

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

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/>

National Traveller Helpline 083 100 6300

National HSE Roma Helpline 0871264606



DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

Special Edition 7

May 2020

Donegal Community Resilience & Response to COVID19:

New initiative—Inclusive Fun Family Fitness

Inclusive Fun Family Fitness

Donegal Sports Partnership in conjunction with Paul Smyth Inclusive Health & Fitness are bringing Online Fun Family Fitness to your home.

Targeting: Families who have a family member with a disability
Start date: Tuesday 26th May
When: Tuesdays & Thursdays from 10.00-10.30am

Don't worry if you miss the live sessions, they will be recorded and saved to the group so they can be done anytime.

- 2 live sessions (Facebook 30 mins) per week for 4 weeks
- Family fitness challenges each week
- Interact with other families in our private Facebook group

Booking: <https://dspiff.eventbrite.ie>

Free!

ido@activedonegal.com 074 (91) 16078/16079

Donegal Sports Partnership and Paul Smyth Inclusive Health & Fitness have joined forces for our new Inclusive Fun Family Fitness initiative. The programme is FREE and open to families who have a family member with a disability. 2 sessions per week (30 mins) delivered over 4 weeks via Facebook Live in our private group. Don't worry if you can't make the live time slots as the sessions will be saved to the group. There will also be a new family challenge each week. We would love to see as many families as possible get involved, everyone is welcome to join in! **Booking Online:** <https://dspiff.eventbrite.ie>
ido@activedonegal.com

Revised Opening Hours of Intreo Centre Offices from 3/4/2020:

All Public Offices are open Monday, Wednesday & Fridays - 10am-1pm
Tuesday & Thursdays – CLOSED

These revised hours have been implemented in order to observe strict public health advice and to safeguard both customers and staff.

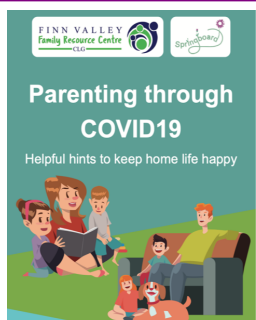
The vast majority of the Departments applications are now available through the online portal www.MyWelfare.ie There is also a **Dedicated Contact Call Centre and they can be reached at 1890 800 024.**

NEW FREEPHONE HELPLINE FOR PARENTS IN DONEGAL



A new free-phone helpline to support parents in Donegal will be launched on Thursday 14th May 2020. The Donegal Parent Support line (1800 112277) is a free, dedicated line, set up to listen to and support parents throughout the county in these unprecedented times. The response is being co-ordinated by the Donegal Family Resource Centre Network in association with a wide range of community and voluntary organisations who regularly support parents on a daily basis and will run from Monday to Friday from 9am – 3 pm.

PARENTING RESOURCES AVAILABLE THROUGH CYPSC



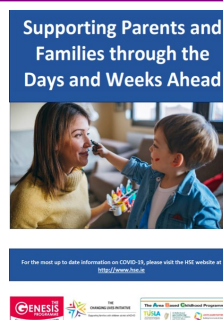
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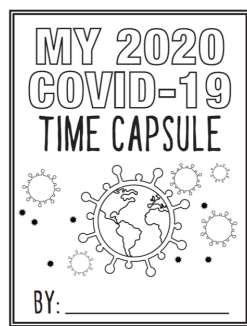
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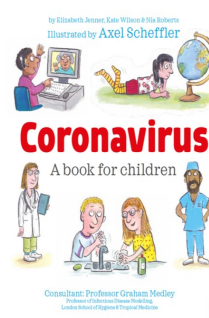
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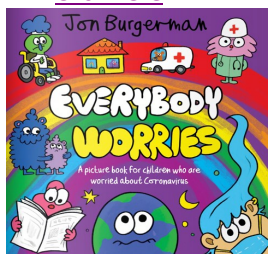
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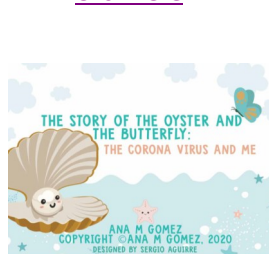
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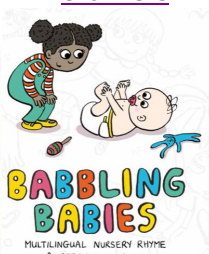
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Community Support Helpline **1800-928-982**

E-mail covidsupport@donegalcoco.ie

Monday to Friday 8am to 8pm

Crosscare Teen Counselling: May 2020 Up-Date



On-line Counselling is now being made available to Teens and their Parents using the Microsoft Teams platform. This on-line counselling is intended to provide a short focused intervention to help address the particular stressors experienced by teens and their parents in the context of the current Covid 19 crisis. Tele-support continues to be provided to parents and to teens who

have identified this contact with their counsellor as the most accessible way to meet their current needs. Teens and their parents opt for weekly or bi-weekly engagement with their counsellor. Referrals continue to be accepted by Teen Counselling and referral forms can be requested at teencounselling@crosscare.ie

The Teen Counselling phone line is now open from 10:00-13:00 Monday to Friday our telephone number is 01-

5574705. This line will accept referrals from families and professionals and will signpost caller to other appropriate services. Outside of these times voice-messages can be left and calls will be returned. During COVID 19 we have been working with our clients on addressing many issues including anxiety, motivation, exam stresses, establishing family routines, coping with distress around family finance, employment & housing issues.

Virtual Mental Health Support Buddies



Virtual Mental Health Buddies

Volunteering Opportunity.

Connected While Apart is a HSE initiative for the CH01 area, they are seeking volunteers to use an online system for 1-2 hours per week to act a listener for people from the Northwest with mental health concerns – training will be provided. Interested?

Apply to volunteer here: <https://www.i-vol.ie/volunteer-opportunity/...> or PM / email john@volunteerdonegal.ie
To find out more about Connected While Apart click here: <https://www.connectedwhileapart.org/>

