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www.cypsc.ie

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@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 and 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.

The national outcomes are that Children & Young People are:

- *Active and healthy with physical and mental well-being
- *Achieving full potential in all areas of learning & development
- *Safe and protected from harm
- *Have economic security and opportunity and
- *Are connected, respected and contributing to their world.

Over forty organisations across Donegal work in partnership to achieve these outcomes.



An Roinn Leanaí agus Gnóthai Óige
Department of Children and Youth Affairs

USEFUL Helplines:

Community Support 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

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

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

Special Edition 3

April 10th 2020

Donegal Community Resilience & Response to COVID19:

Community Support Helpline 1800-928-982

E-mail covidsupport@donegalcoco.ie

Monday to Friday 8am to 8pm

This Community Support Helpline is to assist at risk members of the public in accessing non-emergency and non-medical supports and advice during the current public health emergency. The confidential phone line service has been established by the new **COVID-19 Donegal Community Response Forum**. The helpline is focused primarily on ensuring that vulnerable members of the community or those living alone can access deliveries of groceries, medicine and fuels. The role of the Forum is to ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities and particularly of our most vulnerable members.

PLEASE STAY ALERT Gardaí around the country are urging people to beware of a significant increase in the number of bogus callers attempting to use the coronavirus crisis to take advantage of unsuspecting members of the public. People are advised not to give any personal/bank details to an untrusted source over the phone and anyone who believes they may have been a victim of a scam is urged to contact their local Garda station.

COVID19 Hardship Fund

The Irish Red Cross and Age Action have launched a COVID-19 Hardship fund to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 outbreak. This might be useful information for everyone to be aware of in your day-to-day dealings with some older members of society who may be experiencing particular worry in this regard. Older people, or those assisting them, can request an application form by:

Email: hardship2020@redcross.ie

Irish Red Cross Telephone: 01-6424600 / Age Action Telephone: 01-4756989

Website: <https://bit.ly/2UP4OL8>? See more at www.redcross.ie

Age Friendly Communication Training for Local Authority Staff

There are many factors that lead to breakdown in communications, some of these factors arise from changes associated with ageing. Many older people experience changes as part of the natural ageing process that can affect their capacity to receive and understand information. Service providers should be aware of these changes and ensure the methods used to communicate with older customers reflect the barriers older people may experience. Age Friendly Ireland are currently delivering the Age Friendly Communications training to local authority staff working on the community helplines, the training can be delivered via Zoom for up to 30 participants at a time and can be arranged via your local Age Friendly Programme manager. If you are working in the Community & Voluntary sector and would like to avail of this training please contact rleavy@meathcoco.ie

Community Foundation for Ireland's Covid-19 Community Fund

The Community Foundation for Ireland's Covid-19 Community Fund is aimed at the immediate needs of organisations impacted by Covid-19 and focused on the following:

People over 60 / People with respiratory illnesses or cancer / People experiencing domestic abuse / Isolated vulnerable people and families / Mental health issues for those affected by Covid-19

It is the expectation that the funding will support organisations to continue to provide services over the next one to six months and help in adapting services and methods of delivery. Applications can be made to continue or adapt existing work or to pilot new work that will support those most vulnerable as a result of Covid-19.

Any organisations affected by Covid-19 and working with the groups of people listed above can apply for grants between €1,000 and €10,000. The Community Foundation for Ireland anticipates that organisations that are providing small scale emergency support will require funding of around €1,000 to €2,500. Those who are significantly enhancing their services at this time may require grants of up to €10,000.

Please for further information visit:

Donegal Women's Centre services provision during COVID19

The Women's Centre is closed and all face to face appointments postponed. However, continue to respond to the needs of women in Donegal. Please find below links which contain important information regarding our current service provision. The information on the website and facebook page will be updated on a regular basis as soon as new information becomes available. For Information on :

Repeat prescriptions / Iash clinic, Info for Mums with children under 4, Info for current clients of the Family planning clinic, Info on supports re Domestic violence and Info ref Crisis pregnancy Contact: <http://donegalwomenscentre.ie>

CROSS BORDER Supports

NIACRO Family Links: Provides support to families of all Prisoners within the Northern Ireland Prison Service, including those who live cross border. To continue to provide support to families a Family Links telephone support line is now available on 0800 1692207 Mon to Thurs from 9.30 to 4.30 and on Fri 9.30 to 4.00. The NIACRO offices are closed, however families can also ring into 028 90320157 during the same times as above.

Coh-Sync: CAWT EU funded Cross Border Project aims to implement a community based approach to promoting a healthier lifestyle. The team are continuing to deliver this work. <https://www.facebook.com/CommunityHealthSyncProject/videos/661167068005596/>

Innovation recovery: CAWT EU funded Cross Border Project supporting people with experience of mental health problems on their journey to recovery.

<https://www.facebook.com/InnovationRecov/>

Letterkenny Youth and Family Services

LYFS are continuing with their parent support group using Zoom. The Group is starting back, via Zoom from Monday 6th April. For info on how to join these online meetings contact LYFS by email garryglennon1@hotmail.com

lyfs@live.ie OR

Call, text or WhatsApp 0861237917



COVID-19 Home Crime Prevention Advice



Keep lights on inside and out.



Do not keep large amounts of cash at home.



Keep valuables & keys out of sight.



Be alert to online and telephone scams.



Do not share personal or financial data.

For up to date advice on COVID-19 visit www.garda.ie

Visit www.garda.ie for more crime prevention advice

CARI Shining a Light for Children

CARI provides support to parents, carers and professionals with concerns around Child Sexual Abuse and sexualised behaviour in children. We would appreciate your assistance to help keep children safe please ensure that your service users are aware of CARI supports

Helpline 1890 924567 Mon to Fri 9.30 5.30

www.cari.ie to request a call back from CARI advisors

Dublin centre 01 8308529

Limerick 061 582224