

**EZine 19        28th 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*](mailto:Scarmichael@cooperationireland.org)*) and we can compile a further e-newsletter.*

**Welcome to our new Capacity Building Development Officer**

Joanne Stainsby has recently been appointed by Cooperation Ireland as the Capacity Building Development Officer on the YouthPact Team. Joanne has a Youth Work background, including developing and delivering training and resources with Youth Workers, Volunteers and Young People. Her particular focus has included intercultural youth work, community relations and inclusion. Joanne will engage with Peace4Youth Projects to identify training needs for those workers and volunteers that are new to Youth Work and/or to the Peace4Youth Programme. She will be in touch with Project Coordinators to gather expressions of interest from potential learners interested in completing an OCN Level 2 Award and Certificate in Youth Work Practice, in Autumn 2020.

For further details, please contact: E. [Jstainsby@cooperationireland.org](mailto:Jstainsby@cooperationireland.org)



**Good Relations Week**

Good Relations Week 2020 takes place 14-21 September 2020, and this year the organisers are embracing digital technology and curating a week of innovative, immersive, live, interactive and collaborative events - all online. The theme is: "Celebrating our Past. Embracing our Future."  The GR Week 2020 website is live -- you can get involved now.  They have produced [a digital toolkit](https://protect-eu.mimecast.com/s/DShcCl77muoAjrhG8qhe?domain=drive.google.com) will provide you with all the tools you need to deliver an impactful virtual event or a powerful piece of digital content.

[https://goodrelationsweek.com/](https://protect-eu.mimecast.com/s/g48uCnOOoUGKkEuNJdTQ?domain=eur03.safelinks.protection.outlook.com)

**What is Healthy Narcissism?**

This is a 10-minute read written by Susan Kolod Ph.D., published in Psychology Today in 2016.   The article highlights two reasons why Healthy Narcissism is important, it can mitigate the likelihood of burnout as well as providing resilience during times of disappointment and heartbreak.  It also refers to Leonard Bernstein’s classic musical West Side Story – so that along makes it worth the read.

“Remember: The ability to take joy in yourself is a quality that can sustain you through the rough times in life.”

[https://www.psychologytoday.com/gb/blog/contemporary-psychoanalysis-in-action/201609/what-is-healthy-narcissism](https://protect-eu.mimecast.com/s/r8paCp22qhzv72HJUorw?domain=eur03.safelinks.protection.outlook.com)

**Hooked**

A podcast from [BBC Radio 5 Live](https://protect-eu.mimecast.com/s/BQ_9CqZZruOzVQsrZWln?domain=eur03.safelinks.protection.outlook.com)  where Melissa Rice and Jade Wye debunk the stereotype of addicts and guide you through the highs and lows of addiction and recovery. All episodes are available from the link below.

[https://www.bbc.co.uk/programmes/p07q3jb7/episodes/guide](https://protect-eu.mimecast.com/s/ohpuCvZZzuW2R9F8liLs?domain=eur03.safelinks.protection.outlook.com)

**Why it’s sensible to be silly**

This is an article published in the Guardian Newspaper in August 2020.  The journalist reflects on her experience during Covid-19, however the sentiment is relevant for any point in time.  The research she highlights in the article says that playfulness is a personality trait like extroversion or conscientiousness – and those who possess it in adulthood may be more resilient.

[https://www.theguardian.com/lifeandstyle/2020/aug/23/why-it-is-sensible-to-be-silly-serious-times-call-for-drawing-smiley-faces-on-fruit](https://protect-eu.mimecast.com/s/2AoCCx11BUJ9zlC79Zuw?domain=eur03.safelinks.protection.outlook.com)

“To play is to bend limits rather than rally against them and maybe, in doing so, find unexpected room to move. It is in essence freedom, if only illusory – and there can be relief in that, too. “That willingness to do silly things, to be playful, can be like saying, ‘We’re going to relax the constraints of the world,’”  Dr Janet M Gibson, professor of cognitive psychology at Grinnell College, Iowa.

**‘Make climate change personal in your life’**

Mary Robinson urges Former president of Ireland outlines three steps all can take to alter climate change direction.  This article is from the Irish Times from 24 July 2019.  The three steps are all achievable and the article is motivational especially if you are a bit like me (Leighann) and try but am not as committed as I could be to integrating climate change into my everyday life.

[https://www.irishtimes.com/news/environment/make-climate-change-personal-in-your-life-mary-robinson-urges-1.3962871](https://protect-eu.mimecast.com/s/gvz2CzXXEFRx71U1qAYM?domain=eur03.safelinks.protection.outlook.com)

**Resources and ideas for developing online youth work**

This Erasmus funded project, DIGitup, has a range of resources and videos showing how to build digital bridges for youth workers and young people.

[http://www.digitup.cloud/wp-content/uploads/2017/12/Ang\_DIG\_ITUP\_2017.pdf](https://protect-eu.mimecast.com/s/CuoqCB662hVMyGfMdp1_?domain=eur03.safelinks.protection.outlook.com)

**Free Pyschological First Aid E-Learning**

Free psychological first aid e-learning module is still available for anyone working or volunteering across the statutory, voluntary and community sector. Psychological first aid is a humane, simple, yet powerful way of helping someone in distress during and after a crisis like the COVID 19 pandemic. It involves paying attention to the person’s reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.  Learning psychological first aid skills and understanding reactions to crises empowers helpers to help others and apply the same skills to their own lives.

[https://www.hsclearning.com/course/view.php?id=1042](https://protect-eu.mimecast.com/s/_b0MCExx2IWgY7FDVy-C?domain=eur03.safelinks.protection.outlook.com)

**Self-calming**

Strengthening our spirits to resist and thrive in these times is essential.  This article discusses 7 behaviours we can use right away to strengthen ourselves, so we can keep taking more and more powerful and strategic actions.

[https://www.findingsteadyground.com/](https://protect-eu.mimecast.com/s/gK4NCJQQ2f81VJc7U10r?domain=eur03.safelinks.protection.outlook.com)

**Working during the pandemic**

Below are two links to a project on a citizens enquiry into youth work with an emphasis on charting current work during the pandemic.[https://indefenceofyouthwork.com/2020/06/05/youth-work-responses-to-the-pandemic-the-news-from-chilypep/](https://protect-eu.mimecast.com/s/-miVCLJJ2cPm7WsXmQPq?domain=eur03.safelinks.protection.outlook.com) and

[https://indefenceofyouthwork.com/2020/08/25/call-for-further-contributions-to-a-citizen-enquiry-youth-work-and-young-people-now-august-2020/](https://protect-eu.mimecast.com/s/AwP-CN002FNEzWSwoD-N?domain=eur03.safelinks.protection.outlook.com)

**Just for fun**

Visual illusions.  Profile of Salvador Dali and a strange woman. Head of the female figure is also eye on the big face. ("Dali Illusion”)



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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