

**EZine 18          14th Aug 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**) and we can compile a further e-newsletter.*

**John Hume**

Much was written and said about John Hume in life and now [in death](https://www.bbc.co.uk/sounds/play/m000lh6m). The holder of a host of [global awards](https://www.nobelprize.org/prizes/peace/1998/hume/biographical/) in recognition of his consistent message of non-violence, respect for difference and peace, which culminated in the [Nobel Peace Prize](https://www.nobelprize.org/prizes/peace/1998/hume/facts/) in 1998.  Tributes have been paid by world leaders [past](https://www.belfastlive.co.uk/news/belfast-news/john-hume-former-president-bill-18708455) and [present](https://www.politicshome.com/news/article/boris-johnson-pays-tribute-to-former-sdlp-leader-and-nobel-prize-winner-john-hume), the [Pope and the Dalai Lama](https://news.sky.com/story/john-hume-messages-from-pope-francis-dalai-lama-and-bono-read-at-funeral-of-northern-ireland-politician-12042927), along with the [headline writers](https://edition.cnn.com/2020/08/03/europe/john-hume-death-scli-intl/index.html) from around the world. Others talk of a [story not yet fully told](https://sluggerotoole.com/2020/08/03/john-hume-a-story-not-yet-fully-told/), while [Twitter](https://www.irishexaminer.com/news/arid-40026641.html) was alight with positivity and deep regard.  President Michael D Higgins said of John Hume, he was a '[light of hope in the most difficult of times](https://www.derrynow.com/news/news/563505/death-of-john-hume-he-was-a-light-of-hope-in-the-most-difficult-of-times-michael-d-higgins.html)'.  Along with Jim Nicholson and the late Ian Paisely, he was instrumental in securing additional [EU](https://www.theparliamentmagazine.eu/news/article/tributes-paid-to-nobel-peace-prize-laureate-and-former-mep-john-hume) funds to enhance and embed the role of civil society and the community and voluntary sector in [building peace in the region](https://www.seupb.eu/sites/default/files/styles/file_entity_browser_thumbnail/public/PEACE%20Content%20Type/9668%20-%20SEUPB%20The%20Story%20of%20Peace%20D9.pdf). A legacy of [support](https://www.seupb.eu/piv-overview) that is now in its fourth iteration.

<https://achievement.org/achiever/john-hume/>

**How nostalgia prepares us for the future**

This five-minute essay type bonus episode of the [Hidden Brain](https://www.npr.org/podcasts/510308/hidden-brain?t=1593012331363) podcast from NPR (29/05/20) is a very gentle easy listen.  It discusses how [nostalgic reflection](https://psycnet.apa.org/search/display?id=ec5e3552-5d53-967b-e126-c2a83d00a98a&recordId=1&tab=PA&page=1&display=25&sort=PublicationYearMSSort%20desc,AuthorSort%20asc&sr=1) actually makes us optimistic and reaffirms our social connections. And by remembering important things about our past, it lays out a hopeful vision for the future.  Listen to the end for an example of a simple reflective exercise that you might find useful for yourself at this time and/or the young people you are working with.

<https://www.npr.org/2020/05/29/865143353/the-time-machine-how-nostalgia-prepares-us-for-the-future>

**Hope in Work**

This piece was tucked away in the back pages of a [safeguarding publication](https://www.safeguardingni.org/sites/default/files/sites/default/files/imce/What%20just%20happened%20booklet%20%28final%29.pdf) we shared in our last [Ezine](https://www.cooperationireland.org/youthpact-resource-page).  “Hope in Work” is a six-minute meditative exercise produced by the Belfast Health and Social Care Trust for staff preparing for shifts early on in the pandemic. It was designed to prepare staff mentally and emotionally for the day or shift and work ahead.  Whether you are still working at home or blending your work with small group/in-person engagement, this exercise could help you refocus, separate out the responsibilities and business you have of home and turn your mind towards work.

<https://www.youtube.com/watch?v=pH_Rl3Hm6zA&feature=youtu.be>

**Remembering Hiroshima & Nagasaki**

"To Honour the Victims of Hiroshima and Nagasaki 75 Years on, We Must Lay Down Our Nuclear Weapons."  That's the headline in a Time magazine article (05/08/20) written by [Ban Ki-moon](https://bankimooncentre.org/ban-ki-moon), former Secretary General of the United Nations and Deputy Chair of T[he Elders](https://www.theelders.org/).  It's a five-minute read that reflects on the challenges around global disarmament that remain today, which (⚠) does not make for entirely happy reading.  In closing the article Ban Ki-moon writes, "we owe it to the victims of [Hiroshima and Nagasaki](https://teachinghistory.org/nhec-blog/22461), and [those who survived to tell the tale](https://time.com/after-the-bomb/), to focus all human ingenuity and expertise on the cause of peace and disarmament."  If you'd like to explore these ideas more you can visit [CND Peace Education](https://cnduk.org/education/) where you can learn about the origins of the arms race and the bombings of [Hiroshima and Nagasaki](https://cnduk.org/education/free-teaching-resources/truman-on-trial/). They also have a 15minute video on the topic that is interwoven the story behind the symbol of the [Peace Crane](https://www.youtube.com/watch?time_continue=47&v=GIMyDiqDR1I&feature=emb_logo), including instructions on how to make it, which could be a useful piece for sharing and engaging with young people.

<https://time.com/5875424/ban-ki-moon-hiroshima-nagasaki-nuclear/>

**How to turn off work thoughts during your free time**

In this Ted Talks Daily from December 2019 psychologist, Guy Winch, discusses the subject of rumination, i.e. replaying the same [thoughts and worries](https://patient.info/news-and-features/how-to-stop-worrying-about-things-you-cant-change) over and over again. His focus in this podcast is on intrusive, potentially damaging work-related rumination when we’re not actually at work. Something particularly relevant now when the distinction between work life and home life has possibly never been more blurred. He highlights the difference between rumination and the more positive creative, problem solving-focussed thinking that we also engage in our ‘downtime’.

[https://www.ted.com/talks/guy\_winch\_how\_to\_turn\_off\_work\_thoughts\_during\_your\_free\_time/up-next](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ted.com%2Ftalks%2Fguy_winch_how_to_turn_off_work_thoughts_during_your_free_time%2Fup-next&data=01%7C01%7Cjoe%40nyci.ie%7Ca62c3c00e10149100c4508d8188f1312%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0&sdata=wggwHbZ%2BFzehryNev2oUOqRcobL8zrP15pdVpR3zFQg%3D&reserved=0)

**Positive News**

When much of the media is reporting doom and gloom, Positive News is an online magazine that sells itself as “good journalism about the good things that are happening.”  You can sign up for its free newsletter (scroll to bottom of page) and get a [weekly bulletin](https://mailchi.mp/positive.news/major-new-parks-for-england?e=9f82e568f3) of the positive news stories from around the world.

<https://www.positive.news/about/>

**How conspiracy theories spread online**

It would seem that [conspiracy theories about Covid-19](https://theconversation.com/coronavirus-is-a-breeding-ground-for-conspiracy-theories-heres-why-thats-a-serious-problem-132489?utm_medium=email&utm_campaign=The%20Weekend%20Conversation%20-%201588315240&utm_content=The%20Weekend%20Conversation%20-%201588315240+CID_bc55ad502afb50bfc08f3cccadec8eba&utm_source=campaign_monitor_uk&utm_term=Coronavirus%20is%20a%20breeding%20ground%20for%20conspiracy%20theories%20%20heres%20why%20thats%20a%20serious%20problem) spread as rapidly as the virus in these past six months. Although many conspiracy theories seem far-fetched, the belief that powerful groups are pursuing a secret plan is widespread across the world.  The spread of fake news and conspiracy theories around the coronavirus is such a significant problem that the World Health Organisation (WHO) has created a [“myth busters” webpage](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters) to try and tackle them.  This article from The Conversation looks at how conspiracy theories spread online and it seems it is not all down to algorithms…

[https://How conspiracy theories spread online – it’s not just down to algorithms](https://theconversation.com/how-conspiracy-theories-spread-online-its-not-just-down-to-algorithms-133891?utm_medium=email&utm_campaign=The%20Weekend%20Conversation%20-%201588315240&utm_content=The%20Weekend%20Conversation%20-%201588315240+CID_bc55ad502afb50bfc08f3cccadec8eba&utm_source=campaign_monitor_uk&utm_term=How%20conspiracy%20theories%20spread%20online%20%20its%20not%20just%20down%20to%20algorithms)

**What to do when you’ve said the wrong thing**

Apparently, the answer the question above is “Assess the harm. Don’t “catastrophize.” Take responsibility.” We all must have experienced that feeling of, “oops” or “oh no; why did I say that!”  This article looks at how to respond and what to consider before you apologise, during the apology and after the apology.  Some good tips for all of us to consider/practise, but this article may be particularly useful for those supporting young people through difficult situations during these tense and anxious making times.

<https://www.nytimes.com/2019/08/18/smarter-living/what-to-do-when-youve-said-the-wrong-thing.html>

**Desert Island Discs - Professor Monica McWilliams.**

This is a 37minute Podcast of chat and music where Monica talks about her life, her involvement in the peace process as well as her work on domestic violence.  It is a wonderful telling of hers and others contribution to peace-building.  Her words and music choices are moving, inspirational and down to earth.  Make a cup of something you like and enjoy it.

<https://www.bbc.co.uk/sounds/play/m0005szy>

**School re-opening plans**

If not confusion, then lack of clarity appears to surround the re-opening of schools across the region.  Some of the messages and guidance on re-opening from the governments ([Northern Ireland](https://www.education-ni.gov.uk/publications/northern-ireland-re-opening-school-guidance-new-school-day-revised) & [Ireland](https://www.gov.ie/en/publication/7acad-reopening-our-post-primary-schools/)) has become distorted by links to whether pubs need to close (e.g. [Financial Times](https://www.ft.com/content/d23bcad1-ccb4-4733-b344-91737614493b) and [The Irish Times](https://www.irishtimes.com/business/economy/sacrificing-pubs-for-schools-ireland-s-latest-covid-trade-off-1.4322043) 05/08/20) or face masks will or will not need to be worn (e.g. [BBCNI News](https://www.bbc.co.uk/news/uk-northern-ireland-53744258) 12-08-20 &  [Independent.ie](https://www.independent.ie/irish-news/education/covid-19-ireland-government-recommends-facemasks-for-when-schools-reopen-39431887.html) 07-08-20).   [Science](https://www.newscientist.com/article/2250681-opening-schools-in-uk-without-more-testing-risks-covid-19-second-wave/), as we have heard often in the pandemic, is at the centre of the planning.  Unions have played their part in the [preparations for the re-opening](https://www.nasuwt.org.uk/uploads/assets/uploaded/d8b46e47-fa23-466c-af6e4d55e3022efd.pdf) of schools with advice and guidance to teachers.  Youth workers have also been playing their part by listening to and supporting young people who have expressed their concerns and questions about the return to schools. One consistent message in it all has been that there is no such thing as zero risk, but certain practices can lower the risk. This article from [NPR](https://www.npr.org/), the American privately and publicly funded non-profit media organisation based in Washington, DC, takes an all-sides view of the issue and highlights 10 key elements that, it feels, you should be looking out for in a school re-opening plan.

<https://www.npr.org/sections/health-shots/2020/08/06/897295450/how-safe-is-your-schools-reopening-plan-here-s-what-to-look-for?t=1597276736865>

**Just for fun**

Visual illusions.  An old couple – see profiles of faces - is remembering the times when they were young and full of life - see the sitting characters ("Forever Always" by Octavio Ocampo)



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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