

DONEGAL CYPSC**Email:**

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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

The Donegal Parent Support line

(1800 112277)



DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Is CYPSC Dhún na nGall muid i gcuideachta le chéile

NEWSLETTER

Special Edition 9 June 2020

Donegal Community Resilience & Response to COVID19:**DONEGAL PARENT SUPPORT LINE - 1800 11 22 77**

Donegal Parent Support Line is a confidential freephone service for parents or anyone in a parenting role. If you would like to talk through any worries or difficulties you are facing as a parent consider contacting the Support Line. Your call will be taken initially by a staff member who will get a clearer picture of what your worries are and some details to arrange for you to receive a call-back from one of our panel of experienced family support, youth support or healthcare workers. This call will

give you a chance to talk through whatever is bothering you and will give you tips and guidance on how to move forward. They will also be able to tell you about other supports and services in the community that might be of help to you and your family.

If you cannot phone, please send a private message to the Parent Hub Donegal Facebook page with your name, phone number and a brief description of the issue you are looking for information/support with. You will receive a call back the next day except for calls/messages received Friday - Sunday which will be replied to on Monday.




Sensory Gifts Bags

Donegal CYPSC became aware of the heightened levels of stress and anxiety experienced by young people with a disability or additional needs, as a direct result of the COVID19 restrictions. Working with the Bluestack Special Needs Foundation a funding proposal was made to CYPSC for the re-direction of funding to implement the **Sensory Support Gift Bags Initiative**. The initiative supported 4 local charities: Bluestack Special Needs Foundation, Sproai Agus Sport, Donegal Down Syndrome & ICARE. All of whom, work with young people with physical, sensory and intellectual disabilities across Donegal.

Sproai agus Sport delivered their Sensory Gifts Bags this week pictures below, A great initiative of collaboration in Donegal which Donegal CYPSC funded.

"Sproai agus Spórt were delighted to receive funding from Donegal CYPSC that contributed towards delivering goody bags to over 50 families that use our service. It has been fantastic working in collaboration with Donegal Down Syndrome Association, The Bluestack Foundation, ICARE and Donegal CYPSC to roll out this initiative and to see all these wonderful smiles and the excitement that it has brought. This has been a really tough time for many families and being able to do something nice for them and seeing the happy faces was fantastic. Thank you so much from everyone at Sproai. Its been brilliant."

*Mairead Mc Laughlin,
Sproai agus Sport.*



'Interested in your child's safety online?'



Last week a social media campaign for parents was launched by Kildare CYPSC – one of the actions in Kildare's CYPSC 3-Year Plan! This is a really positive example of parents supporting parents. The campaign messages were developed by the parents themselves, based on common concerns in relation to children's' screen time. These short videos were developed in Co. Kildare, with a group of parents from St. Farnan's Post Primary School, Prosperous. The project partners are: County Kildare LEADER Partnership, Foróige Drug Prevention & Education Initiative, Tusla and Kildare CYPSC. The series of 5 videos designed to support parents and children to positively navigate the online.

1. The 1st video is 'Starting The Conversation'. [Click Here](#)
2. The 2nd video, looks at how 'Agreeing Limits' is a helpful tool for online safety. [Click Here](#)
3. Continuing with the series of videos, here are 5 steps to 'Be Informed' [Click Here](#)
4. 'How Much Time Was I Online today?' - in the next video, the focus shifts onto the adult. Is your online time reflecting on how much time your child spends online? Track your use and be mindful of the content you are posting. [Click Here](#)
5. In concluding the video series, these parents suggest talking to other parents and by sharing each other's experiences. [Click Here](#)

Donegal CYPSC congratulate Kildare CYPSC and all involved in this super resource.

Children's Rights Alliance - Food Provision Scheme

Donegal CYPSC is delighted to announce that the Donegal Family Resource Centre Network has been awarded €12,000 to implement the Children's Rights Alliance, Food Provision Scheme for young people during COVID19.

This will provide hot meals or food parcels to 100 children in County Donegal. This funding is possible due to a generous donation from the Infant Development Fund. (Community Foundation & Katherine Howard Foundation)

