

**EZine 23       13th November 2020**

*YouthPact have compiled some links to resources, training and tips for our new working from home life for your information.  If you have something to share with your Peace4Youth colleagues, send these to our administrator Seana Carmichael (*[*Scarmichael@cooperationireland.org*](mailto:Scarmichael@cooperationireland.org)*) and we can compile a further e-newsletter.*

**Young Voices – '2020 in 4'  - Reminder**

‘2020 in 4’ is about building on the excellent work of Peace4Youth projects are already delivering in supporting young people through this period of rapid change and helping make sense of their experience of the pandemic. YouthPact are inviting workers, between now and the end of November 2020, to pause with young people, create the space and time consider ‘what just happened there, how did/do you feel about it, can we give voice or expression to our experience and emotions, and what are we (not) looking forward to?’  ‘2020 in 4’ asks young people to reflect on the pandemic and capture your thoughts, emotions or experiences in 4 words, lines, verses, images or sounds.

Contributions are welcomed from individual young people (either those currently involved or that have moved on in the past 7 months), small groups/bubbles or delivery sites across Northern Ireland and the Border Counties of Ireland.  Contributions will be compiled and disseminated (depending on the format) via YouTube, Padlet, publication or website.   Contributions can be sent at anytime up to 30th November 2020

*For more information or to talk-over an idea or approach, please contact Joe Hawkins,* [*joe@nyci.ie*](mailto:joe@nyci.ie) *or call/text/WhatsApp +447738 313 965.*

**Self-Care Clusters**  - Reminder to register

*4th December 2020 or 11th December 2020.   10:00 – 12:00*  (Only 11/12/20 with remaining spaces)

YouthPact is running a self-care cluster for Peace4Youth workers.  We will be offering suggestions for self-care practices, building skills for promoting wellbeing and providing signposting to useful resources. This will also provide a platform for participants to share some of the self-care practices they themselves have found helpful.  Participants will be practitioners from across Peace4Youth projects.  Closing date to register is 23/11/20 at 2pm.

Please click the link to register your interest

[https://docs.google.com/forms/d/e/1FAIpQLScOdCMsX1fczKHReNvFIs7D0iBW2p4rmZsLgIfxVQUZRnLpBw/viewform?usp=sf\_link](https://protect-eu.mimecast.com/s/0MeECWqqlIjL79fx516x?domain=eur03.safelinks.protection.outlook.com)

**Building Back Better: Youth, Power and Planet**

The Building Back Better: Youth, Power and Planet free toolkit has been put together in preparation for [One World Week (23rd -29th Nov) 2020](https://protect-eu.mimecast.com/s/Sq32CX550tnPv5IDrvQS?domain=youth.ie/).  It explores the issue of power and helps you make links to the [Sustainable Development Goals](https://protect-eu.mimecast.com/s/x5_XCY55nt3WR1TVWlRx?domain=youth.ie/).  It is designed for global educators, youth workers, development education practitioners, trainers, climate activists, changemakers of all shapes and sizes but in particular those working with the current generation of young people. The resource was created by the [NYCI Youth 2030 programme](https://protect-eu.mimecast.com/s/LDewCZ00oFMqZ4Txb2c3?domain=youth.ie/) with the support of [Irish Aid](https://protect-eu.mimecast.com/s/iDt9C144nupAyzc1K5ur?domain=irishaid.ie/).

[youth.ie/documents/building-back-better-youth-power-and-planet](https://protect-eu.mimecast.com/s/QYhsC3wwpumg1AuETvMk?domain=youth.ie)

**Skills Summary**

Skills Summary is an easy to use free online tool that measures the skills young people gain by participating in non-formal education, such as volunteering, youth work and other out-of-school opportunities.  Skills Summary site is packed full of [resources](https://protect-eu.mimecast.com/s/k81AC4LLquJ2N0s3AcgE?domain=skillssummary.ie/) and is designed to help young people assess their career skills - including communication skills, interpersonal skills and much more. If you want to find out more about it or if you would like to use Skills Summary with your youth group, simply complete the online [expression of interest](https://protect-eu.mimecast.com/s/nnqxC5LLru0PmjF9znNp?domain=youth.ie/) form.

[https://www.skillssummary.ie/](https://protect-eu.mimecast.com/s/nCZ4C699vfo62OFv5Qyl?domain=skillssummary.ie/)

**Northern Ireland Youth Forum Research**

This research NIYF carried out with young people during lockdown and coming out of it, we will be carrying out further research with young people moving forward through COVID19 across a number of themes/areas as well as our mental health campaign ‘ Elephant In the Room’ [https://drive.google.com/drive/folders/1JNJjp1aC8F2SWDRk0JePj4hXuXBQ5rSA?usp=sharing](https://protect-eu.mimecast.com/s/-DkjC8EExSj5VvfynsJD?domain=eur03.safelinks.protection.outlook.com)

**Tracking Technology – Youth Work in a Society of Control**

This article published by Youth and Policy in August 2020 written by Dr. Marc Husband considers the new technological landscape which gives rise to ethical questions. Husband navigates issues and themes emerging as tech companies, often backed by governments, increasingly innovate products which can surveil, track and persuade people.  This has particular insights that can be reflected upon given our current experience of moving much of our work to an on-line space.

[https://www.youthandpolicy.org/articles/tracking-technology-youth-work-in-a-society-of-control/](https://protect-eu.mimecast.com/s/K3l6C0LLmu2XOouN_NuQ?domain=eur03.safelinks.protection.outlook.com)

**The Pomodoro Technique**

The phrase ‘work smarter, not harder’ may result in eye rolls or sighs or it may make sense to you.  It is a phrase associated with the Pomodoro Technique.  It is included here as a resource that may support some people in the planning of their day and for others it will have no resonance at all.  The **Pomodoro Technique** is a time management method developed by Francesco Cirillo in the late 1980s. The technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short breaks. Each interval is known as a *pomodoro*, from the Italian word for 'tomato', after the tomato-shaped kitchen timer that Cirillo used as a university student.

[https://en.wikipedia.org/wiki/Pomodoro\_Technique](https://protect-eu.mimecast.com/s/wzZiCj88kuj4L5fEYL2e?domain=eur03.safelinks.protection.outlook.com)

**Music in a time of Pandemic – Stayin'alive!  How music has fought pandemics for 2,700 years.**

It can be difficult to imagine the end of this pandemic but we know that people have come through pandemics in the past and we will too.  This article in the Guardian Newspaper highlights how people have used music to fight the ill social effects of pandemics for the last 2700 years.

[https://www.theguardian.com/music/2020/apr/06/stayin-alive-how-music-fought-pandemics-2700-years-coronavirus](https://protect-eu.mimecast.com/s/vHx7Cl77muowJnFQZgy2?domain=eur03.safelinks.protection.outlook.com)

**Music in a time of Pandemic – A wind down at the end of the day with the Kanneh-Mason Family.  Moving from work to home – especially if you are working from home.**

If you can, take just over 3 mins to listen to this fabulous family of young classical musicians and their version of Bob Marleys Redemption song.  They are extremely talented and during the first lockdown they shared their talents with their neighbours – as has been a strategy of humans during pandemics over the last 2700 years.

<https://www.youtube.com/watch?v=k_LmRcr8Mm4&list=RDk_LmRcr8Mm4&start_radio=1>

**A mental health guide to coping with lockdown in the winter**

A self-care poster with some top tips to help look after your mental health during lockdown in the winter. [https://drive.google.com/file/d/1qDk92kHKhImtpneoPUcdAA5hnL3FEU-h/view?usp=sharing](https://protect-eu.mimecast.com/s/gkthCoyy0hXVNqfnR4ok?domain=eur03.safelinks.protection.outlook.com)

**Why was Ireland the first European country to go back into lockdown – and will it work?**

A short summary piece (04/11/20) by [Patricia Fitzpatrick](https://protect-eu.mimecast.com/s/f3UFCp22qhz0rMcX_cMn?domain=theconversation.com), Professor of Epidemiology & Biomedical Statistics, University College Dublin.

[https://theconversation.com/why-was-ireland-the-first-european-country-to-go-back-into-lockdown-and-will-it-work-149258](https://protect-eu.mimecast.com/s/Hg32CqZZruOyA0h5oz7T?domain=theconversation.com)

**Can we actually learn to live with coronavirus?**

This [RTE Brainstorm](https://protect-eu.mimecast.com/s/LIgBCr99vfARKVug4bmr?domain=rte.ie/) article (14/10/20) is impacted by the recent positive news on the development of a [vaccine](https://protect-eu.mimecast.com/s/PJ2XCvZZzuWnmNsLxQI-?domain=theconversation.com), as the author argues [Sarah Pitt](https://protect-eu.mimecast.com/s/LL3HCwrrAhLEM8fZGUw6?domain=theconversation.com), a Lecturer, in Microbiology and Biomedical Science Practice, that we can’t learn to live with Covid-19 “until we have a vaccine”.  Add in [anti-vaccine](https://protect-eu.mimecast.com/s/K5J9Cx11BUJ56Mso0o5e?domain=theconversation.com) conspiracy theories and concerns about compliance with [control measures over Christmas](https://protect-eu.mimecast.com/s/8jTfCyXXDFNPvXsXnQSA?domain=theconversation.com), the calls for stricter regulations are unlikely to abate, or at least not soon. But are the ideas for [exiting lockdown](https://protect-eu.mimecast.com/s/9qqXCzXXEFRYlgc560-Z?domain=theconversation.com), do we need a [radically different approach](https://protect-eu.mimecast.com/s/5UqbCA112U9Ky6IlaxKl?domain=jacobinmag.com) and is it time we learned to [live with the virus](https://protect-eu.mimecast.com/s/CzFTCB662hVXQ6H57o6Z?domain=bbc.co.uk)?

[https://www.rte.ie/brainstorm/2020/1014/1171432-living-with-covid-19-vaccine/](https://protect-eu.mimecast.com/s/LIgBCr99vfARKVug4bmr?domain=rte.ie/)

**The Reason Zoom Calls Drain Your Energy**

According to this article from [BBC WORKLIFE](https://protect-eu.mimecast.com/s/5z04CD882uBL2vcKK6Yl?domain=eur03.safelinks.protection.outlook.com), being on a video call requires more focus than a face-to-face chat. Ultimately it can leave us [feeling exhausted](https://protect-eu.mimecast.com/s/3myWCExx2IW8r9sMo0V7?domain=eur03.safelinks.protection.outlook.com).  Video chats mean we need to work harder to process non-verbal cues like facial expressions, the tone and pitch of the voice, and body language; paying more attention to these consumes a lot of energy.

[https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting](https://protect-eu.mimecast.com/s/XVPlCG882uJNxYs5DtUJ?domain=bbc.com)

**Screen Fatigue**

A two-minute video (from July 2020) from the Belfast Health and Social Care Trust, which tells us that staring at a screen all day is tougher on our eyes and mind than we may have thought and why you might feel tired…  It includes some simple tips and ideas for mitigating the impact of increased screen time.

[https://www.youtube.com/watch?v=JthqGBkwfc4](https://protect-eu.mimecast.com/s/4cM1CKQQ2fqygETP2pKB?domain=eur03.safelinks.protection.outlook.com)

**Coronavirus: the pandemic is changing our brains – here are the remedies**

This quick read article (14/08/20) opens with the statement, “Whether you have contracted COVID-19 or not, your brain is likely to have changed over the past few months.” The first part looks at the situation if you have contracted the virus, before looking at the potential negative impacts on our brain chemistry from the [ongoing strain](https://protect-eu.mimecast.com/s/2TzuCLJJ2cPDxjclgK0t?domain=eur03.safelinks.protection.outlook.com) of living in a pandemic. The article ends with ideas and on how to [mitigate](https://protect-eu.mimecast.com/s/lwL_CM112U5yKOh6TXkS?domain=eur03.safelinks.protection.outlook.com) these and in a sister-article, we are also told that some [mind wandering](https://protect-eu.mimecast.com/s/SeEUCN002FNqKlsBZed3?domain=eur03.safelinks.protection.outlook.com) is a good thing. For some mindfulness exercises to help improve focus, [click here](https://protect-eu.mimecast.com/s/jBHaCO882uALVRugl8JL?domain=eur03.safelinks.protection.outlook.com).

[https://theconversation.com/coronavirus-the-pandemic-is-changing-our-brains-here-are-the-remedies-144451](https://protect-eu.mimecast.com/s/bc31CQ772u61GACqK-1N?domain=eur03.safelinks.protection.outlook.com)

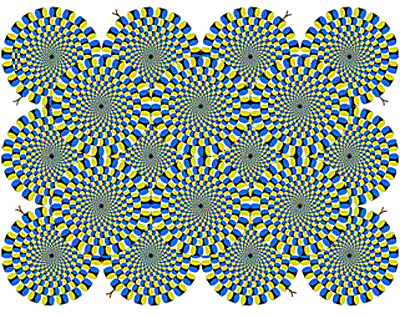
**Moodwatchers**

Shane Martin is a psychologist dedicated to teaching evidence-based psychology to help people protect their mental health and enhance the quality of their lives.  He is the author of best selling self-help psychology book ‘Your Precious Life -How to Live it Well’ (Orpen Press).  His website provides resources for simple yet powerful practices to enhance the quality of your life and become more resilient.

<https://moodwatchers.com/wp/>

**Just for fun**

Visual illusions : Are the circles moving? (Answer in the next Ezine)



*Answer from Ezine 22*  (What number do you seen in the circle? )Answer: You should be able to see the number 26, but people with various degrees of colour blindness may only see the 2 or the 6.

YouthPact do not necessarily endorse any of the materials or links in this ezine.

If you would prefer not to receive our newsletter please email STOP and your name in the subject heading to [*scarmichael@cooperationireland.org*](mailto:scarmichael@cooperationireland.org)

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