

**DONEGAL CYPSC**

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**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.

**Introducing Dr. Celia Keenaghan....**

Hello Donegal CYPSC members. I'm delighted to have started working on the new Donegal CYPSC Plan 2021 - 2023. Developing an interagency plan covering a geographically wide and diverse area is always a challenge. Add in the restrictions that recent events have imposed and we have a whole other set of challenges to navigate.

I've had a long time interest in Community Resilience - a community's ability to adapt, withstand and respond to social, economic and environmental stresses and to positively influence the course of change. As a proud Donegal woman, I believe that this county has that resilience aplenty and the work of CYPSC to date has contributed to that resilience enabling us to adapt the planning process to not only work within but to maximise the opportunities of the current situation. All of the work for the plan will now be done remotely, using facilities like online surveys, tele- and video-conferencing, google hangouts - this is an area where we will definitely be looking to our young people to guide the way. So watch this space for updates and invitations to connect, collaborate and contribute.

In 2011 I set up Keenaghan Collaborative now providing services in Facilitation, Mentoring and Training. I have worked in business, public health, community development, education and social innovation. I have been a driver of many local and national initiatives including the pioneering youth charity SpunOut.ie. I write, sing, dance, play the accordion and the early Irish harp and enjoy supporting purpose-driven enterprise. I'm a sociologist committed to inspiring people to work better together so that together we develop resilient children, adults and communities who can create a society that is fun, fair and fantastic!



## DONEGAL CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

**Is CYPSC Dhún na nGall muid i gcuideachta le chéile**

**NEWSLETTER**

Special Edition March 2020

**Donegal Community Resilience & Response to COVID19**

**“Life isn't about waiting for the storm to pass,  
It's about learning to dance in the rain”**

All over Donegal organisations and individuals are striving to adapt to the restrictions needed to slow the spread of the COVID 19 Virus and Donegal CYPSC will produce **Special Edition Newsletters** to keep you all informed. So if you are using new methods to provide services, have developed new supports or resources please let us know. If there are voluntary support services happening in your area please let us know so we can spread the word. Make sure to include Names, contact details and addresses for on line platforms.

In this first Special Edition Newsletter the focus is mainly on those services that are funded by or linked to Tusla. Stay Safe - [Facebook@CYPSCDONEGAL](https://www.facebook.com/CYPSCDONEGAL) [www.cypsc.ie](http://www.cypsc.ie)

**Government Action Plan to Support the Community Response to COVID -19 available**

<https://www.gov.ie/en/publication/58a0a9-you-your-community-and-covid-19/>

**An online pack for your organisation to use in your own communications can now be downloaded from** <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>

**This includes:**

- ◇ Up to date posters on Coronavirus COVID-19 (please display and share these with your teams and service users, and please replace any previous posters with the updated version);
- ◇ Videos on Coronavirus COVID-19 that you can share and display.
- ◇ Translated resources in 10 languages

**Donegal Domestic Violence Service:**

**Contact Details:** Helpline open 24hrs 1800 262677

Facebook provides updates @DonegalDVS, [www.donegaldomesticviolenceservices.ie](http://www.donegaldomesticviolenceservices.ie) has lots of information for everyone including agencies looking to support women.

Face to face support sessions have all be replaced by telephone support.

The refuge itself is open although with Covid-19 restrictions of social distancing, and support and contact provided only through our internal phone system. Emergency accommodation options as always are negotiated using other alternatives when our own accommodation options are full, we continue to work closely with Gardai & County Council in these cases.

## Alternative Service Arrangements during Covid-19 restrictions

### Alcohol Forum—Families Matter:

Contact Details: 0872387619 (Donna Butler); 0876790241 (Kieran Doherty)

**Working Hours:** Mon-Fri - 9.00 -5.00 pm  
Staff continue to work with young People, parents and professionals remotely via phone, video call and text message depending on individual preference. FM continue to link with other professionals regarding identification of families that would benefit from SFP, M-PACT, NVR and REACH at a later date.

### Donegal Youth Service

**Contact Details:** Office - 0749129630

Lorraine Thompson – 087 2395195 - Lorraine.thompson@donegalyouthservice.ie

Gareth Gibson – 087 9072070 -

Gareth.gibson@donegalyouthservice.ie

Jimmy McKinney - Jim-

my.mckinney@donegalyouthservice.ie

Siobhan O'Connor - Si-

obhan.oconnor@donegalyouthservice.ie

Michael Campbell - Mi-

chael.campbell@donegalyouthservice.ie

Billy Banda - Bil-

ly.banda@donegalyouthservice.ie

**Working hours :** Monday to Friday; one to one supports as per scheduled appointments; group interaction – afternoons and evenings

One to one support via Youth Talk: Providing support via phone calls and WhapsApp  
All staff contactable via phone, WhatsApp and email.

Continued online support and provision via online platforms such as Facebook

Provision of group support for existing groups and programmes using online platforms such as ZOOM and Google Hangouts

### Bluestack Special Needs Foundation CLG:

**Contact Details:** (086) 788 8494 (whatsapp/parent groups & club groups) , Info@bluestackfoundation.com, Manager@bluestackfoundation.com

**Working Hours:** 9.30—5.30

Parental daily contact by outreach workers  
Series of read stories by staff members, Series of guitar lessons for music group on video uploaded to our Facebook, what's app, YouTube channel

Series of Lamh sign videos for our choir / update of videos of past performances

Remote support on behaviour challenges  
Regular staff message videos

Collection & distribution food cloud

Remote psychotherapy through Skype

Listening ear service through phone

Support with application filling

Garden therapy video production sharing

### Foróige – All Services Across Donegal

**Contact Details:** Project Leaders on: 086 6064291 OR 086 9171063 - Email: info-donegal@foroige.ie

One to one work & small group work continuing using Zoom; FaceTime, Social Media, Other technical platforms

Resilience Packs: provision of resilience packs for more vulnerable young people

On-line challenges and creative projects for young people to enable them to keep positive both mentally and physically.

Information, advice and Ideas for Parents through technology

Online Challenges

Young People with staff leading out on helping vulnerable adults in the community through food drops

## Alternative Service Arrangements during Covid-19 restrictions

### Tir Boghaine Teo

**Contact Details:** 086 173 4494 - landline is also diverted to this number. Phone or WhatsApp

Working hours: 9 – 5 Monday – Wednesday and 9 – 2 on Thursdays

Continue to offer one to one support to families and parents via WhatsApp or Facetime

Continue to link with all referral agents to keep updated of any issues that may arise for families during this period of isolation.

### Donegal Local Development Company

(DLDC) has produced a Covid-19 Information section for community & voluntary groups and the public. It contains information on their interactive Donegal map of Supports, useful numbers, volunteer information and a Communications Pack for community and voluntary groups and members of the public. DLDC Offices Donegal town 074 9723368

Gweedore 074 9532712

Letterkenny 074 9127056

Or contact Community Development Team Margaret Larkin mlarkin@dldc.org or 0877633790

[www.dldc.org/covid-19-donegal-map-of-supports](http://www.dldc.org/covid-19-donegal-map-of-supports)

**Donegal Volunteer Centre** is collating info re local response to COVID19 in the community. This information will be used to map the services for the general public and more importantly to see any gaps in service. <http://tinyurl.com/t49wjna>

**Letterkenny Youth & Family Services** have developed a series of Posters for use in the home. Contact Garry – 0861237817



### Springboard Family Support Project :

**Contact details:** Corina Catterson Flynn, Project Manager on PH:0860218645

Claire O'Kane, Family Support Team Leader on Ph:0860218658

Continues to deliver their Family Support Programme via Phone Call, What's App Video, Facetime and Zoom. This includes the following programmes, Parents Plus Early Years, Children's Programme, Adolescent Programme and Parenting When separated. All our other programmes including Individual Work, 1:1 Advice on issues affecting Family Life and service signposting are still available via the above means also. We are continuing to accept referrals as normal.

## Alternative Service Arrangements during Covid-19 restrictions

### Moville & District FRC.

**Contact details:** 07493-85548; Mob: 0894212420; email: info@movillefrc.com

**Working hours:** 9am to 5pm Mon—Fri

Telephone contact and social media platforms.

Office in Moville staffed for administration and telephone enquiries and supports.

Liaising with Tusla & other Donegal Family Resource Centres to support families, children and other vulnerable people in our local community.

Informing our clients with up to date information and services on our Facebook page and social media platforms

Linking in with local organisations such as St.Vincent De Paul, and local assisted living centre Taobh na Cille.

Supporting efforts through local sports clubs like Moville Celtic and others

### The Forge FRC—Pettigo

#### Contact Details:

Working hours:

Phone and FaceTime to check in with individuals and families.

Continue meetings via conference call etc  
Counselling service including Play Therapy via FaceTime, Skype or Whatsapp.

Requested extra deliveries from the Food Cloud in order to provide food parcels.

Phone and FaceTime to check in with individuals and families.

### Parent Hub Donegal

Just a reminder, in these strange times, the ParentHub Donegal website has all sorts of info, website addresses and email contacts for all the services.

[www.parenthubdonegal.ie](http://www.parenthubdonegal.ie)

### Raphoe Family Resource Centre

**Contact details:** 0873641503 and 0876224550 - info@raphoeefrc.ie, coordinator@raphoeefrc.ie

**Working hours: 9am to 5pm Mon—Fri**

Telephone support to families – Regular check in, Offering Support, listening ear and advice.

Adult Counselling service is taking place over the telephone.

Support groups – What's app groups have been formed. Regular check in and video calling taking place.

Regular updates on Social media.

Encouraging those in the Community to make contact if they are finding the situation overwhelming / difficult.

Providing assistance ref Social Welfare forms.

Children / Young people who are in the Counselling service. Counsellor is now checking in with the Parents / Guardians

### Dunfanaghy Family Resource Centre

#### Contact Details:

074 9136548 - dunfresource@gmail.com

Working hours: Mon/Tues/ Thurs: 9 -5pm; Wed; 9 -4pm; Friday; 9am-3pm

Contact via email address and landline messaging service.

COVID-19 and Social Welfare posters and information, displayed & distributed locally.

Derryveagh Community Health Forum Facebook page updated regularly.

## Alternative Service Arrangements during Covid-19 restrictions

### Inishowen Development Partnership (IDP)

**Contact Details:** 087 9392629 - enquiries@inishowen.ie

**Working hours:** 9 -5 Mon—Fri

IDP staff have copied and distributed 600 forms in various locations for families generally. Also sharing on social media re other supports within their local communities. Linkage with other IDP staff e.g So-

### Letterkenny Youth & Family Service

**Contact Details:** Garry – 0861237817; available on call, text whatsapp msg, email and call Facebook Msg-LYFS

**Working hours:** 24 hrs on Call

Advocacy continues

Support for All- Call,Text, Whatsapp, Email, Social Media,

Poster Distribution- Home Use for Non-Visitation

Daily scheduling for families supporting Mental, Physical, Social Needs

Daily phone check in with vulnerable adults/ social distancing

Daily Activities posted on Facebook for Parents and Children

Survival Kits- Children's Packs, Fun & Educational Resources available from 23/3/20

Developing Online Blog/Video/Audio Competition for all ages( i.e .KDYS Quarantine Festival)

Card/Letter/Pictures for Falcarragh Comm. Hospital- Starting from 23/3/20

### The Pastoral Centre Counselling Service (Letterkenny, Stranorlar, Buncrana, Carndonagh)

**Contact details:** 07491 21853; pastoralcentreky@gmail.com , Director of Counselling: Liam Cannon 0851237747, raphoepastoralcentre.ie

**Working hours:** Phone support is available Monday to Friday 10am-1pm with a qualified counsellor

### IDP re NISCP Family Support Programme :

**Contact Details:** 086 0434055 ( & WhatsApp), Email: h.mcfarland@carndonaghcs.ie

**Working hours:** Mon-Thur 9 - 5, Fri 9 -12.30

Parenting support via phone/text /WhatsApp  
Increased advice re schoolwork and activities for kids at home. Listening ear service for parents.

For the most part the type of services provided will remain the same as before

**Contact Details:** 086 4178439 (&WhatsApp) - Email: Sheilakeyes@inishowen.ie

Regular telephone calls to families.

Linking with School Principal & NEPS also connecting with St Vincent De Paul for assistance. Informing parents of events on social media

Encouraging clients to get out for walks (using social distancing) & especially to follow safety guidelines provided on HSE website.

Encouragement to avail of financial supports available

### LIFELINE (Inishowen)

**Contact Details:** 0749373232 - support@ldvs.org

**Working hours:** 11am – 1pm Helpline - Appointments for Child Counsellor arranged through Helpline

Teenagers supported by phone.

Requests from parents & Social Workers to be arranged.

Counsellor in contact with Parent by phone for Primary School age.

Counsellor now available Wednesday and Thursday 2-5



## Alternative Service Arrangements during Covid-19 restrictions

### Lifestart Services:

**Contact Details:** All staff are contactable through mobile, email, whatsapp

Mary Walker Callaghan, Regional Manager, 086 7981964, marysl@lifestartfoundation.org  
 Maura McGettigan, Team Leader, Inishowen, 086 7981964, maura@lifestartfoundation.org  
 Eileen Ward Team Leader, North Central, 086 8083967, eileen@lifestartfoundation.org  
 Marie Kee, Team Leader, South Central, 0867981972 marie@lifestartfoundation.org  
 Kathryn Russell, FSV, North West 086 8665656 kathryn russell@lifestartfoundation.org  
 Ita Downey, FSV, Inishowen, 086 8084440, ita@lifestartfoundation.org  
 Catherine O Donnell FSV, Inishowen, 086 7708001, catherineod@lifestartfoundation.org  
 Ami Boyle, FSV, North West, 086 1453157, ami@lifestartfoundation.org  
 AnnMarie McDevitt, FSV, North Central, 086 1453158 annmarie@lifestartfoundation.org  
 Ann Toner, FSV, South Central, 086 7981969, ann@lifestartfoundation.org  
 Carmel McFadden, FSV, North Central, 0867981968, carmel@lifestartfoundation.org  
 Fionnuala Carr, FSV, South, 086 1453160, fionnuala@lifestartfoundation.org  
 Julie Voss, FSV, South, 0867708004, julie@lifestartfoundation.org  
 Phyl O Sullivan, FSV, South, 086 7707999, phyl@lifestartfoundation.org  
 Administrator Valerie McIlwaine, 074 91 56644, Valerie@lifestartfoundation.org

**Working hours:** 9am to 5 pm Monday to Friday

All visits are being carried out throughout the county through mobile phone, FaceTime and WhatsApp. (650 + families)

All families are receiving a phone call at least weekly with the more vulnerable families being contacted regularly throughout the week sometimes daily.

Food is being collected from the food bank on a daily basis and distributed to families wherever needed.

Baby/children's clothes and other essentials are being delivered to those in need.

Regular contact between Lifestart Services staff and referring agents to report on families and issues that may arise.

Supporting Public Health Nurses who are now only responding to emergency cases and reporting back where required.

Supporting Social Work Department when required and where possible

Engaging with many families who have completed with Lifestart Services but are experiencing high levels of anxiety, mental health, food poverty, information and advice around issues they are encountering with their children

Engaging with Meitheals through phone call conferencing

Participating in other meeting where possible through phone call conferencing

## Alternative Service Arrangements during Covid-19 restrictions

### Donegal Town FRC

**Contact Details:** 074 9725337 - office

Annemarie 086 1624788; Kathleen 0879747042

**Working hours:** 9-5 Mon-Fri

Providing Food Cloud and waiting on another delivery of food shortly from Dept.

Assisting with Meals on Wheels and home food deliveries and/or collection from FRC

Assisting with client requests through phone and social media

Provision of support to families and communities on a needs basis

Checking in with most vulnerable families  
 Counsellors providing listening service by phone.

Circulating national/local health information

Manager available outside hours to provide other supports as required by Tusla for families in our area e.g. Meitheals or to check in with families supported by Tusla

### Finn Valley Family Resource Centre

**Contact Details:** Corina Catterson Flynn – 086 0218645

**Working hours:** Monday to Thursday 09:00 to 5:00pm - Friday 09:30 – 1:00pm

Information and advice sent through Facebook/Social Media

1:1 Family Support being offered to our current caseload through Facetime and Whatsapp/phone.

### Downstrands FRC

**Contact details:** 087 6202508

**Working hours: 9.30-1**

Parenting support via phone and face-time.

'Ignite Your Future' participants are having weekly phone call sessions with the project facilitator and a weekly group video call on Discord

Counselling sessions for adolescents and adults are now being offered by telephone or face-time. Call 087 3652577 to make an appointment.

Social Prescribing services are available by telephone call 087 3652577 to speak to Caroline.

New daily posts on our facebook page with ideas and activities for families.

The 'Stress Free Kids' programme is sending out packs with age appropriate activities and info for children experiencing stress or anxiety.

### Mevagh Family Resource Centre

**Contact details:** 0749155055 and 0879228944 - info@mevaghfrc.com - Facebook: @MevaghFamilyResourceCentre

**Working hours:** Mon-Thurs 9 -5 Fri 9-4

Currently offering people within the community to contact us through telephone, email or facebook during this time.

Participating in Meitheals through phone conferencing.

Update our social media platforms regularly with advice and guidance

**Donegal Volunteer Centre: [www.volunteerdonegal.ie](http://www.volunteerdonegal.ie) 0749126740**

**Organisations at the front line of COV-19 are invited to contact Donegal Volunteer Centre for support recruiting extra hands. Here to Help!**