

**EZine  30       26th March 2021**

*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**) and we can compile a further e-newsletter.*

**Unfolding Narrative from Covid-19: personal and professional wellness in practice**

The Unfolding Narrative from Covid-19 session, led by Dr. Breda Friel (UU) was a YouthPact organised event for Peace4Youth and youth service managers across the island. The event was held one year on from the unprecedented first lockdowns and mandatory ‘stay at home’ orders both north and south.  The session was designed as a reflective space for participants and an opportunity for reflection on, in and about practice, whilst considering signature strengths.  It was a chance for managers to pause and take time to make sense of their subjective story of the past year. To listen back to Dr. Breda Friel’s presentation, her analysis of the impact of the pandemic to us personally and professionally, her ideas around recovery, use of language and the unfolding narrative, click the link below.

[https://drive.google.com/file/d/1jm1LeeOnBZwmxFIK5KjhhLUSKv4b6KGH/view?usp=sharing](https://protect-eu.mimecast.com/s/rUGACwrrAhv91PS9-upk?domain=eur03.safelinks.protection.outlook.com)

**Seven-minute Breathing Exercise**

This short breathing exercise was delivered by Dr. Breda Friel in closing the recent ‘Unfolding Narrative from Covid-19 session’. It’s designed to anchor the listener through breathing and can be undertaken whether sitting or lying down. It focuses on the here and now, the moment by moment noticing of what we are experiencing in the present and directing our attention to our breathe.  It can be used at any time, but may be a useful practice as you prepare to start your working day and/or at the end of it, to help you mark the end of your working day and the beginning of personal/family time.

[https://www.youtube.com/watch?v=Nw0HEhO6rSA](https://protect-eu.mimecast.com/s/etGrCyXXDF7kMJSNbRbm?domain=eur03.safelinks.protection.outlook.com)

**Responding in Critical Times**

This short course video on ‘Using Psychological First Aid’ was created Dr. Breda Friel from the Community Youth Work Department at Ulster University.  The course was developed earlier in the pandemic, but we thought it was useful to share it again during these times of extended public health restrictions.  The 30minute video is designed to help managers and youth workers in supporting individuals and groups of young people.  It looks at what is meant by crisis and covers some of the principles of Psychological First Aid (PFA), including what PFA is and what it is not.   PFA is a universally evidenced based model of practice, endorsed by the [UN](https://protect-eu.mimecast.com/s/GEaRCzXXEFG92nfwuh8p?domain=eur03.safelinks.protection.outlook.com) and [WHO](https://protect-eu.mimecast.com/s/jBPYCA112UZ2WVS2R6zA?domain=eur03.safelinks.protection.outlook.com) and is used widely across the globe by many NGOs in times of crisis.

[https://eu-lti.bbcollab.com/collab/ui/session/playback](https://protect-eu.mimecast.com/s/4bqWCD882uo0VMS88QAc?domain=eur03.safelinks.protection.outlook.com)

**YouthPact calling for Peace4Youth Workers to facilitate practical online micro sessions**

YouthPact are rolling out a series of micro sessions that will focus on practical ideas that Youth Workers can utilise in their Peace4Youth Programmes. It is envisaged that these short 1hour sessions will be led by Peace4Youth Workers, who have activities/resources to share, that could be useful for other Youth Work colleagues, when exploring themes related to Peace4Youth, with young people.   If you are interested in facilitating an online micro session, please submit the expression of interest form by 2pm on Thursday 1st April [https://forms.gle/WJQL2VayAVfKsNaC6](https://protect-eu.mimecast.com/s/vvYmCG882uBGMqTXf1UF?domain=eur03.safelinks.protection.outlook.com)

For further information you can also contact Daryl Moore DMoore@pobal.ie and Joanne Stainsby jstainsby@cooperationireland.org

**Launch of New All-Island Fund**

The Community Foundation for Ireland is launching their new All-Island Community Fund on Thursday 1st April at 1.00pm. The All-Island Community Fund will provide flexible philanthropic support for civil society engagement on a north-south basis, leading to better understanding, strong relationships and progression towards a fairer, more equitable society. Further information on the fund and details how to apply will be live on The Community Foundation for Ireland's [website](https://protect-eu.mimecast.com/s/XdS2CJQQ2fB5YyTm_5qN?domain=eur03.safelinks.protection.outlook.com) from the launch date. To register for the launch, click on the link below.

[https://www.communityfoundation.ie/insights/latest-news/register-now](https://protect-eu.mimecast.com/s/-U0cCLJJ2ck41XiG-Ad6?domain=eur03.safelinks.protection.outlook.com)

**Irish Aid consultation**

NYCI is excited to be partnering with Irish Aid to help make sure young voices are heard in their new Global Citizenship and Development Education Strategy (2021-2024) consultation.   The Minister of State for International Development, Colm Brophy TD invites young people aged 16 to 30 to attend an online youth consultation on the strategy Wednesday 7th April, 3:00 – 6:00pm. For further information and to register your interest in the event, click on the link below.

[youth.ie/event/global-issues-that-matter-to-youth-youth-consultation-to-inform-irish-aid-strategy-2021-2024/?](https://protect-eu.mimecast.com/s/OGmHCN002FZXB9SxoFah?domain=eur03.safelinks.protection.outlook.com)

**A Song For Us**

A national music project marking this historic time, *A Song for Us* celebrates our communities and the power of music to bring us together. Conceived and produced by Sound UK, *A Song for Us* uses music to bear testimony to a time like no other. This is a collection of music, (new creations and favourites to share), that encapsulates the wide range of experiences and emotions we are living through.  The public are being asked to help build a music map for this historic time. Anyone can do this by sharing a favourite track or creating their own song that holds special meaning.  There is a space to upload your song and to listen to the songs of others at [https://asongforus.org/your-songs/](https://protect-eu.mimecast.com/s/e1EkCPQQ9f0MxZSvmkFw?domain=eur03.safelinks.protection.outlook.com)

#ASongForUs #LetsCreate

**Recovering from the pandemic: lessons from other disasters**

This article from a recent edition of NICVA's [ScopeNI](https://protect-eu.mimecast.com/s/mP4cCQ772uXrW9C2xU1K?domain=eur03.safelinks.protection.outlook.com) newsletter (Feb 2021) reviews [The King's Fund Think Tank report](https://protect-eu.mimecast.com/s/tcVJCR110UGBLQfRGD2E?domain=eur03.safelinks.protection.outlook.com) on Covid-19 recovery and resilience in health care - although its key messages are relevant to the youth and community work sectors north and south.  It looks at mental health and well-being and "is unequivocal about the importance of the community in disaster recovery". Similarly, it talks about public, voluntary and community sector collaboration being "essential to navigate our way to recovery".  There is also a section in the article on "Workforce Well-being", which it says cannot be ignored and it encourages employers "to put staff wellbeing at the heart of everything that they do"; a message that will resonate loudly across the youth and community work sector.

[https://scopeni.nicva.org/article/recovering-from-the-pandemic-lessons-from-other-disasters](https://protect-eu.mimecast.com/s/Ba6pCWqqlI6GBxH8UWdR?domain=eur03.safelinks.protection.outlook.com)

**Retaining and Regaining Talent in Northern Ireland**

Retaining and Regaining Talent in Northern Ireland is the title of the latest report from [Pivotal](https://protect-eu.mimecast.com/s/AjbzCX550t40YGcnNkC-?domain=eur03.safelinks.protection.outlook.com), the independent public policy forum, which explores:

* Factors associated with educational migration in Northern Ireland
* The economic costs of students leaving for study outside of Northern Ireland
* Policy responses to address retaining and regaining talent

Pivotal are also carrying out a short (3-4minute) online survey for students who are studying outside of Northern Ireland can be found here:  [https://bit.ly/2PeIoDX](https://protect-eu.mimecast.com/s/KxUjCZ00oF72NxSng5Xp?domain=eur03.safelinks.protection.outlook.com). Please forward on to any students you know who may be interested in taking part.

[https://www.pivotalppf.org/cmsfiles/Retaining-and-Regaining-talent-report.pdf](https://protect-eu.mimecast.com/s/tvzBC2WWotVOw6hrKP8c?domain=eur03.safelinks.protection.outlook.com)

**The Sound of ~~(Silence)~~ the Office**

Are you the type of person who can’t focus when it’s quiet around you? If you’re missing the familiar office sounds when working at home then try this out.  You can reproduce typical sounds like typing, squeaking chairs, the photocopier or the occasional bubbling of the watercooler - see if you can find the whistler...  Just hit the play button in the bottom left-hand corner and then click on the various items and objects to ‘turn them on’. You can increase/decrease the number of virtual colleagues that fill the space and it will continue to play low level sounds of the office in the background as long as your browser is open.

[https://imisstheoffice.eu/](https://protect-eu.mimecast.com/s/GCLTC4LLquz316srXGLm?domain=eur03.safelinks.protection.outlook.com)

**Just for fun**

Spirit of the Woods (face illusion) A landscape and the face of a bearded man by Sandro Del Prete.

Nose in the center is also a man sitting and looking at the houses/eyes in the back.



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*

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