community and voluntary working across Donegal have seen a huge number of families negatively impacted on by Covid 19 resulting in a dramatic increase in need for families in the county. Support Services are working together & individually to try and provide as much support to families as they possibly can. They are doing a fantastic job and their efforts are greatly appreciated. As they have limited funds to purchase the essential items needed by families such as food, clothes, nappies, formula, heating oil, coal, thermometers etc. This requires a collaborative approach:

**Fund for Families - Go Fund Me**

**Lifestart Services** have set up a **Fund for Families Go Fund Me page**. This has been very well received and with the support of an article by Donegal Daily on line, has exceeded the original target and to date have raised over €3000. In addition, Letterkenny Rugby Club are donating the proceeds of their 50/50 Monster Draw for April to A Fund For Families, approx. €1000. Donegal CYPSC has redirected €5000 from the 'Better Outcomes Brighter Futures Implementation fund', to the Fund for Families, which will be of enormous benefit and enable services to appropriately support children and families during this difficult time.

This fund will be managed by **Lifestart Services**. A small working group, representing various agencies working with families will be set up to assess agree and approve where funds will be spent. This central point of contact will allow us to keep track of the kind of supports requested and the numbers of families receiving support. This would also help identify areas with a high level of need. If your organisation is identifying families in need of support please contact Mary Walker Callaghan at **[marylsl@lifestartfoundation.org](mailto:marylsl@lifestartfoundation.org)**

**Sincere Thanks** to the We Care Food Bank, St Vincent de Paul, Women's Group Donegal Town, Inishowen Food Banks & Lifestart Services staff. A special thanks to our colleagues in statutory agencies and community & voluntary organisations who are doing amazing work out on the ground supporting families across County Donegal. **Thank You so much.**



## Community Support Helpline 1800-928-982

E-mail [covidsupport@donegalcoco.ie](mailto:covidsupport@donegalcoco.ie)

Monday to Friday 8am to 8pm



### Applications invited under the COVID-19 Emergency Fund.

Donegal County Council are inviting applications for a programme which provides funding to support community and voluntary groups involved in the delivery of COVID-19 community response efforts. Donegal County Library <https://bit.ly/2K6QE9F>

## One Parent Families in receipt of Child Maintenance payments

**Important to know:** If a One Parent Family is no longer receiving maintenance for their child because the other parent has lost their job due to Covid-19 pandemic, the DEASP advises that the One Parent Family recipient should contact their local Intreo Centre and provide it with a letter (from the recipient) stating that they are no longer receiving the maintenance payment from the other parent. The DEASP will then revise their One Parent Family payment on that basis for a period of 12 weeks. After that period their means may be re-assessed at that stage following a review.

## APPLY COMMUNITY RESPONSE FUND

Donegal Local Development CLG (DLDC) Is making funding available under the Social Inclusion & Community Activation Programme to support community groups and organisations that are directly responding to the COVID19 emergency within Donegal & within the DLDC catchment area. For more info: <http://www.dlhc.org/2020/04/09/funding-available-donegal-community-response-plan/>

## Children's Clothes Needed

All clothes donations for boys and girls both to 10 years of age needed. Arrangements will be made to collect - we would greatly appreciate your support with this. **Contact Mary Walker Callaghan, Regional Manager, Lifestart Services on 087 6791898. Thank You**

**Inishowen Development Partnership**

**An extensive list of supports during COVID19 See [www.inishowen.ie/inishowensupports](http://www.inishowen.ie/inishowensupports)**

**IDP Community Newsletter**

A snapshot of the Inishowen community-wide response to the Covid-19 crisis. Please feel free to share on your social media platforms, email & websites.

# Stress Control Online



Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor well-being then IDP is delighted to be able to share an invite from HSE Health Promotion to this online Stress Control class.

## To take part:



Go to [www.stresscontrol.org](http://www.stresscontrol.org) where you can learn more about the class and get the dates.



On the homepage, click on the '**Stress Control 2020**' link to access our YouTube channel. If you click the 'Subscribe' button on our YouTube page (free), you will receive notifications when a new session is available.



The session will begin exactly on time. Sessions run for about **90 minutes** and there will be a 10-minute break in the middle.



Each session is one piece of the jigsaw in tackling your Stress. By coming to each class, **the jigsaw will form**, and the big picture can emerge, making you better able to handle your stress.

'Stress Control' is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE



(Ireland) and across the world. You can find out more here:

<https://www.youtube.com/channel/UCDVRme6oWZT2hsCYaSergGw>

As you can't come to a regular Stress Control class due to the current circumstances, **Stress Control will come to you** and live stream the sessions.



## Life is very hard for us just now....

and there are no easy solutions or magic cures, but, with hard work and determination, we can boost our resilience to cope with these difficult times and come out the other end stronger.

## Beginning on the 13th April

Each session will play twice a day at **2pm** and repeated at 8.30 pm on **Mondays and Thursdays** and led by **Dr Jim White, Consultant Clinical Psychologist**



**stresscontrol**

Face your fears; be more active; boost your wellbeing