

**Ezine 26         22nd Jan 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*](mailto:Scarmichael@cooperationireland.org)*) and we can compile a further e-newsletter.*

**Bubble Up**

YouthPact are seeking expression of interest from Peace4Youth workers or volunteers who would be interested in participating in a Pilot Support Bubble Initiative.  It is anticipated that Support Bubble Sessions will provide; A space for 8-12 Peace4Youth workers to meet for one hour each week over a period of 5 sessions; An opportunity to further strengthen connections, discuss emerging issues, generate ideas and have conversations around relevant themes. There will be 2 support bubble groups to choose from.  The support bubbles will commence February 2021.  There will be two Support Bubbles to choose from, that will meet bi-monthly, for a period of 5 sessions.  Bubble A will be on a Friday 11.30 to 12.30 and Bubble B will be on a Wednesday 2.30-3.30.  The first session will commence on Friday 12th Feb 21 (Bubble A) and Wednesday 17th Feb 21 (Bubble B).  Support bubbles will be closed groups for workers from across different Peace4Youth projects.  Please contact your Peace4Youth Co-ordinator to register.

**‘Understanding Groupwork for Individual and Social Learning'**

The latest YouthPact Publication was launched on 15/01/21.  The paper presents group work as key to having a greater sense of belonging, making connections and building interdependence into their daily lives.  This can be viewed on the Cooperation Ireland website [https://cooperationireland.org/projects/youthpact/youthpact-resources/](https://protect-eu.mimecast.com/s/tlzlCQ772u6wO3hPbpWP?domain=eur03.safelinks.protection.outlook.com)

**#YouthEmpowered**

#YouthEmpowered is new online platform from YouthAction NI for young people to build their life, work & business skills.  It is also a resource for those working with or supporting young people, e.g. youth workers, teachers, trainers, work coaches, careers advisors, etc.

[https://www.youthaction.org/youth-empowered](https://protect-eu.mimecast.com/s/PJF4CVQQkflp35hJYm1d?domain=eur03.safelinks.protection.outlook.com)

**Mental health support services for young people in Ireland**

The [Health Service Executive](https://protect-eu.mimecast.com/s/KssXCWqqlIjnOPTmgkqw?domain=eur03.safelinks.protection.outlook.com) (HSE) has put together a list of some of the organisations and services that provide mental health information and support for young people in Ireland.  The list includes [Childline](https://protect-eu.mimecast.com/s/-GH_CX550tnL2qh9cS_k?domain=eur03.safelinks.protection.outlook.com), [Jigsaw](https://protect-eu.mimecast.com/s/LE0xCY55nt3yMNu31s8N?domain=eur03.safelinks.protection.outlook.com), [BelongTo](https://protect-eu.mimecast.com/s/92TCCZ00oFMWlDsNQK7q?domain=eur03.safelinks.protection.outlook.com), [ReachOut](https://protect-eu.mimecast.com/s/YiiYC144nupQ3kfm7saI?domain=eur03.safelinks.protection.outlook.com) and [SpunOut](https://protect-eu.mimecast.com/s/EFWRC2WWotkD1RuvF5Du?domain=eur03.safelinks.protection.outlook.com) as well as links for accessing [CAMHS](https://protect-eu.mimecast.com/s/oezRC3wwpumrqGhja5xp?domain=eur03.safelinks.protection.outlook.com) and other local services.

[https://www2.hse.ie/wellbeing/mental-health/supports-for-young-people.html](https://protect-eu.mimecast.com/s/yZzNC5LLru0rExhAwDWp?domain=eur03.safelinks.protection.outlook.com)

**A guide to mental and emotional wellbeing resources in Northern Ireland**

The Health & Social Care Board has put together a useful guide to mental and emotional wellbeing resources in Northern Ireland. The page includes links to the [Minding Your Head](https://protect-eu.mimecast.com/s/2I0MC699vfo4z1hD4xbO?domain=eur03.safelinks.protection.outlook.com) website, the [Covid WellbeingNI Hub](https://protect-eu.mimecast.com/s/fnq3C7XXwFmBlQh4HUxE?domain=eur03.safelinks.protection.outlook.com) and [free online stress control classes](https://protect-eu.mimecast.com/s/yfy3C8EExSjy1zTVn-6H?domain=eur03.safelinks.protection.outlook.com) and much more.

[http://www.hscboard.hscni.net/coronavirus/covid-19-rebuilding-services/mental-health/useful-guide-mental-emotional-wellbeing-resources/](https://protect-eu.mimecast.com/s/TM42C0LLmu2AVMhJroLz?domain=eur03.safelinks.protection.outlook.com)

**See, Hear, Respond Northern Ireland**

See, Hear, Respond Northern Ireland is a Barnardo's initiative to help children, young people and families cope with the Covid-19 crisis.  The initiative is designed  to help with everything from money worries, to coping with stress and isolation, school anxiety, those with health vulnerabilities or disabilities, relationships with parents or family, keeping safe and well during the pandemic. Barnardo's are committed to respond to every contact made, so no child gets missed.  This service is designed for both children, young people and their families, as well as professionals who would like to discuss concerns for someone.

[https://www.barnardos.org.uk/see-hear-respond-northern-ireland](https://protect-eu.mimecast.com/s/nF20Cj88kujx83TORcpu?domain=eur03.safelinks.protection.outlook.com)

**Young people ‘unable to cope with life’ amid pandemic**

The pandemic has taken a "devastating toll" on young people’s mental health, with the unemployed significantly more likely to feel anxious and depressed, according to a new report from youth charity The Prince's Trust (19/01/2021).  The Prince’s Trust Tesco Youth Index found that one in four young people (26 per cent) admit they feel "unable to cope with life" since the start of the pandemic, increasing to 40 per cent among those not in work, education or training.  The Youth Index, conducted by YouGov, gauges young people’s happiness and confidence levels across a range of areas, from their working life to their physical and mental health.

[https://www.princes-trust.org.uk/about-the-trust/news-views/tesco-youth-index-2021](https://protect-eu.mimecast.com/s/W03jCl77muoYxAhAEJ9m?domain=eur03.safelinks.protection.outlook.com)

**Anxiety and panic attacks**

This [mind.org](https://protect-eu.mimecast.com/s/CxsbCnOOoUGRvKugf-tn?domain=eur03.safelinks.protection.outlook.com) webpage explains [anxiety and panic attacks](https://protect-eu.mimecast.com/s/ZuS3Coyy0hXyEBsp2MyY?domain=eur03.safelinks.protection.outlook.com) and possible causes. It includes [tips](https://protect-eu.mimecast.com/s/Ro-aCp22qhzRmvhwUBnh?domain=eur03.safelinks.protection.outlook.com) for helping yourself and guidance for friends and family.  The site recognises some ways of looking after yourself or getting support might not be possible or feel realistic during the pandemic and it includes links to it specific [information/resources](https://protect-eu.mimecast.com/s/yxTYCqZZruOMZzumGbC9?domain=eur03.safelinks.protection.outlook.com) for managing well-being during these Covid-19 affected times.

[https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/](https://protect-eu.mimecast.com/s/jBTOCvZZzuWkx2I41ogV?domain=eur03.safelinks.protection.outlook.com)

**The Citizen Enquiry into Youth Work in the Time of Covid-19**

'The Importance of Our Wild Stories: The [Citizen Enquiry into Youth Work](https://protect-eu.mimecast.com/s/NN4vCwrrAhLwKAhwQ2KP?domain=eur03.safelinks.protection.outlook.com) in the Time of COVID-19' is an initiative that was launched in May 2020.  The enquiry captures key findings from youth workers who kept monthly diaries as part of the Enquiry.  The collected diaries will form part of the Mass Observation archive of the pandemic, held at the University of Sussex.  [Two previous](https://protect-eu.mimecast.com/s/lBDACx11BUJWk9FktsbX?domain=eur03.safelinks.protection.outlook.com) analysis of the diaries were shared in Youth and Policy in 2020. This latest article looks at areas such as navigating the new normal, understanding and responding to complex need and building connection despite restrictions.

[https://www.youthandpolicy.org/articles/the-importance-of-our-wild-stories/](https://protect-eu.mimecast.com/s/7ebrCzXXEFRj6xCQ9xzR?domain=eur03.safelinks.protection.outlook.com)

**NICCY recruitment for new Panel Members**

The [NI Commissioner for Children and Young People](https://protect-eu.mimecast.com/s/F35dCA112U9D4nuKk7MP?domain=eur03.safelinks.protection.outlook.com) (NICCY) is seeking new members for her NICCY Youth Panel.  This is a group of young people who advise the Commissioner on key issues and assist her in the work of safeguarding and promoting the rights and best interests of children and young people.  The Commissioner believes it is really important that we hear from young people with a wide range of backgrounds and experiences.  Young people need to live in Northern Ireland and be aged between 12- 17 years (up to 18 if they have a disability or have experienced living in care).  **The closing date for applications is Friday 29th January 2021.**For additional information and an [online application form](https://protect-eu.mimecast.com/s/JOa3CB662hVLjMCwWqco?domain=eur03.safelinks.protection.outlook.com) for the NICCY Youth Panel, go to the NICCY website.

[www.niccy.org/JoinTheYouthPanel](https://protect-eu.mimecast.com/s/peB5CExx2IWZLgIzgZLC?domain=eur03.safelinks.protection.outlook.com)

**Black Lives Matter? webinar**

Black Lives Matter? Attitudes to minorities and migrants in Northern Ireland focuses on attitudes to minorities and migrants in Northern Ireland. The webinar will be based on findings from the 2019 [Northern Ireland Life and Times](https://protect-eu.mimecast.com/s/6uqKCG882uJzk0Fgj8V5?domain=eur03.safelinks.protection.outlook.com) and [Young Life and Times](https://protect-eu.mimecast.com/s/cGEKCJQQ2f8jZ1SRs6Cw?domain=eur03.safelinks.protection.outlook.com) surveys. In particular, the data will be discussed within the context of the Black Lives Matter movement. The main presenter is Dr Lucy Michael, followed by a panel discussion. The event will be held via Zoom, on Wednesday 27 January 2021, 3.30-4.45pm. Please register [via the link below](https://protect-eu.mimecast.com/s/KdcoCKQQ2fqROBTWrvmg?domain=eur03.safelinks.protection.outlook.com), and the joining details will be emailed to you.

[https://zoom.us/webinar/register/WN\_YfBQnA3PQYCVQOg1NVbcZA](https://protect-eu.mimecast.com/s/KdcoCKQQ2fqROBTWrvmg?domain=eur03.safelinks.protection.outlook.com)

**Northern Ireland Assembly consultation on Bill of Rights**

The [Northern Ireland Assembly](https://protect-eu.mimecast.com/s/hMycCM112U5nXRuzycQJ?domain=eur03.safelinks.protection.outlook.com) is seeking responses to its consultation on a Bill of Rights for Northern Ireland, **which closes on 28th January 2021**.  Human rights are freedoms and protections belonging to everyone. A bill of rights contains human rights protections for everyone – it is a list of the laws a country agrees to make to protect all the people who live there. It can also contain guiding principles or ideas.  To get an understanding of what people who live here think about the creation of a Bill of Rights for Northern Ireland, a short & confidential survey for **ALL** ages has been created and it can be accessed using the link below.  The Ad Hoc Assembly Committee set up to take forward the Bill has produced the attached introductory guide.

[http://nia1.me/4dm](https://protect-eu.mimecast.com/s/3CfQCO882uABn0FEqwkT9?domain=eur03.safelinks.protection.outlook.com)

**Skills for Life and Work procurement launch**

A procurement process to appoint providers for the Department for the Economy’s [new Skills for Life and Work programme](https://protect-eu.mimecast.com/s/3eypCPQQ9f4LWoHzz0poa?domain=eur03.safelinks.protection.outlook.com) was launched on 14 January 2021. The closing date for the procurement is 18 February 2021.  Skills for Life and Work will begin in September 2021.This is an interim programme as part of the ongoing work by the Department and its stakeholders towards new, fully reformed Entry Level and Level 1 provision for young people. An online information session will be held for organisations interested in this opportunity; details for this event will be published on eTendersNI.

[https://etendersni.gov.uk/epps/home.do](https://protect-eu.mimecast.com/s/0-1MCR110Ur3ERs9Pc6Q0?domain=eur03.safelinks.protection.outlook.com)

**Just for fun**

What animals can you see?



**Just for fun Answer from Ezine 24 (**Count how many black dots there is?  Answer: The Hermann Grid illusion - There are no black dots.  If you focus directly on each dot, you'll see that all of them are white.)

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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