

**Ezine 32        14th May  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.*

**Youth and Peace: Young leaders in dialogue with the UN Youth Envoy 20/05/21 11.15am-12.00pm**



The Youth, Peace and Security Leadership seminar series is a partnership between Ulster University (INCORE, TJI & Centre for Youth Research and Dialogue), The John and Pat Hume Foundation, John Hume and Thomas P. O’Neill Chair in Peace, International Fund for Ireland (IFI), and Interpeace.  Follow the link below to book a place at the next seminar, ‘Youth and Peace: Young leaders in dialogue with the UN Youth Envoy, Jayathma Wickramanayake’.

<https://www.eventbrite.co.uk/e/youth-and-peace-young-leaders-in-dialogue-with-the-un-youth-envoy-tickets-154147995805>

**Education Authority’s 'Access for All Summer Programme'**

Below is a link to information on the Education Authority’s 'Access for All Summer Programme' grants which opened for applications this week. This grant programme is open to all voluntary and community organisations in Northern Ireland (not just EA Registered Groups) who work with children and young people aged between 4-25 year olds in an informal setting to re-connect, re-energise and re-engage children and young people throughout the summer months. The closing date for applications is 21st May 2021.

<https://eanifunding.org.uk/summer/access-for-all/>

**The everyday and the remarkable:  Valuing and evaluating youth work**

Louise Doherty and Tania de St Croix highlight tensions in measuring and evaluating youth work and argue that the way practice is recognised and valued by young people and youth workers is disconnected from the way it is measured, monitored and evaluated.  The article contains some useful ideas and prompts to help frame the design of evaluations. <https://www.youthandpolicy.org/articles/valuing-and-evaluating-youth-work/>

**Heads Up!**

'Heads Up!' is a mental health toolkit made by young people, for young people to help them run their own mental health projects where they live. The toolkit has been put together by members of the [Belfast Youth Forum](https://www.belfastcity.gov.uk/News/Young-people-give-Heads-Up-on-mental-health-campai), NI Youth Forum ([NIYF](http://www.niyf.org/)) and the NI Commissioner for Children and Young People's Youth Panel ([NICCY](https://www.niccy.org/headsup)).

<https://www.niccy.org/media/3805/heads-up-mental-health-toolkit-18-feb-21.pdf>

**Appeal for understanding of childhood traumatic bereavement - during and beyond the pandemic**

Leading experts from the UK Trauma Council (UKTC) and three child bereavement charities have appealed for more awareness of traumatic bereavement, particularly in the context of the coronavirus pandemic. *“Young people often grieve in puddles, dipping in and out of their grief.  But if the grief becomes traumatic, it is more like a deep well, and much harder for the young person to step out of ” -*David Trickey,  Co-director, UK Trauma Council

<https://www.annafreud.org/insights/news/2021/05/leading-experts-appeal-for-an-understanding-of-childhood-traumatic-bereavement-during-and-beyond-the-pandemic/?fbclid=IwAR0JWy2f0ZRz2mPz8OMv5dsa7uaakEWr3tha2Tl0P7t8xSSOB7wHSjrRtO4>

**How to Channel Your Mind’s Inner Chatter**

This (Feb 2021) short read article briefly looks at our understanding of the inner voice function and provides some tools to help ourselves when it turns to "chatter" (cyclical negative thoughts/[negative self-talk](https://www.jackcanfield.com/blog/negative-self-talk/)). It also includes two tools for providing chatter support to others. According to this article, "the key to beating chatter isn’t to stop talking to yourself. The challenge is to figure out how to do so more effectively."

<https://behavioralscientist.org/how-to-channel-your-minds-inner-chatter/>

**Smart techniques to help master emotions**

This 2018 article from [Ideas.ted.com](https://ideas.ted.com/) tells us that 'by more clearly identifying our feelings or by recategorising them, we can reduce suffering and increase well-being.' It finishes by telling us that it's not easy, but is possible with practice. Helpfully, the author, [Lisa Feldman Barrett PhD](https://lisafeldmanbarrett.com/), shares two techniques to help us master the approach. It's consistent with the '[Name it to Tame it](https://cedartreecounseling.com/blog/name-it-to-tame-it-how-to-help-your-child-manage-their-big-emotions/)' approach by [Dr. Daniel Siegel](https://www.youtube.com/watch?v=ZcDLzppD4Jc" \t "_blank), which you can read a little more about [here](https://powerofted.com/name-it-and-tame-it/).

<https://ideas.ted.com/try-these-two-smart-techniques-to-help-you-master-your-emotions/>

**Hub Na nÓg Participation Framework**

Hub Na nÓg has launched new participation framework to support departments, agencies and organisations improve their practice in listening to children and young people and giving them a voice in decision-making.

<https://hubnanog.ie/participation-framework/>

**Inequality and Covid 19 Webinars**

The Northern Ireland Social Care Council worked in partnership with the Ulster University Social Work Department, the Open University Social Work Department, Belfast Trust and the Office of the Chief Social Worker for Northern Ireland to bring together a diverse range of presenters with expert knowledge, lived experience and practice wisdom to contribute to a series of four webinars for social workers focusing on critical thinking about inequality and the impact of Covid-19. The topics focused on inequality, poverty, gender and ethnicity. The webinars happened between September and November 2020 and the video recordings and presentations are now available on the NISCC website.

<https://niscc.info/inequality-and-covid-19-webinar-resources/>

**Retaining and regaining talent in Northern Ireland**

'Retaining and regaining talent in Northern Ireland: An exploration of educational migration' is the latest report from [Pivotal](https://www.pivotalppf.org/https:/www.pivotalppf.org/), an independent think tank that aims to help improve public policy in Northern Ireland. It looks at the factors influencing the long-established pattern of educational migration from NI, potential policy responses and areas for [further research and investigation](https://www.pivotalppf.org/our-work/projects/5/retaining-and-regaining-talent-in?).

<https://www.pivotalppf.org/cmsfiles/Retaining-and-Regaining-talent-report-V1.pdf>

**Five Takeaways from Young Voices '2020 in 4'**

Visit YouthPact's online gallery which hosts 40+ submissions, capturing over 100 young people's reflections on being Peace4Youth participants in a pandemic. Five Takeaways from '2020 in 4':

1. Young people are significantly impacted by the Covid-19 pandemic (loss of connection, isolation, disrupted relationships, education, opportunity).
2. Youth work helped mitigate that impact (by holding connection, "being there", maintaining relationships and hope).
3. Young people demonstrated resilience and drew on their own sense of self-efficacy to sustain themselves through the pandemic.
4. The experience, whilst sharing similar characteristics with that of their peers, was different for individual young people.
5. There is need for tailored responses and significant investment in youth work as we prepare again to emerge from significant restrictions.

View the online gallery at: <https://padlet.com/youthpact_padlet/Bookmarks>

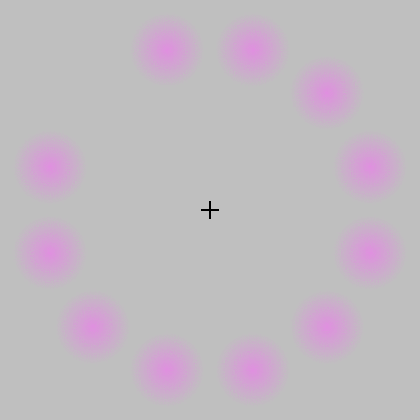
**Youthscape Radio**

Checkout the Youthscape Radio Showreel back catalogue on mixlr.com

<https://mixlr.com/youthscape-radio/showreel>

**Just for fun**

LILAC CHASE, Also known as Pac-Man illusion is another example of afterimage complementary colour (green as opposite to lilac). Follow the movement of the rotating pink dot with your eyes and the dots will remain only one colour, pink. But if you stare at the black + in the centre, the moving dot will turn green. (by Jeremy L. Hinton) 



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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