

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.

ISDCC Childline

Always here for every child and young person.

CHAT ONLINE
Childline.ie
(10am - 4am daily)

CALL
1800 66 66 66
(24 hours)

TEXT
50101
(10am - 4am daily)

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

**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 Needs Your Help to hear the Voice of Young People and their parents in Donegal.

As you may be aware Donegal CYPSC are currently working on the new Children & Young People's Plan (CYPP) 2021-2023. It is really important that the experience, joys, concerns and perspective of young people and their parents in Donegal informs the content of this new Plan. So we need your help, and we need the help and support of all our CYPSC Partner organisations to consult with Young People and their Parents. Please circulate the Surveys below to the Young People and Parents you are in contact with. Don't forget this survey is your and your children's opportunity to Have Your Say Too!

Each person who completes the survey can enter into a draw for a chance to win one of the many €25 One for All Vouchers. The closing date for completion of Surveys is 15th May 2020 (HOW? Details in the Survey)

Link to young person's survey: <https://www.surveymonkey.com/r/MNZFNDF>

Link to parent survey: <https://www.surveymonkey.com/r/M3D7R66>

For more information about Donegal CYPSC go to <https://www.cypsc.ie/your-county-cypsc/donegal.229.html>

Let's hear Your Voice!



The spunout.ie website hosts a variety of valuable and useful information and advice. Young people involved in SpunOut.ie volunteer as trained listeners to other young people on our 24/7 text support line, supporting them with their anxiety, isolation, or distress.

SPREAD the word!

Stay Safe on Line:

There are lots of great resources to help keep safe on line:

Fifteen Apps Parents should know about
A Parents Guide to Digital Safety

Foroige Digital Dozen

Parents Know Your Children's Online Chat

Check them out: www.cypsc.ie/resources/supports-to-parents-and-families.3091.html

Community Support Helpline 1800-928-982

E-mail covidsupport@donegalcoco.ie

Monday to Friday 8am to 8pm

Let's Play Ireland #letsplayireland



Let's Play Ireland is a whole of Government campaign led by the Department of Children and Youth Affairs to promote the importance of play and to

provide play resources for families during this time. The campaign will be supported by a web page on Gov.ie and by the twitter hashtag #letsplayireland. The website will provide information on •playing in a crisis, •playing in a crisis, •ideas for play, •the right to play, •playful families, •screen time as part of play and •useful links and resources. <https://www.gov.ie/en/campaigns/lets-play-ireland/>

Deadline of 15th May for new Youth Climate Justice Fund

The Youth Climate Justice Fund will total almost €500,000 in 2020, and is open to applications from all national youth organisations for initiatives being run in 2020. For more information see <https://www.gov.ie/en/news/bfe6bc-minister-katherine-zappone-launches-youth-climate-justice-fund>

Worried about a loved one's addiction to alcohol, other drugs or gambling?



Phone line family support

Coping with a loved one's addiction may be very stressful right now. While meetings are currently suspended, family support is being offered remotely by telephone.

Service is confidential, Supportive & Non-judgemental

Information, advice or signposting to treatment options

Open to anyone over 18 years

**If you're ready to talk,
we're ready to listen.
Mon – Fri : 9am -5pm**

T: 085 8307066



DON'T GET LOCKED IN

As we prepare to socially distance ourselves, several countries are reporting an increase in home drinking.

Make your health and home life a priority by following these tips..



Choose Alcohol Free Days

Plan at least two alcohol free days during your week. The more alcohol free days the better!



Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm



Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



Help is Out There

Making changes can be hard. Contact the HSE support line -1800 459 459 – if you need help or support in reducing your alcohol use.



alcohol forum

+353 74 9125596 / www.alcoholforum.org