

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 <small>(10am - 4am daily)</small>	CALL 1800 66 66 66 <small>(24 hours)</small>	TEXT 50101 <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 6 May 2020

Donegal Community Resilience & Response to COVID19:**Donegal CYPSC Needs the Voice of Young People and their parents in Donegal.**

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. 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 you 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**



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

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

Let's hear Your Voice!

Mr Michael Ring TD, the Minister for Rural and Community Development and Mr Seán Canney TD, Minister of State with responsibility for Community Development, have announced the launch of a €40 million package of supports for Community and Voluntary Organisations, Charities and Social Enterprises.

Full details of the Philanthropy fund can be found [here](#).

Full details of the Stability fund can be found [here](#).



Community Support Helpline **1800-928-982**

E-mail covidsupport@donegalcoco.ie

Monday to Friday 8am to 8pm

Lifestart Services - Fund for Families



Any Service who would like to access the Fund for Families they should email to make a formal request outlining what they are looking funding for and how much.

Lifestart Services will not be paying out cash or cheques - we will be paying costs directly. If anyone has any queries they can contact Mary Walker Callaghan, Regional Manager, Lifestart Services CLG, Mobile: 087 6791898 Email: marylsl@lifestartfoundation.org

Website: www.lifestartfoundation.org

Wellbeing "In This Together"

The campaign this week incorporates a Leaving Certificate wellbeing page with

1. Managing your wellbeing at this time
2. Tips and techniques to improve wellbeing
3. Resources and support documents
4. Other supports



<https://www.gov.ie/en/publication/256911-leaving-cert-2020-practical-supports/>

Foróige Donegal - We are here for young people and families



Check out a sample of our new initiatives happening around the county.

<https://www.facebook.com/foroigedonegal/videos/3138406232847065/>

Foróige staff and volunteers continue to come up with new and innovative ways of engaging young people right across the county during Covid-19. Please share this widely across social media platforms. If you have a young person interested in coming on board and joining in the fun or in need of some support feel free to reach out to us in Foróige -

infodonegal@foroige.ie and one of our team will respond.

Stress Control Online

'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:



stresscontrol[®]

Face your fears; be more active; boost your wellbeing

<http://www.youtube.com/watch?v=TjUJQqRfZgE>

As you can't come to a regular Stress Control class due to the current circumstances, Stress Control will come to you by live streaming two sessions a week on YouTube. Each session will repeat four times starting **on Monday 11th May**. Register [here](#)

The following are the dates and times:

TAKE CONTROL WITH STRESS CONTROL

	What is stress?	Monday 11th May Tuesday 12th May 2pm and 8.30pm
	Controlling your body	Thursday 14th May Friday 15th May 2pm and 8.30pm
	Controlling your thoughts	Monday 18th May Tuesday 19th May 2pm and 8.30pm
	Controlling your actions	Thursday 21st May Friday 22nd May 2pm and 8.30pm
	Controlling panicky feelings Getting a good night's sleep	Monday 25th May Tuesday 26th May 2pm and 8.30pm
	Boosting your wellbeing Controlling your future	Thursday 28th May Friday 29th May 2pm and 8.30pm



Staying Safe Sexually During Covid19 - Donegal Women's Centre



Donegal Women's Centre information about "Staying Safe Sexually During Covid-19" available [Here](#)

Phone : (074) 912 4985

Email : womenscentrelkenny@eircom.net

