



CELEBRATING ACHIEVEMENT LAUNCH EVENT 2ND MARCH 2022

General announcements

Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:

MC Anne McHugh
CEO
Donegal ETB





Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Oíge
Department of Children, Equality,
Disability, Integration and Youth

WELCOME INTRODUCTION CYPSC ACHIEVEMENTS 2018-2020

Gerry Hone
CYPSC Chair 2018-2021
Acting Service Director Tusla

**JIGSAW
DONEGAL**
Young people's
health in mind



etb
Bord Oideachais agus
Oiliúna Dhún na nGall
Donegal Education and
Training Board



**Comhairle Contae
Dhún na nGall**
Donegal County Council



empowering youth
enriching communities
foróige



**DONEGAL
LOCAL
DEVELOPMENT
CLG.**



**alcohol
forum**
Informing Nationally,
Delivering Locally



County Donegal Education Centre
Oideachais Chontae Dhún na nGall

DTP



**Childcare
Committee**
County Donegal
Coiste Cúram Páistí Chontae Dhún na nGall

Tír Boibhaine Teo
TBC
CONNECTING DYNAMIC COMMUNITIES



**An tSeirbhís Phromhaidh
The Probation Service**

mabs
Money Advice & Budgeting Service

**Donegal Sports
Partnership**
www.activeDonegal.com
SPÓRT ÉIREANN

**BLUESTACK
FOUNDATION**



**Families
Matter**



lyit



Údarás na Gaeltachta



**An tSeirbhís Chuirteanna
Courts Service
IRELAND**



Donegal Intercultural Platform

**CO. DONEGAL
PUBLIC
PARTICIPATION
NETWORK**
Do Chontae - Do Ghuth

**Donegal
Youth Service**
Youth Work Ireland



Springboard

ippn
Leading & Learning

TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

NAPD
National Association of Principals and Deputy Principals
Currair Náisiúnta Príomair agus Leaspríomair
Inspiring and Supporting School Leaders - An aghaidh le chéile



ParentStop



**An Roinn Leanaí
agus Gnóthaí Óige**
Department of
Children and Youth Affairs



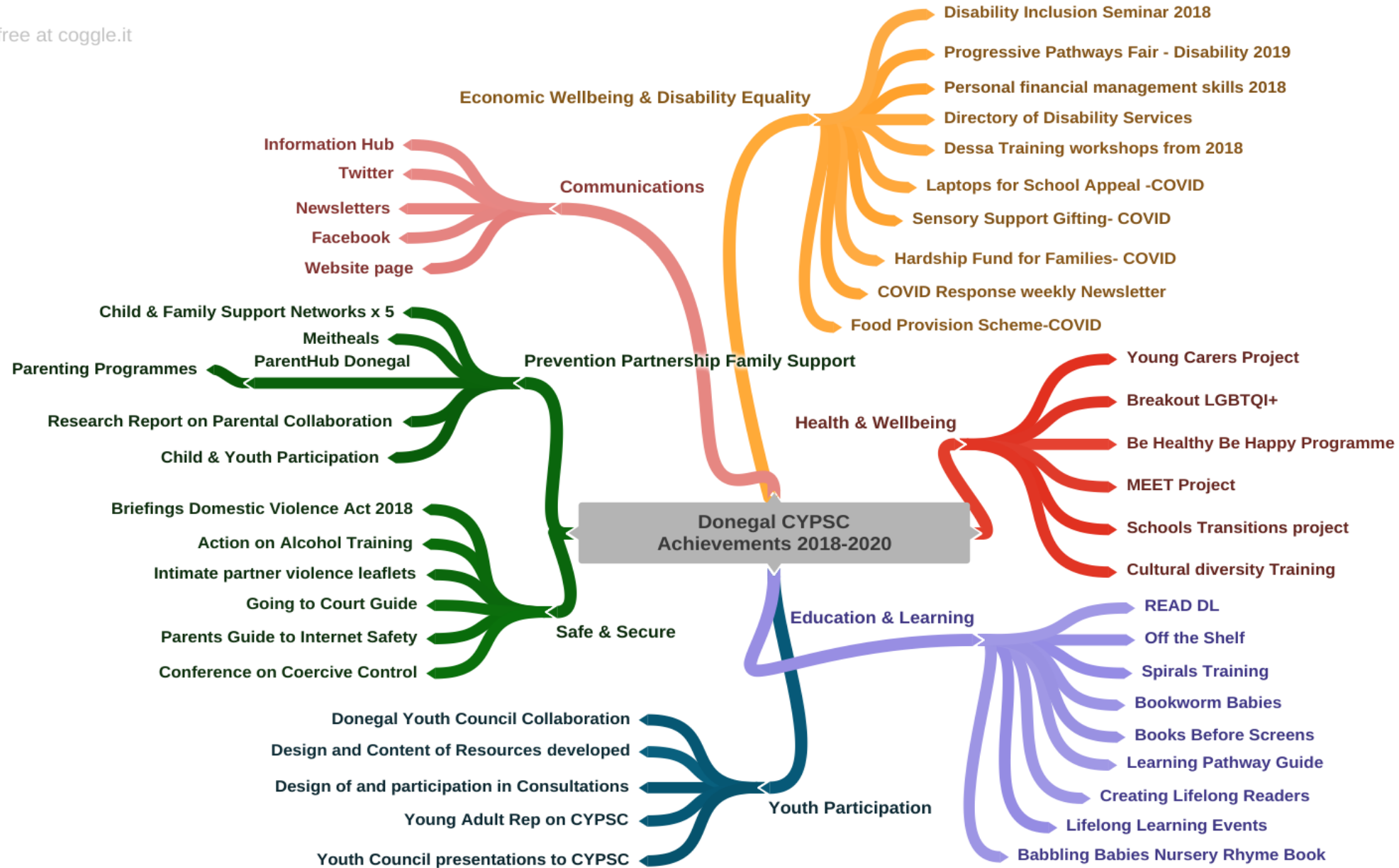
**Northwest Regional
Drug & Alcohol Task Force**



Donegal Family Resource Centres
"Supporting families + communities throughout Co. Donegal"

3/9/2022



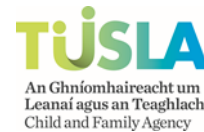


A SINCERE THANK YOU TO:

Our partner agencies across all sectors who contributed to CYPSC achievements in many ways;

- ◉ by sharing their expertise & understanding of the challenges faced in Donegal
- ◉ by embracing inter-agency working relationships
- ◉ by sharing information and resources
- ◉ by leading out on collaborative projects
- ◉ by supporting collaborative projects
- ◉ by hosting CYPSC meetings and training events and
- ◉ by working together to achieve better outcomes for children & young people

All those provided funding support Donegal CYPSC activities;



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



Comhairle Contae
Dhún na nGall
Donegal County Council



lyit

Institiúid Teicneolaíochta
Leitir Ceanainn
Letterkenny Institute
of Technology





Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

A MESSAGE FROM MINISTER RODERICK O'GORMAN DEPT. CHILDREN EQUALITY DISABILITY INTEGRATION & YOUTH

LINK:

[HTTPS://EQUALITY.FS.GOV.IE/URL/
ZQUMZMGTZ3PTGPXH](https://equality.fs.gov.ie/url/zqumzmgtz3ptgpxh)





DONEGAL CHILDREN & YOUNG PEOPLE'S PLAN 2021-2023

Hard Copies available

Twitter @CYPSCDL

Facebook @CYPSCDonegal

WIFI:

THE HIGHLIGHTS

Anne Timony Meehan
Donegal CYPSC Coordinator



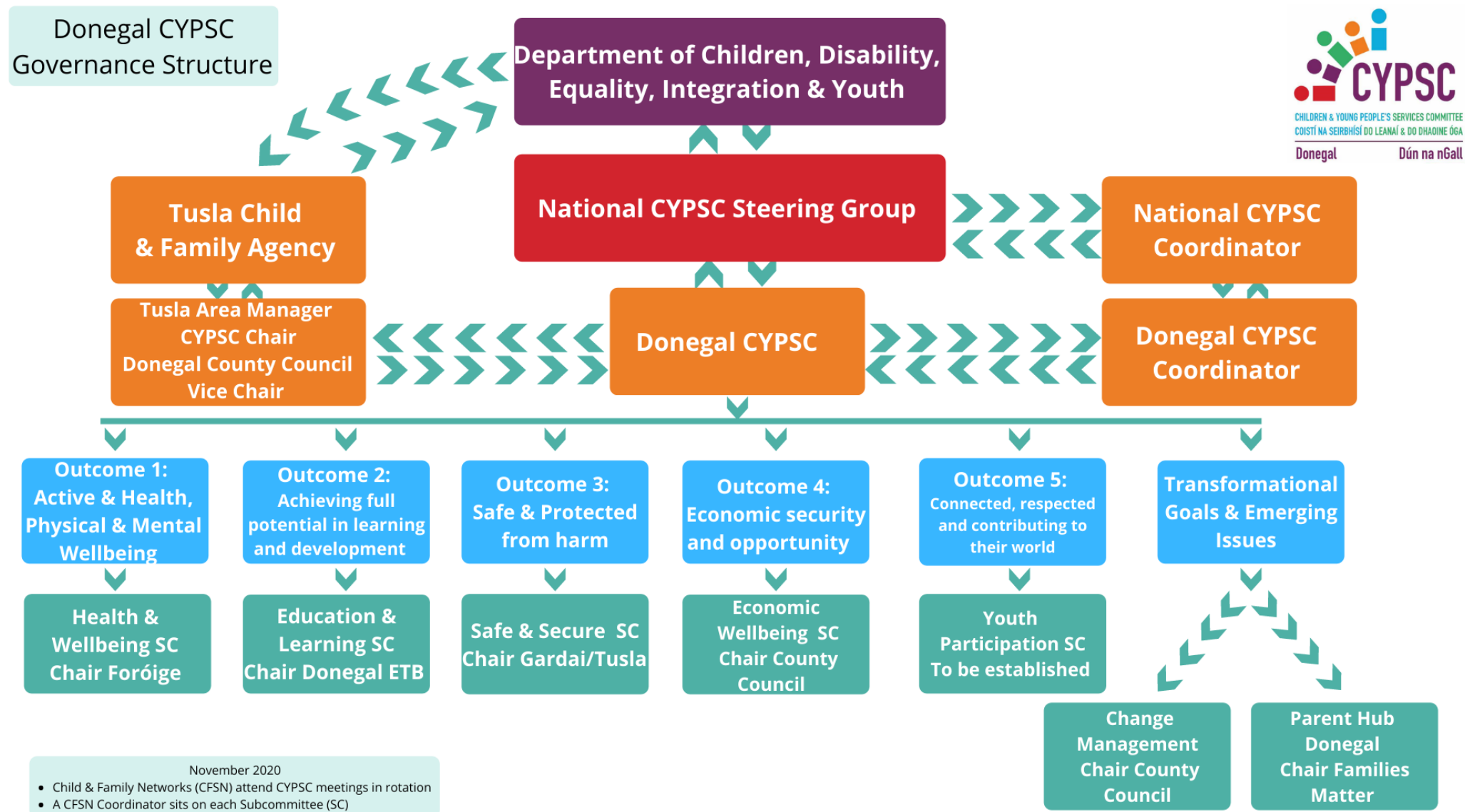
TODAY'S PRESENTATION

Development of a Children Young People's Plan

- Review
- Information Gathering
- Consultation
- Facilitated Workshops

Priority Areas 2021-2023





DONEGAL CHILDREN & YOUNG PEOPLE'S PLAN 2021-2023

- ◉ Introduction
- ◉ Socio-Demographic Profile
- ◉ Overview of Services to Children and Families
- ◉ Local Needs Analysis
- ◉ Summary of CYPP
- ◉ Action Plan
- ◉ Monitoring & Review
- ◉ Appendices

This is a Live Plan, responsive to emerging needs and opportunities.

The following priorities have been identified following the local needs analysis based on Socio-demographic profile, audit of services and consultation with Young people, Parents and CYPSC Partner Agencies.

All actions will be implemented in a way that responds to the emerging needs of the population in the context of the Covid-19 pandemic and its impact on the population and on the delivery of services.



PRIORITY AREAS 2021-2023

Health & Wellbeing SC

Supporting integrated and holistic health and wellbeing initiatives.

Facilitating interagency collaboration in relation to mental health service development and delivery.

Promoting and supporting inclusion and diversity in services and in communities.



PRIORITY AREAS 2021-2023

Education & Learning SC

Supporting an inclusive approach to the development of children and young people.

Collaborating to improve educational attainment and participation of children and young people, with a focus on the vulnerable and those from ethnic minorities.

Promoting and supporting arts and cultural programmes to enhance learning in schools, homes and the community



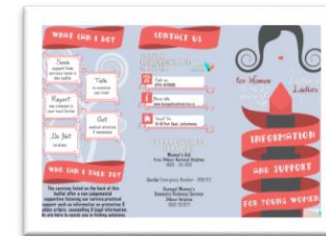
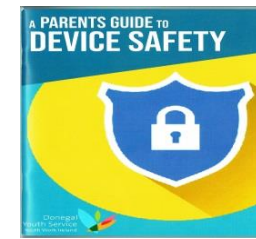
PRIORITY AREAS 2021-2023

Safe & Secure SC

Addressing the needs of children and young people experiencing domestic violence in the home.

Supporting children and young people to understand what it means to feel safe and to develop skills accordingly.

Building resilience in children and young people.



PRIORITY AREAS 2021-2023

Economic Wellbeing SC

Promoting equality of opportunity to further education and training.

Tackling economic disadvantage.

Promoting inclusion and diversity.



PRIORITY AREAS 2021-2023

Youth Participation SC

Facilitating ongoing
dialogue between
agencies and children
and young people.

Building socially
inclusive
communities.



PRIORITY AREAS 2021-2023

Parent Hub

To support the coordination of parenting supports across the county.

To ensure an active parenting focus in the implementation of the Donegal Children & Young people's Plan.

one SMALL
CHANGE
can MAKE a
BIG
difference



Parent Own Plan (POP)
Use the CYPSC POP App to organise your child's activities & appointments



Donegal Children and Young People's Services Committee

PRIORITY AREAS 2021-2023

Change Management

Child and Youth Participation

Interagency training initiatives

Alignment with other local plans

Ensure effective use of CYPSC funding

BETTER
OUTCOMES
BRIGHTER
FUTURES



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



Comhairle Contae
Dhún na nGall
Donegal County Council



A SINCERE THANK YOU

Donegal CYPSC would like to thank the Children, Young people, Parents, Service Providers and the members of all 7 Subcommittees, who participated in consultation activities, made submissions, gathered information, gave feedback and contributed in so many ways.

A very special Thank You to

- ❖ Donegal Youth Council, Shauna Hoey & Maura Gallagher Foroige,
- ❖ Loretta Mc Nicholls, Snr. Researcher Donegal County Council,
- ❖ Trish McLaughlin, Donegal County Childcare Committee
- ❖ Mariosa Friel, Student Placement ITSligo
- ❖ NUIG - HBSC Short Report Donegal
- ❖ Child & Family Support Networks - Youth Support Planning Consultations
- ❖ Dr. Celia Keenaghan, Keenaghan Collaborative



Hard Copies available

Contact

anne.timonymeehan@tusla.ie

Free to download www.cypsc.ie

Twitter @CYPSCDL

Facebook @CYPSCDonegal

WIFI:



OFFICIAL LAUNCH

DONEGAL CHILDREN & YOUNG PEOPLE'S PLAN 2021-2023

Bernard Gloster
CEO Tusla



Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



DONEGAL DOMESTIC ABUSE RESOURCE PACK

Dr. Marie Hainsworth
Donegal Domestic Violence Services

County-wide initiative



CYPSC Launch
Donegal

Domestic Abuse is Everyone's Issue

Toolkit for Professionals

CYPSC Safe & Secure



Domestic Abuse Working Group



DONEGAL

Domestic Abuse Resource Pack



Domestic Abuse is Everyone's Business



An Roinn Leanaí, Comhionannais,
Michumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth

Facts & Figures

2. Domestic Abuse Statistics

Domestic Abuse Statistics



Ireland

1 in 4 women who have been in a relationship have experienced domestic abuse
1 in 16 men have experienced domestic abuse



Donegal Figures



Donegal Courts Service

247 Domestic Violence Order hearings in 2019

122 new clients in 2020

Donegal Rape Crisis Centre

An Garda Síochána

Cases	2020	2019
Assault	115	135
Threats to Kill	12	24
Breach DV order	43	64
Domestic Dispute	558	441

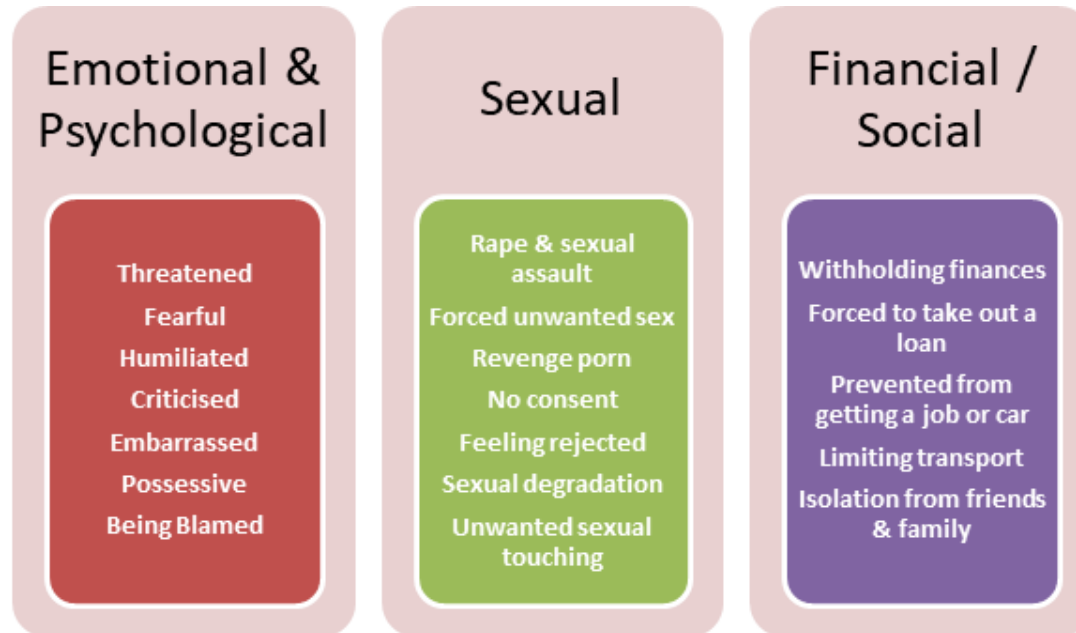
110 Attendances in 2019

SATU

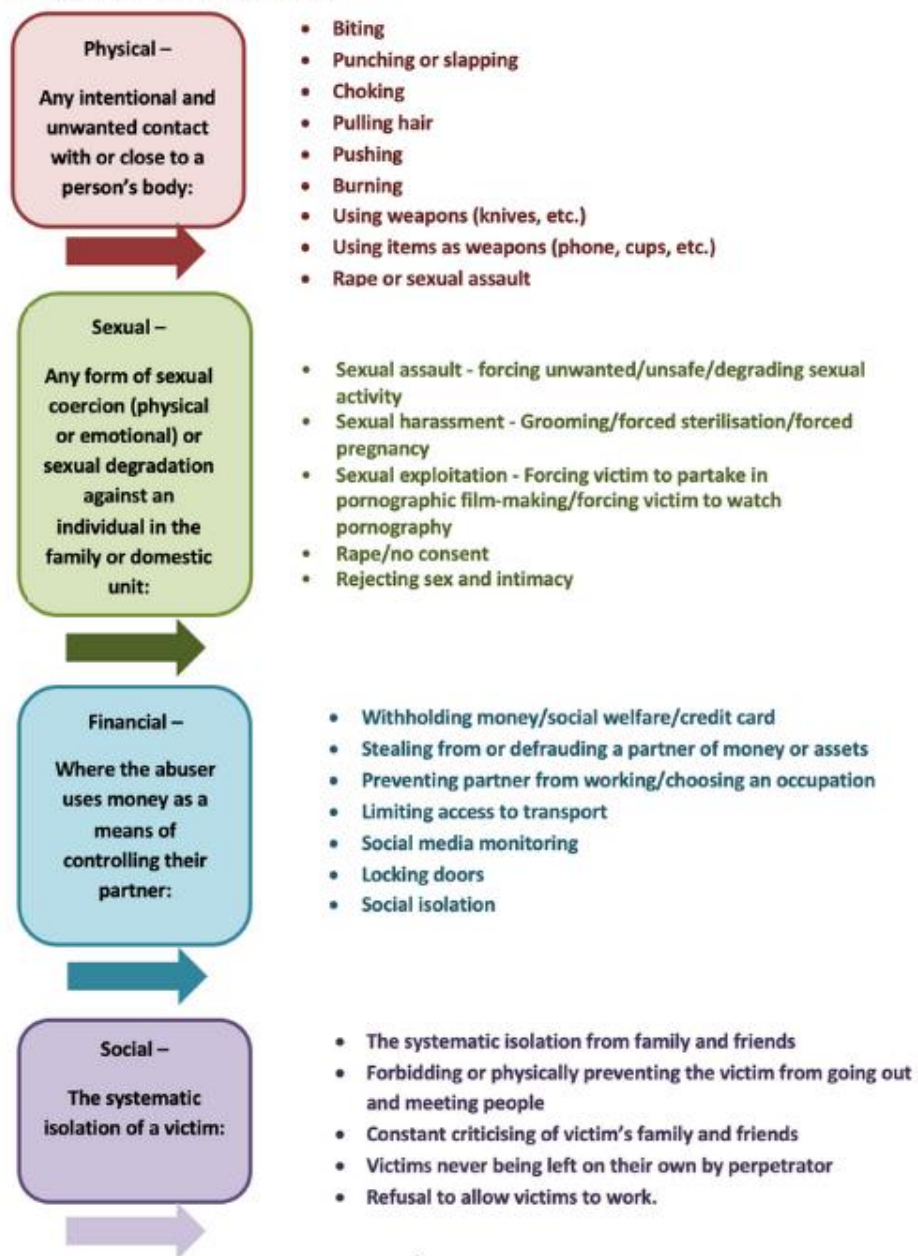
DV Counselling	2020	2019
Clients	75	107
Sessions	1472	1446

Donegal Women's Centre

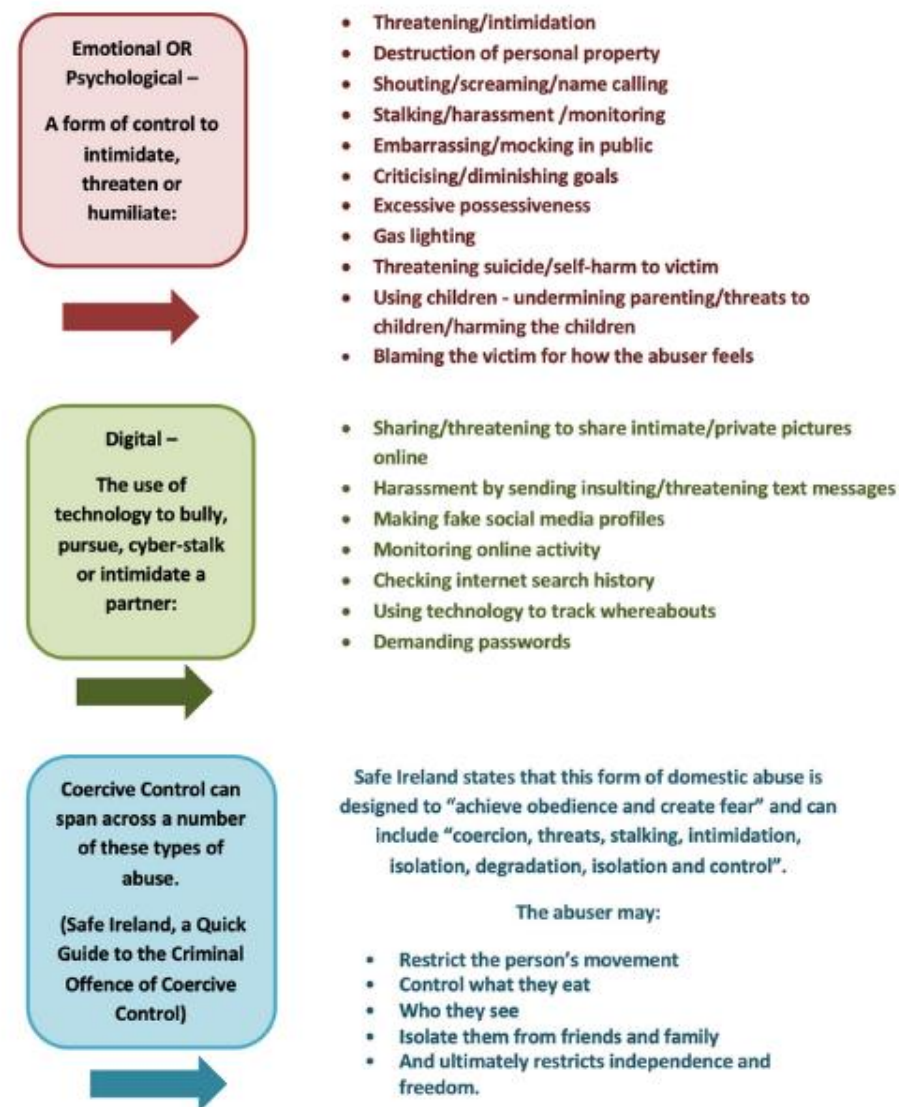
Type of Domestic Abuse



4. Types of Domestic Abuse



Types of Domestic Abuse



Impact on Children

Children:
Bed wetting/
nightmares/flashbacks
Stress related illness (Skin
conditions..)
Eating difficulties
Attachment issues
School refusal
Low esteem
Anxiety
Isolation among peers
Self harm
Suicide
Anger issues



7. Recognising Abuse in Interpersonal Relationships

Warning Signs that Indicate a Potential Abusive Situation

- A person who has a sense of entitlement that their needs are more important than everyone else's
- A person who needs to have power and control in the relationship
- A person who blames their partner for any issues that occur in the relationship
- A person who doesn't take any responsibility
- A person who cannot be challenged
- A person who is disrespectful in general
- A person who lacks empathy
- A person who is unavailable when their partner needs support

Am I in a toxic relationship?¹⁶

- They constantly put you down and make you feel bad about yourself
- You are arguing one day, and things are great the next
- They often make you feel guilty
- They are jealous of your other friends
- You feel like it's your responsibility to fix things
- You change yourself to please them
- You worry about setting them off and feel like you have to watch what you say
- You feel anxious or unwell when you know you're going to see them
- They text and call you constantly
- You have lost confidence in yourself
- They break your trust

How Do I
Know if I'm
in an
Abusive
relationship?

Below is a listing of local Domestic, Sexual and Gender Based Violence (DSGBV) Services and Supports that are available within County Donegal.

<https://www.tusla.ie/services/domestic-sexual-gender-based-violence/select-a-support-below/>

The following services are all supported through the national Túsla DSGBV Unit

Donegal	Tel: 1800 262677	074 91 26267
Email	ddvsrefuge@gmail.com	

Donegal Domestic Violence Services offers 24hr protected accommodation and a helpline. It also offers outreach support, legal support and court accompaniment as well as a range of support services for dealing with financial and housing applications throughout the county of Donegal.

Donegal	Tel: 074 9124985
Email	donegalwomenscentre@gmail.com

Donegal Women's Centre offers a Domestic Abuse Trauma Counselling Service, which is funded by Túsla. This service is provided in Donegal Women's Centre, Letterkenny as well as outreach centres in Killybegs, Ballyshannon, Falcarragh, Dungloe and Carndonagh by Domestic Abuse Psychotherapists who have over 20 years in-depth expertise working in the area of Domestic Abuse and Intimate Partner Violence Trauma Psychotherapy. Referrals can be self-referral, Túsla, HSE, DDVS, PHN, GP, An Garda Síochána, MABS, Citizens Information or any local or statutory body.

Donegal	Tel: 1800 44 88 44	074 9128211
Email	Info@donegalrapecrisiscentre.ie	

Donegal Sexual Abuse and Rape Crisis Centre provides a professional counselling and support service, in a safe and secure environment, for people who have been affected by abuse or sexual violence - thus enabling us to break the silence surrounding abuse and sexual violence in our community. Donegal Sexual Abuse and Rape Crisis Centre offer counselling, support and advice to survivors of rape and sexual abuse in a confidential, safe and friendly environment.



16

Days of Action Against Violence Against Women

25th November - 10th December





Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



THE PARENT HUB DONEGAL 'NEXT GENERATION'

Chloe McGinty
Donegal Parent & Family Support Service
Finn Valley FRC
with Mary Walker Callaghan

Lifestart

Donegal Parent & Family Support Service - Video



'The Next Generation'

Mary Walker Callaghan – Regional Manager, Lifestart Services
Chloe McGinty – Team Leader, DPFSS Pathways

2nd March 2022

ParentHub Donegal

- The evolution of ParentHub Donegal
- Parental Participation
- The future of ParentHub Donegal
- Donegal Parent & Family Support Service





The **Parent Hub, Donegal** was set up in **2013** by the Donegal Children's Services Committee to look at Parent Support Needs in County Donegal.

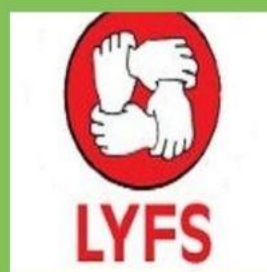
The Hub is made up of different Community and Statutory Services who are involved in supporting parents in Donegal at different levels.

One Stop Shop



One of the areas that came to the fore was the difficulty for parents in Donegal in accessing information about what services are there to support them and their families. It was, with this in mind, agreed that there was the need for a “One Stop Shop” online service to provide information to parents in Donegal where they could find out about services and get information and advice around parenting issues.





Parent Hub Donegal Members



NOVEMBER 2020

Establishment of Pathways Parent Support Service under DPFSS



OCTOBER 2021

Website consultation with parents in Donegal



NOVEMBER 2021

Website revamp based of the feedback



2022 & BEYOND

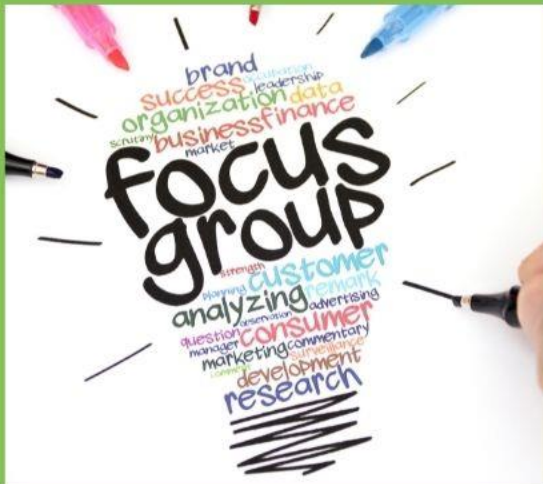
Vision: Up to date information on events, programmes and developments in all things parenting in Donegal.



**81 responses to
the online
survey**

Consultation with parents

October 2021



**12 parents
participating in a
focus group**



Parents feedback on the Website

"Informative"

"Colourful"

"Interesting"

"Easy to use"

"Really helpful"
"A great reference"

"Like that it is split into age categories of the child"

"Orientated towards females, images used are mostly female"

"Needs an upgrade"

"A bit clinical"

"Many links not working"

"Difficult to navigate"

SUMMARY OF FINDINGS



Parents **want:**

- Up to date information on activities or events happening locally which is easy to access
- To know the right place to go for support & to be directed there for the information
- Social media videos
- Service testimonials



What has changed?

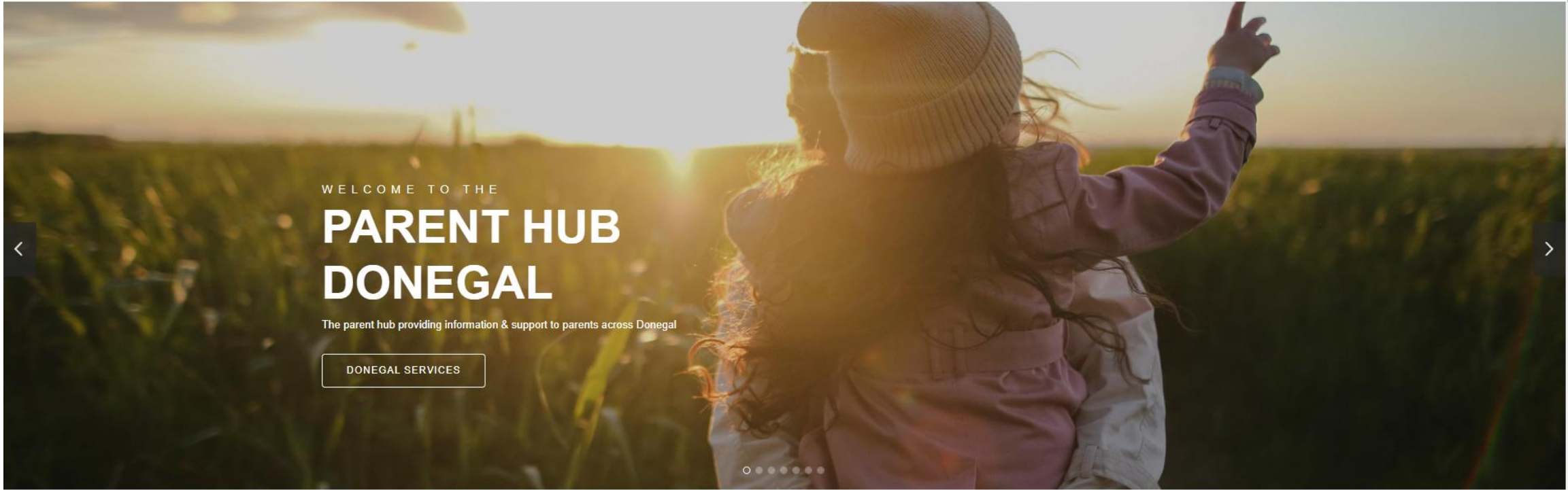
- Information on services has been updated and will continue to be
- More inclusive use of pictures
- A vision to utilise the calendar to support parents and services
- Option for anonymous queries
- Redirection to Facebook messenger to ask questions or get more information





Call: 086 067 5186 [f](#) [i](#)

- [HOME](#)
- [ABOUT US](#)
- [NEWS](#)
- [HOW TO USE SERVICES PAGE](#)
- [SERVICES](#)
- [CALENDAR](#)
- [CONTACT US](#)



MORE NEWS ITEMS





Pregnancy

Find all the information and advice to help you through your pregnancy.



Baby (0-5)

Here is where you will find information and advice to help you with your baby.



Children (6-12)

As your child continues to grow, you will notice new abilities that your child develops.



Teens (13-18)



Parenting



Family Life





Call: 086 067 5186 [f](#) [ig](#)

[HOME](#) [ABOUT US](#) [NEWS](#) [HOW TO USE SERVICES PAGE](#) [SERVICES](#) [CALENDAR](#) [CONTACT US](#)

Parent Hub Website Events

Today ◀ ▶ March 2022 📅							🖨️ Print	📅 Week	📅 Month	📅 Agenda
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
27	28	Mar 1	2	3	4	5				
6	7	8	9 10am Parents Plus Health 10am The Circle Of Securi	10	11	12				
13	14	15	16 10am Parents Plus Health 10am The Circle Of Securi	17	18	19				
20	21	22	23 10am Parents Plus Health 10am The Circle Of Securi	24	25	26				
27	28	29	30 10am Parents Plus Health 10am The Circle Of Securi	31	Apr 1	2				

Events shown in time zone: Ireland Time



Work In
Progress



Finally

The coordination of ParentHub information is led by Donegal Parent & Family Support Service, Pathways Programme.







Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



THE DONEGAL PARENTS OWN PLAN (POP) APP

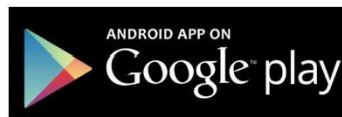
Trish McLaughlin
Donegal County Childcare Committee

County-wide initiative

Parents Own Plan (POP) App

Parent Own Plan (POP)

Use the CYPSC POP App to organise your child's activities & appointments



Donegal Children and Young People's Services Committee



For information and parenting resources in Donegal :

www.cypsc.ie

www.hse.ie/my-child

www.parenthubdonegal.ie

www.tusla.ie/parenting-24-seven

@CYPSCDonegal



Find us on
facebook

@Parenthubdonegal

Why an App for Parents?

- ▶ To support Parents and Carers.
- ▶ To give parents and carers access to information in relation to the services who are supporting their families. – Linked to ParentHub Directory of Services
- ▶ To remind parents and carers about appointments.
- ▶ To prevent double booking - *The App will not allow double booking.*
- ▶ Limit the number of missed appointments.

Who is the App for?

- ▶ The App is Universal and can benefit all Parents or Carers.
- ▶ The App is particularly beneficial for families who have multiple appointments or activities to keep track off.

Install App

To install the app on an Android or Apple device, please use the links below.

- ▶ Apple iOS: <https://itunes.apple.com/ie/app/cypsc-parents-own-plan/id1375440635> <https://goo.gl/NypHCE>
- ▶ Android: <https://play.google.com/store/apps/details?id=com.iguide.redzero.cypsc> <https://goo.gl/FkhoAt>

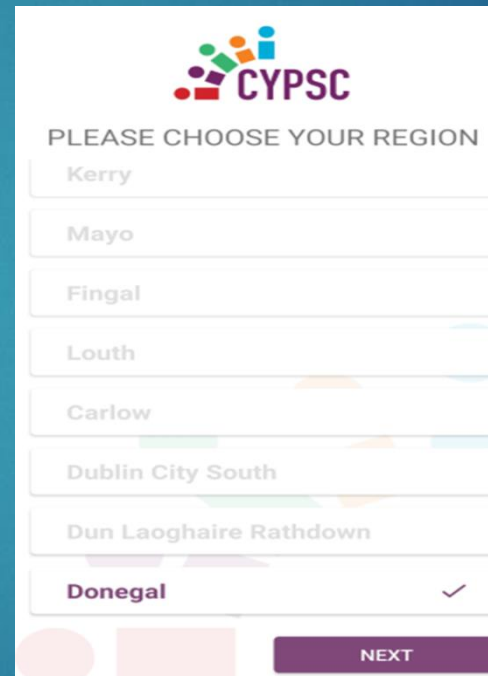
You can also just go to your App Store and search for CYPSC App or CYPSC Parents Own Plan App – Simple!

Setup Region

- ▶ When the app is installed and opened it will allow selection of both Region and Language. This is then stored in the app when opening again.

Setup Region:

- ▶ Sligo/Leitrim
- ▶ Clare
- ▶ Kerry
- ▶ Mayo
- ▶ Fingal
- ▶ Louth
- ▶ Carlow
- ▶ Dublin City South
- ▶ Dun Laoghaire Rathdown
- ▶ **Donegal – Linked directly to the Donegal Parent Hub Directory**



The screenshot shows the CYPSC app's region selection screen. At the top is the CYPSC logo, which consists of a stylized 'C' made of colorful dots followed by the text 'CYPSC'. Below the logo is the instruction 'PLEASE CHOOSE YOUR REGION'. There is a vertical list of ten regions: Kerry, Mayo, Fingal, Louth, Carlow, Dublin City South, Dun Laoghaire Rathdown, and Donegal. Each region is in a white box with a thin border. Donegal is the last option and is highlighted with a purple background and a small white checkmark to its right. At the bottom of the screen, there is a purple button with the word 'NEXT' in white capital letters. To the left of the 'NEXT' button are two small, partially visible colored circles (pink and light blue).

Choose Setup Language

Available Languages

- ▶ English
- ▶ Irish
- ▶ Polish
- ▶ French
- ▶ Lithuanian
- ▶ Arabic



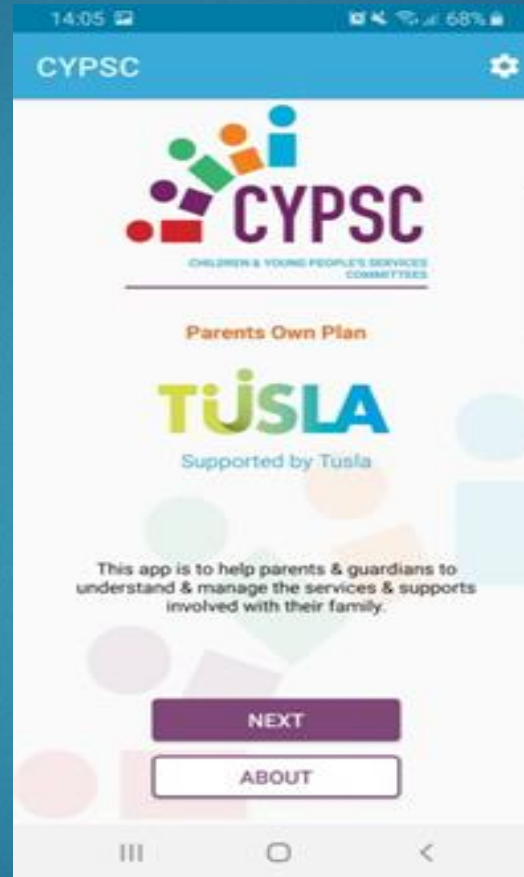
Android



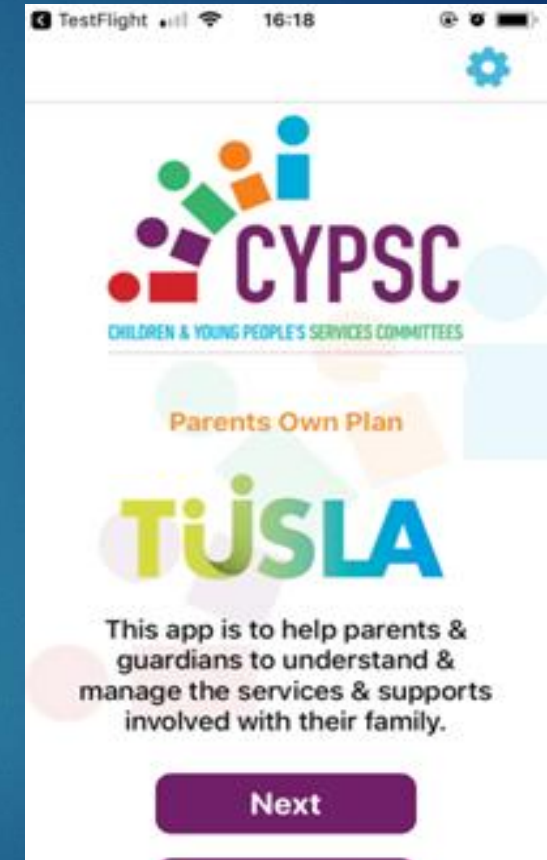
Apple

App Opening Screen

- ▶ When both Region and Language have already been selected the app will open to its initial screen from then on.

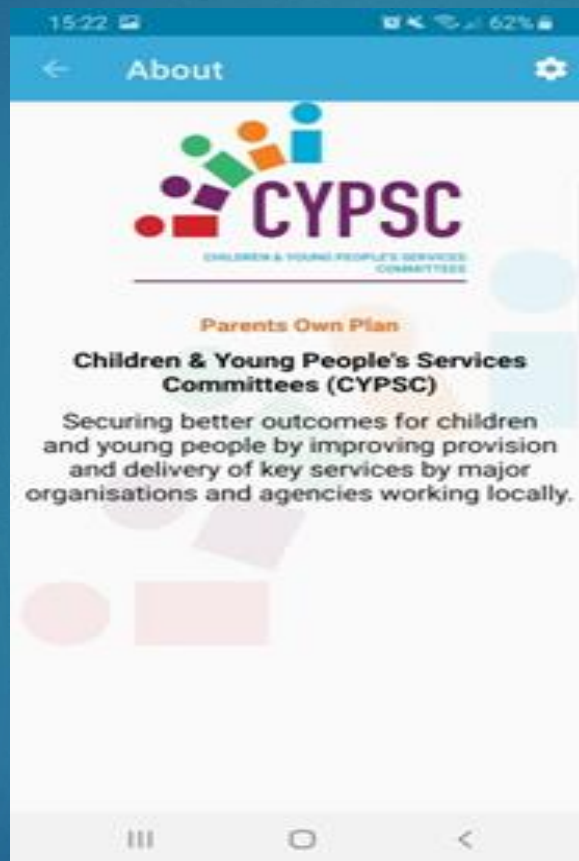


Android

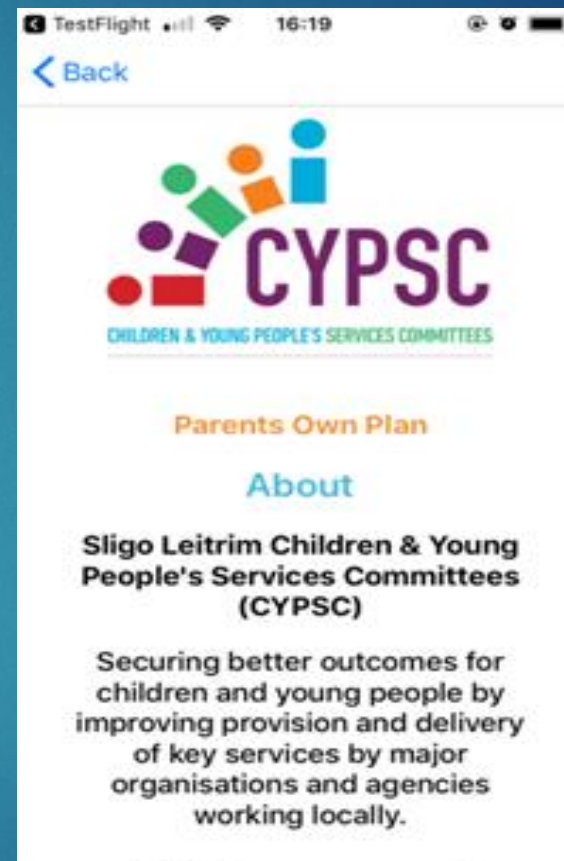


Apple

About the Page ...



Android



Apple

Setting up a Child

- ▶ When you first access Your Children list will be empty.
- ▶ To add a child, click “Add More+” and enter in the name of the Child, tap Save to save.



Android



Apple

Setting up a child



15:27 61%

← Add Child ⚙️


CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Parents Own Plan

Add your childs details below and save...

Add Childs First Name

SAVE

Android navigation bar at the bottom.

Android



TestFlight 16:21

← Back


CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Parents Own Plan

Add a Child

Add your childs details below and save...

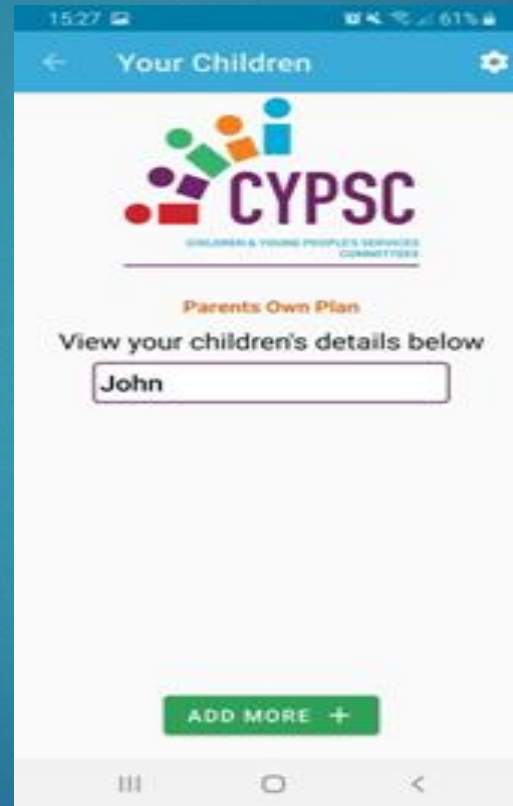
Add Childs First Name

Save

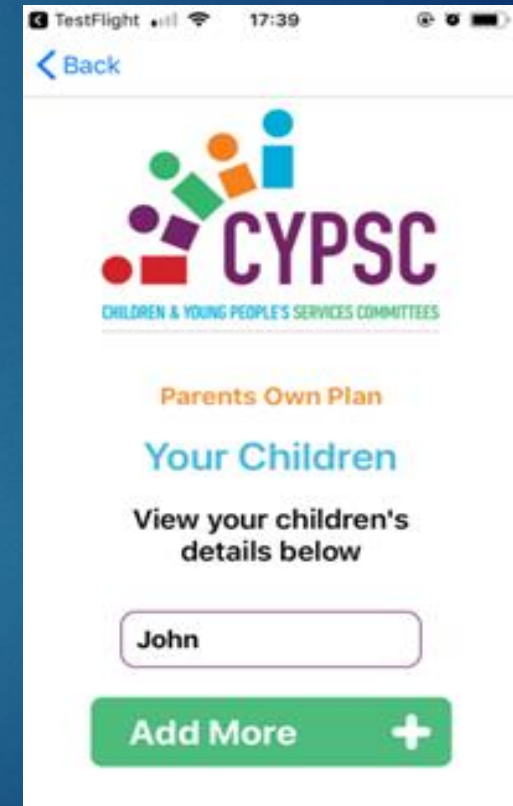
Apple

Your Children

- ▶ App will now show the child just added
- ▶ Click on ADD MORE to add further children



Android



Apple

Your Children's Service Appointments

- ▶ Select the Child to add under and you will see any Services listed in the app.



Android



Apple

Add a Service Appointment for a Child

- ▶ To setup an appointment for the child just entered above
- ▶ click “+” icon and type in the details What, Provider, When, Time.
- ▶ Save



15:28

← Add Service

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Parents Own Plan

What?

Provider

When

Time? 15 : 00

SAVE +

ADD TO CALENDAR

AUDIO

Android



15:59

← Update a Service

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Parents Own Plan

dental

primary care

27/03/2019

Time? 11 : 00

SAVE +

ADD TO CALENDAR

AUDIO

Android



TestFlight 16:22

← Back

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Parents Own Plan

Add Service for

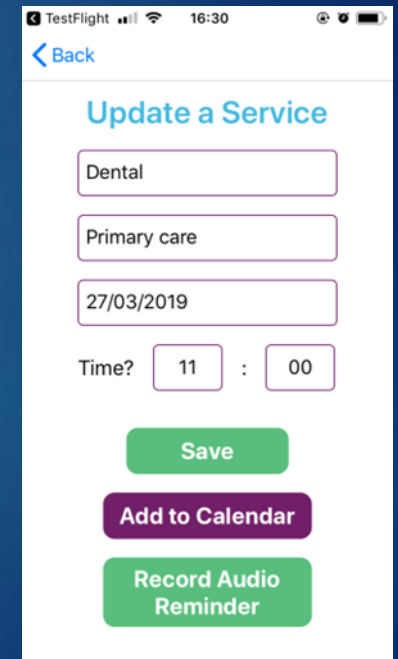
What?

Provider

When

Time? 15 : 00

Apple



TestFlight 16:30

← Back

Update a Service

Dental

Primary care

27/03/2019

Time? 11 : 00

Save

Add to Calendar

Record Audio Reminder

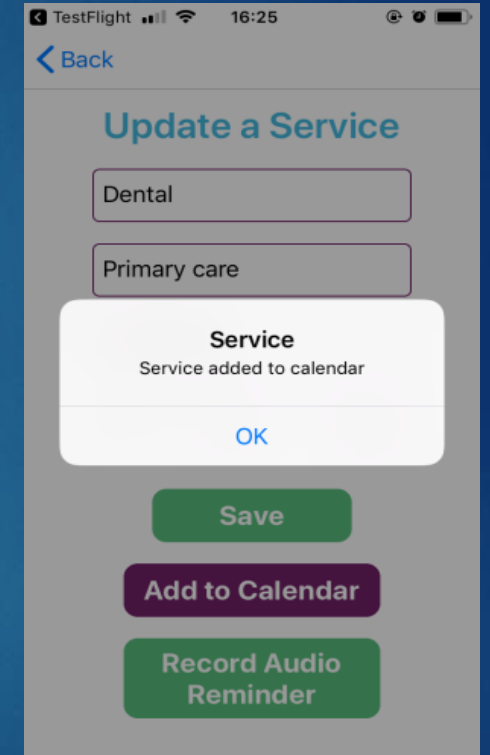
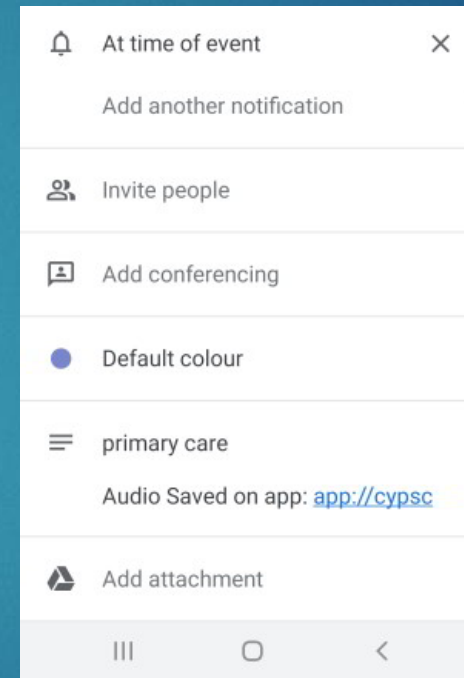
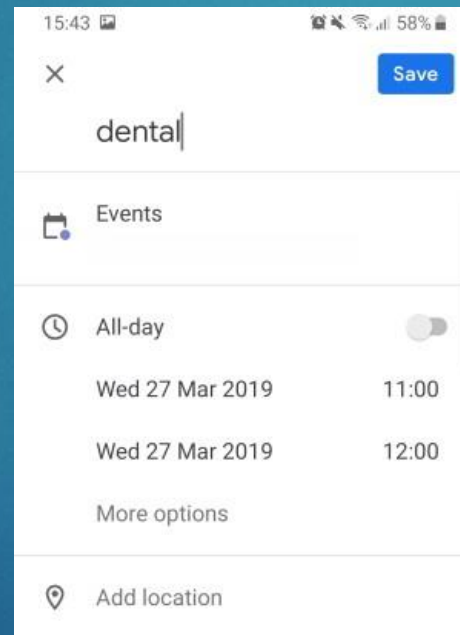
Apple

Service Appointment using an Audio Clip –Tips

- ▶ An audio clip can be saved under each appointment if needed, this then can be played back to give the user further information as they have recorded it.
- ▶ This can vary per phone and calendar.
- ▶ Android: Google calendar allows a link to open the app directly from the appointment in calendar
- ▶ Apple: Google calendar allows a link to open the app directly from the appointment in calendar
- ▶ To save an Audio clip tap “Audio” and will show you the below, tap “Record Audio Reminder” and record the audio as needed.
- ▶ Tap “Stop Recording” when needed.

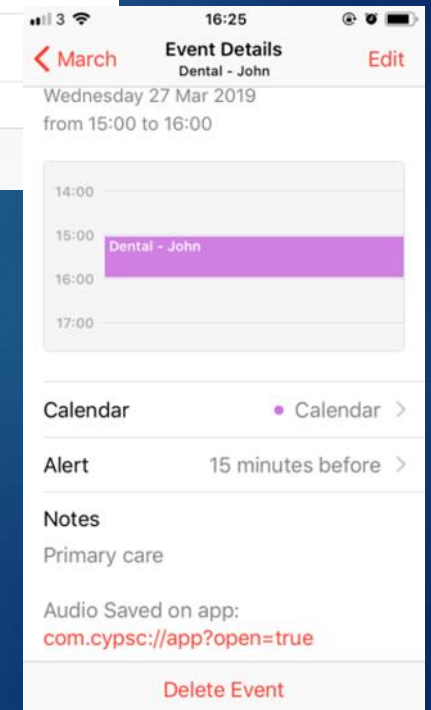
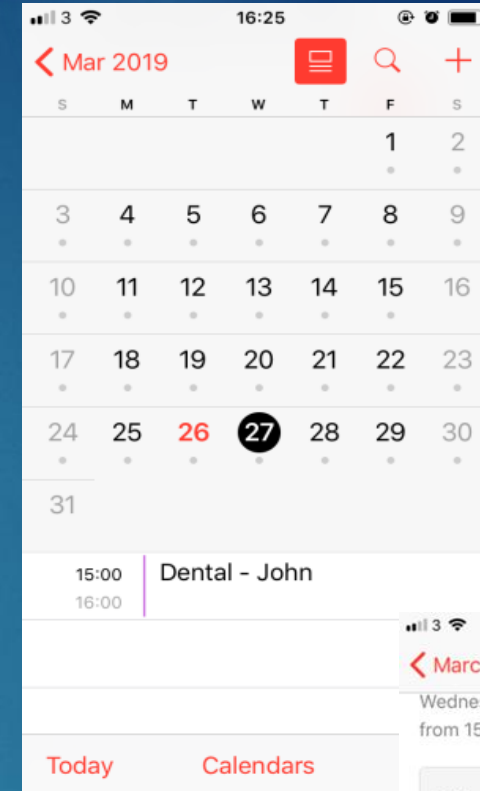
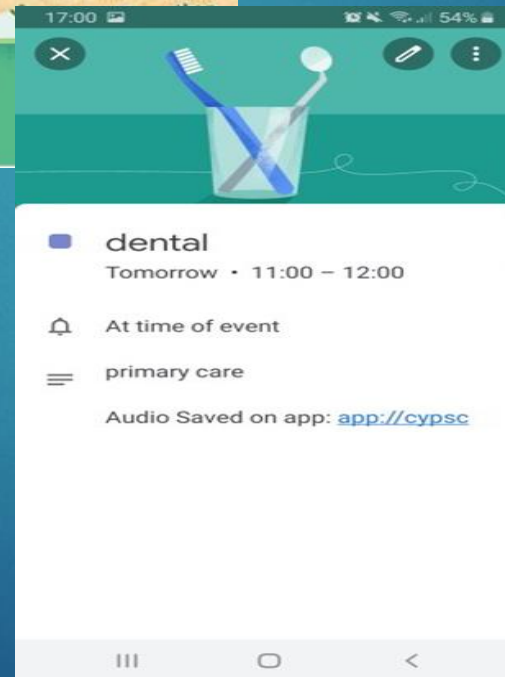
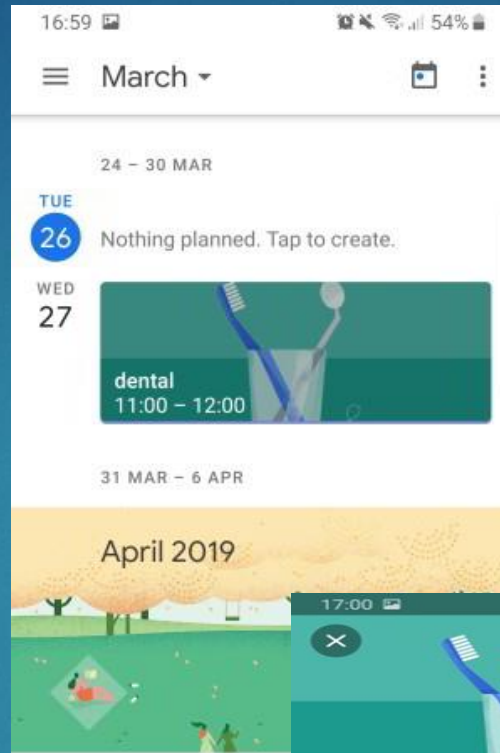
Service Appointment – Add to Calendar

- The app can try and save it to the devices calendar to allow the device to trigger an alarm, event or reminder.



Calendar

- ▶ **Please note: Your Calendar app may allow you to set a Reminder some time before the appointment time set. This would be set within the Calendar app entry.**
- ▶ Each device and calendar may operate differently, some examples





Back-12.00 Sharp!
Thank you

Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



TEA & COFFEE NETWORKING AND VIEWING OF THE INFORMATION STANDS

Plus



Demonstrations:
Parent Hub Donegal Website
Parents Own Plan (POP) App
‘Brain Food for Good Mood’ Slide
Presentation

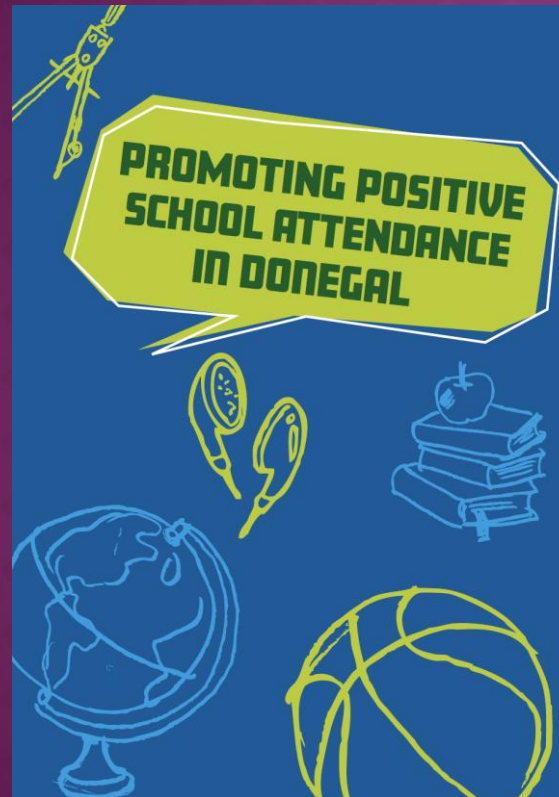


Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

‘PROMOTING POSITIVE SCHOOL ATTENDANCE IN DONEGAL’



Martin Gallen Donegal ETB
Lynn Bovaird Education Welfare
County-wide initiative

Copies
Available



Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



YOUTH PARTICIPATION

Eadaoin Nic Con Uladh,
Young Adult Rep on CYPSC &
Joint Chair of the CYPSC Youth Participation
Subcommittee

My Journey in Youth Participation:

[Link to youtube video](#)



County-wide initiative





Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



EXAMPLES OF GOOD PRACTICE IN DONEGAL:

Bluestack Model of Alternative Care for Children &
Young People with a Disability or Additional Needs

Wendy McCarry CEO

Bluestack Special Needs Foundation

‘Brain Food for Good Mood’ Project

Emer McMullan & Lenka Valkova

Sharing their experience:

- Eoin Rooney
- Aine McBrearty
- Nicola Gallagher
- Stephanie Moore

*Partners in the
‘Brain Food for Good Mood’ initiative were
Donegal Down Syndrome,
Spraoi agus Sport,
ICARE,
Refugee resettlement programme
Bluestack Special Needs Foundation*

Bluestack Model of Alternative Care for Children and Young People with Additional Needs

Wendy McCarry, CEO



BLUESTACK
SPECIAL NEEDS
FOUNDATION



A Family Perspective

- INTRODUCTION
- MY NAME IS WENDY MCCARRY
- I AM THE CEO OF THE BLUESTACK SPECIAL NEEDS FOUNDATION
- MORE IMPORTANTLY I AM THE MOTHER OF FIVE CHILDREN, ONE OF WHOM IS A BEAUTIFUL 16 YEAR OLD GIRL CALLED AVA
- AVA HAS EPILEPSY, CEREBRAL PALSEY, INTELLECTUAL DISABILITY, DELAYED SWALLOW, CORTICAL VISION IMPAIRMENT, SCOLIOSIS, LAZY BOWEL SYNDROME, THE LIST GOES ON AND ON
- AND.... JUST LIKE ALL OTHER FAMILIES.... SHE IS OUR WORLD

SETTING THE SCENE

- “ I THINK THE HARDEST PART OF CARING FOR A CHILD WITH ADDITIONAL NEEDS OF ANY KIND IS THE FIGHT: THE FIGHT FOR SERVICES, THE FIGHT FOR UNDERSTANDING, THE FIGHT FOR ACCEPTANCE, THE FIGHT FOR INCLUSION, THE FIGHT FOR KNOWLEDGE, THE FIGHT JUST TO BE HEARD.
- THE MOST FRIGHTENING PART IS THAT ISOLATED, LONELY, PANIC STRICKEN, QUIET FIGHT YOU HAVE WITH YOURSELF AS A PARENT AND CARER, WONDERING IF YOU HAVE LEFT NO STONE UNTURNED.” *a tired mum*





BLUESTACK
SPECIAL NEEDS
FOUNDATION



CHILD PARENT FAMILY

- DESPITE OUR INNER TURMOIL, WE ARE **PARENTS** FIRST
- DESPITE OUR CHILDREN'S EXTRA NEEDS, THEY ARE **CHILDREN** FIRST
- DESPITE OUR CHAOS, WE ARE A **FAMILY** FIRST



BLUESTACK
SPECIAL NEEDS
FOUNDATION

What we do in the Bluestack

- HISTORY – HOW WE STARTED – THE LIVED EXPERIENCE
- HISTORY – HOW WE EVOLVED – FROM BLUESTACK CHALLENGE TO FOUNDATION
- HISTORY – WHAT WE HAVE LEARNED
 - PEOPLE NEED A PLACE – A NON JUDGEMENTAL SPACE
 - PEOPLE LEARN MORE FROM EACH OTHER – THAN FROM PROFESSIONALS
 - PEOPLE STILL NEED SUPPORT – AND NOT JUST DISABILITY SPECIFIC SUPPORT – BUT SERVICES SUCH AS FAMILY SUPPORT – THEY ARE STILL A FAMILY
 - GENERIC SUPPORTS OFTEN JUST NEED A BIT OF TWEAKING TO BE RELEVANT AND SUPPORTIVE
 - WE NEED TO THINK OUTSIDE THE BOX AND LOOK FOR ALTERNATIVE MODELS OF CARE

- WE HAVE 370 FAMILIES REGISTERED WITH US – 130 FAMILIES USE MORE THAN ONE SERVICE REGULARLY
- WE WORK WITH FAMILIES WHO HAVE PHYSICAL, SENSORY, INTELLECTUAL AND MENTAL HEALTH DISABILITIES
- REGARDLESS OF WHETHER THAT DISABILITY IS MILD, MODERATE OR PROFOUND
- WE WORK WITH FAMILIES PRE AND POST DIAGNOSIS
- HOWEVER, WE ARE NOT INTERESTED IN THEIR LABELS
- WE RESPOND TO THEIR EXPRESSED NEEDS
- WE WORK AS A COMPLIMENT TO EXISTING SERVICES SUCH AS MEDICAL AND EDUCATIONAL
- WE WORK OUTSIDE NORMAL WORKING HOURS – OPERATE A SOCIAL MODEL
- WE BELIEVE THAT HAVING A CHILD WITH ADDITIONAL NEEDS INCREASES THE STRESSES IN THE FAMILY – THUS THEY NEED MORE SUPPORT

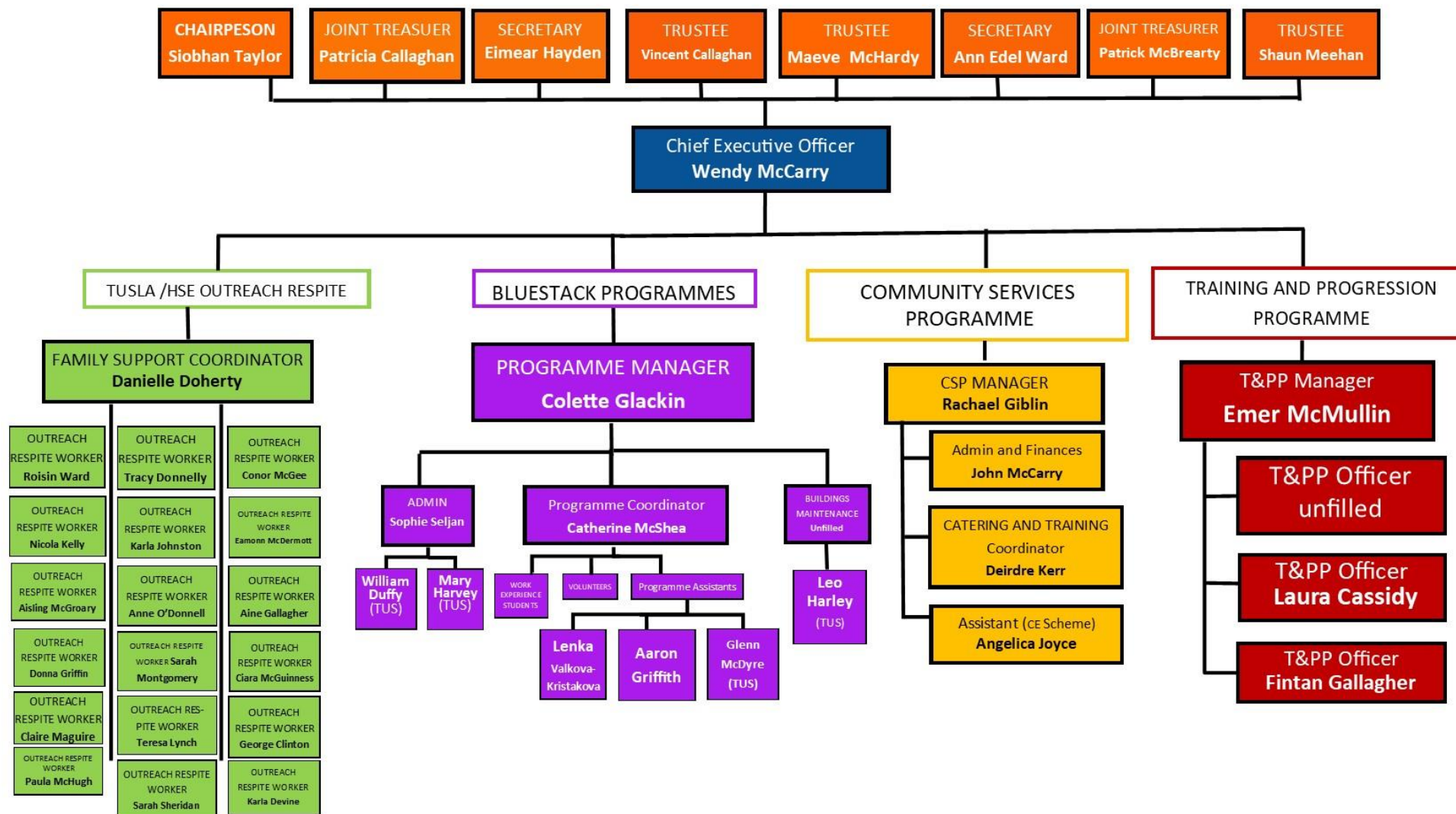


BLUESTACK SPECIAL NEEDS FOUNDATION



BLUESTACK SPECIAL NEEDS FOUNDATION

ORGANISATION CHART



WRAP AROUND

- **RESPIRE**
- **SUPPORT WITH HOME BASED THERAPEUTIC INTERVENTIONS**
- **SOCIAL ENAGEMENT AND COMMUNITY INVOLVEMENT**
- **LIFE SKILLS AND PROGRESSING INDEPENDENCE**
- **ACCESS TO:**
 - **PLAY THERAPY**
 - **PSYCHOTHERAPY/COUNSELLING**
 - **BEHAVIOUR SUPPORT**



INTERNAL PROGRAMMES AND SUPPORTS

The Saturday Club Each Saturday Donegal Town, Falcarragh.

After School Service

Art with Heart

Teen Youth Club

Bluestack Choir

Guitar Lessons

Emergency Respite

Summer Camp

Parent Support Network

Information Dissemination

Directory of Disability Services

Lobbying for Equality / Advocacy

Full Disabled Toilets

A listening Ear



COMMUNITY SERVICES PROGRAMME

- 2021 saw the continuation of the Community Services Programme. This programme is funded through POBAL. It facilitates our desire as an organisation to begin to expand from the traditional form of bucket collecting to deliver our services, in to looking at potential projects for income generation, utilising a Social Enterprise Model.
- The Community Services Programme currently has 4 distinct income generation projects that they are developing:
 - a. Bluestack Shack Coffee Dock
 - b. Room Rental
 - c. Disability Awareness Training
 - d. Helping Hands Programme



TRAINING AND PROGRESSION PROGRAMME

- WE ARE ACCUTELY AWARE OF THE LACK OF SERVICES FOR OUR YOUNG ADULTS
- SO MUCH TIME IS INVESTED IN OUR CHILDREN AND YOUNG PEOPLE BETWEEN THE AGES OF 4-18
- THEN THEY FALL OFF A CLIFF
- WE WORK WITH 16 YOUNG PEOPLE TO HELP THEM PROGRESS IN TO THE AREAS OF:
 - ENTERPRISE
 - EDUCATION
 - EMPLOYMENT



WHY IS OUR MODEL AN ALTERNATIVE MODEL OF CARE?

- The impact of the COVID19 Pandemic, while difficult allowed the organisation to re-strategize its operational practice and become more responsive to the needs as expressed by our member families.



WHY IS OUR SERVICE AN ALTERNATIVE MODEL OF CARE?

- The biggest lesson we have taken from the COVID experience is the concept of listening, hearing, and responding.



WHY IS OUR MODEL AN ALTERNATIVE MODEL OF CARE?

- When we are asked what we do, we have a comprehensive list of services and supports, but this cannot define us.
- What defines us, is our capacity and flexibility, despite funding constraints, to hear what our families need on the ground and respond accordingly.



WHY IS OUR MODEL
AN ALTERNATIVE
MODEL OF CARE?

- We look forward
to a bright
future.





BLUESTACK
SPECIAL NEED
FOUNDATION

THANK YOU



BLUESTACK
SPECIAL NEEDS
FOUNDATION

Brain Food For Good Mood

A Journey From Seed to Gut

Lenka Valkova-Kristakova

Emer McMullin



Meet Our Team of Trainees



We Started in the Polytunnel



In the Beginning



Individual Allotments Ready



**BLUESTACK
SPECIAL NEEDS
FOUNDATION**

The Real
Work Was
Only Just
Beginning





Horticultural Expert : John Long

ETB Level 1 Literacy Themed to
Horticulture



Fruits of Our Labour





**BLUESTACK
SPECIAL NEEDS
FOUNDATION**

We Even Did Exams

And Passed with Top Marks



BLUESTACK
SPECIAL NEEDS
FOUNDATION

Cooking in the Kitchen

Everything From Scratch





Learning about Vitamins, Minerals and the Digestive System





**BLUESTACK
SPECIAL NEEDS
FOUNDATION**

Heather Hill Farm



A Day Trip to See Where
Our Food Comes from



Bluestack Globes Graduation



BLUESTACK
SPECIAL NEEDS
FOUNDATION

Thank You

We would now like
to introduce you to
Aine, Eoin, Nicole &
Stephanie





INTER-AGENCY TRAINING: CRITICAL INCIDENT STRESS MANAGEMENT

Presentation of Certificates

Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:

Anne Meaney
Head of Extended Campus
IT Carlow

*Participants were
drawn from 11 agencies
county-wide.*



SUCCESSFUL PARTICIPANTS

- ◉ Declan McKernan
- ◉ Emlyn Hughes
- ◉ Marie Durning
- ◉ Mary T Gallagher
- ◉ Donne Mc Gee
- ◉ Anne Timony Meehan
- ◉ Donna McGowan Brennan
- ◉ Georgina O' Brien
- ◉ Trish McLaughlin
- ◉ Regina Corry
- ◉ Leanne Wray
- ◉ Tina Fowley
- ◉ Rosarie Monagle
- ◉ Goretti Sheridan
- ◉ Eunan Walsh
- ◉ Ted McCaffrey
- ◉ Peter Duffy
- ◉ Karen McGinley
- ◉ Annemarie McGrath
- ◉ Helen Munnelly
- ◉ Shaun Grant
- ◉ Catriona Flynn
- ◉ Patrick Ryan
- ◉ Paul Gallagher
- ◉ John Cahalin
- ◉ Seamus Callaghan
- ◉ John Joe McClafferty
- ◉ Deirdre Durcan
- ◉ Marie Hainsworth
- ◉ Carmel Gallagher
- ◉ Mary Herily
- ◉ Charlene Anderson

Unable to Attend today are:

- ◉ Mairead Sweeney
- ◉ Barry Gallagher
- ◉ Jacqueline Gallagher
- ◉ Michael O'Toole
- ◉ Anne McGreal
- ◉ Brendan McCann
- ◉ Ger Hardiman
- ◉ Caroline Meehan
- ◉ Patrick Ryann
- ◉ Gerard Moylan
- ◉ Eunan Walsh
- ◉ Paul McGee
- ◉ Eileen McCole
- ◉ Noemie Cattez
- ◉ David Kelly
- ◉ Nicole Murray
- ◉ Margaret Larkin
- ◉ Jonathan Sweeney
- ◉ Janique Burden
- ◉ Donna Butler
- ◉ Martin Egan
- ◉ Liam Boyle



Twitter @CYPSCDL
Facebook @CYPSCDonegal
WIFI:



CLOSING REMARKS & LUNCH

Liam Ward
Donegal CYPSC Vice Chair
Director of Services Donegal County Council