Conga Line For Childline



Childline by ISPCC

For many, childhood days are full of joy and laughter, but for others, they can be very challenging.

Childhood and school going years can be full of joy, excitement and discovery, but they are not without challenges.

The degree of worries and concerns, that children and young people experience varies

Access to trusted, FREE services and supports is vital.

Childline is here for **all** children and young people and we want to ensure they know that.

By listening, supporting, and empowering them, we strive to ensure they are better equipped to face life's ups and downs and to reach their full potential.

No concern or worry is too small or too big to reach out for support.



Why We Need Your Help

Each year, up to **75%** of our funding needs to be raised from donations. We need to continually fundraise to provide our suite of services and supports.

We are always on, always here, whenever a child or young person needs support, however they choose to reach out.



To ensure our 24hr listening service is available 24/7, 365 days, **€12,000 is needed each day.**

Alongside our FREE 24hr support line, we provide **Childline Therapeutic Supports, Digital Mental Health and Wellbeing programmes** for children and young people experiencing low to moderate anxiety, and a **library of self-help resources and topical information on childline.ie**

3,914

Were on the CAMHS waiting list in February 2022

HSE February 2022

100K+

contacts answered annually

Childline 24hr listening service

40%

of adolescents reported levels of depression

49%

of adolescents reported levels of anxiety

My World Survey 2 - The National Study of Youth Mental Health Ireland

Fundraising can be fun, educational and rewarding!

We want everyone to **get involved** so that much needed **awareness and funds are raised** and we can continue to ensure children and young people always have somewhere to turn.

Our Services

Childline Listening

Childline is Ireland's 24-hour national listening service for all children and young people (up to and including the age of 18) in Ireland. It is private, confidential and non-judgemental and can be contacted for free from anywhere in Ireland.

Childline can be contacted by any child or young person by calling 1800 66 66 66 or chatting online at Childline.ie 24 hours a day, every day.

ISPCC Support Line

The ISPCC Support Line provides a listening service, offering information, advice and emotional support to members of the public who contact us on any issue in relation to child protection and welfare.

The ISPCC's Support Line service can be contacted by email to **parentingsupport@ispcc.ie** or between 9am – 1pm Monday – Friday by calling **01 522 4300.**

Missing Children's Hotline

The ISPCC's Missing Children's Hotline provides emotional support and advice to young people and adults alike in relation to missing children.

The Hotline can be contacted for free 24 hours a day, every day, by calling 116 000.

The service is available to take calls from the general public, family members of a missing child and children who are missing.

Smart Moves

Smart Moves is a suite of evidence-based short sessions, led by teachers to give young people small, learnable skills ("Smart Moves") that increase resilience.

The programme aims to support the emotional resilience of children as they prepare to transition from primary to secondary school. The Smart Moves programme also has a secondary school programme which supports young people as they begin their journey in secondary school or as they transition into their new secondary school.

For more information click **here**

Our Services

Digital Mental Health and Wellbeing

We offer digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager.

If there is a young person in your life that you think might benefit from Space from Anxiety, you can refer them by filling out a simple form. For more details email **spacefromanxiety@ispcc.ie**

Youth Participation

The ISPCC believes that children and young people should have the opportunity to be fully involved in setting priorities, developing strategies, assessing progress in their communities, preparing for adversities and taking part in decisions which affect their lives.

In recent times, Children's Advisory Committee members have been involved in activities from providing guidance on the development of ISPCC Childline's new digital platform to taking part in inter-generational projects in their communities.

Shield

The Shield programme aims to support organisations in their efforts to proactively manage bullying and protect children and young people from bullying through prevention and intervention strategies.

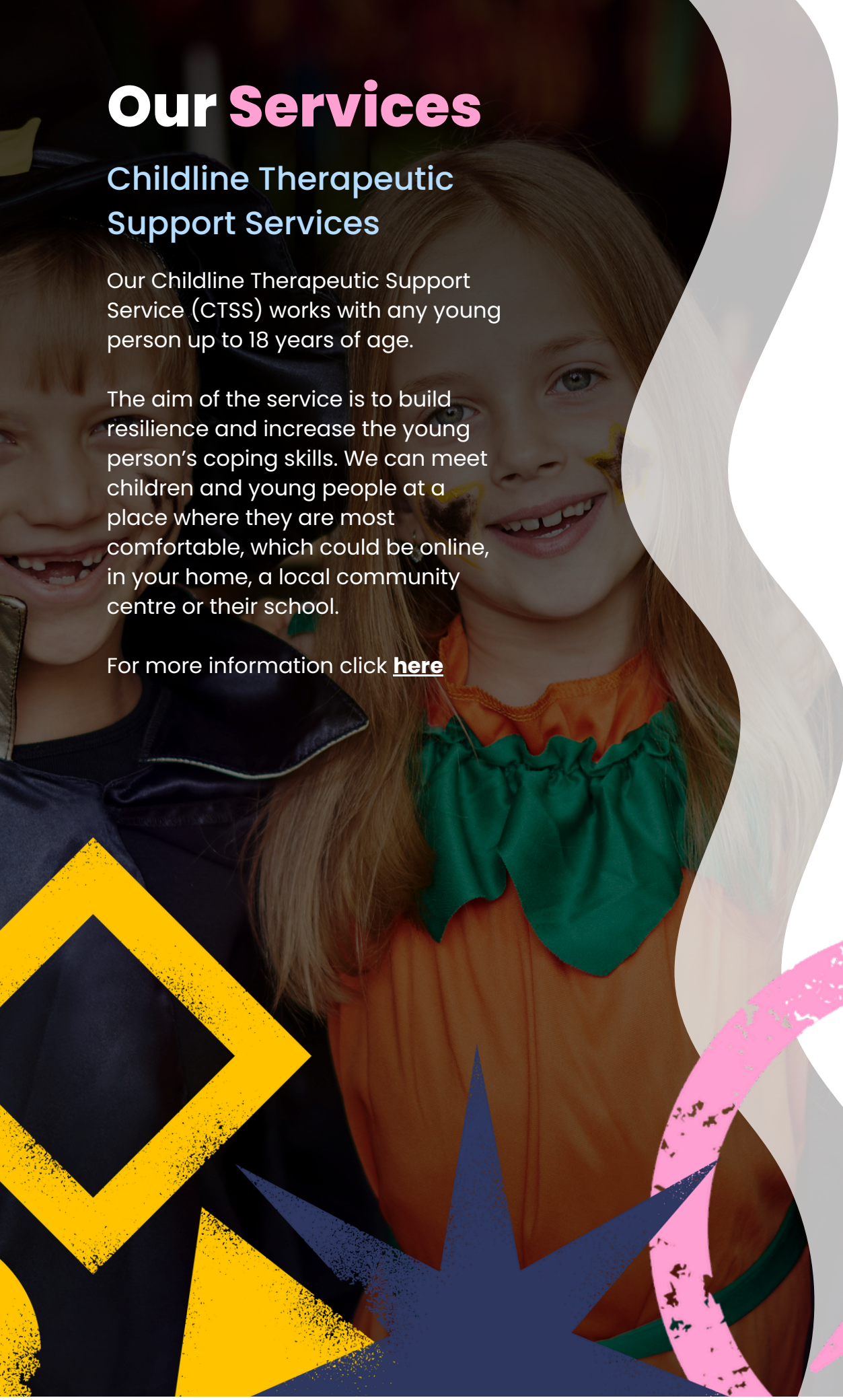
We encourage organisations to work through the **Shield Self-Evaluation Tool** and to receive upon review **Shield Status** for their organisation.

To learn more about Shield click **here**

ISPCC Outreach Programme

Professional and skilled staff and volunteers from the ISPCC Services teams deliver outreaches to schools and community groups across Ireland to raise public awareness about support services offered by the ISPCC, ISPCC campaigns and other important issues.

ISPCC staff and volunteers host events to familiarise members of the public with the services provided and raise awareness of how these services can be accessed by children and families.



Our Services

Childline Therapeutic Support Services

Our Childline Therapeutic Support Service (CTSS) works with any young person up to 18 years of age.

The aim of the service is to build resilience and increase the young person's coping skills. We can meet children and young people at a place where they are most comfortable, which could be online, in your home, a local community centre or their school.

For more information click **here**

What is Conga Line For Childine?

Conga Line for Childline" is our exciting school campaign where every student is invited to donate 4 euros to make a big difference in the lives of children and young people across Ireland. It's not just about the money; it's about coming together as a school community to support a great cause while having fun.

Get Ready To Dress To Impress

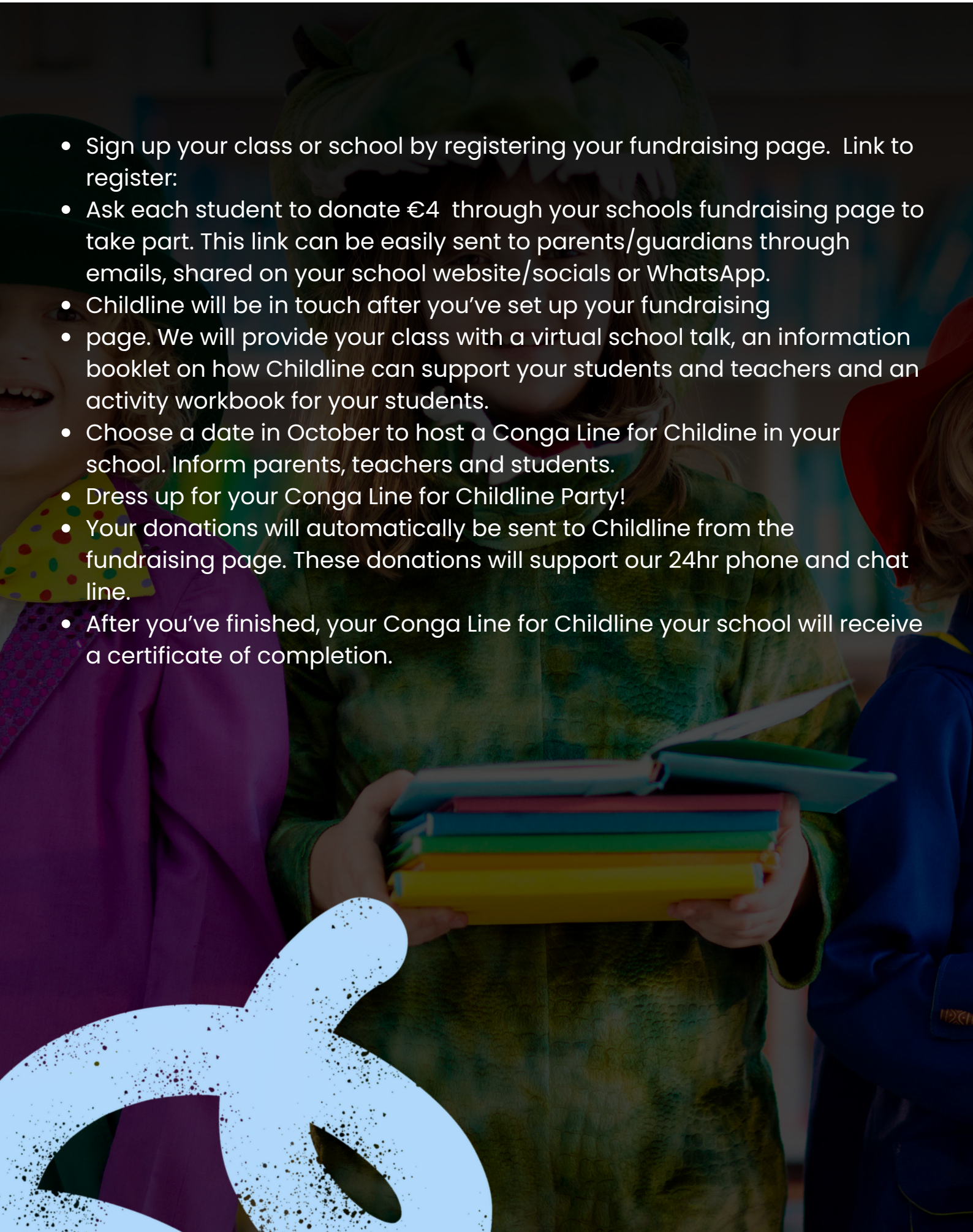
During October, we are asking kids and teachers to channel their inner monsters, heroes, or whatever spooky character you fancy for a Halloween dress-up day and taking part in a conga line for Chidline! Unleash your creativity and let your costume do the talking – it's going to be a scream!

Dance Your Heart Out

After you've flaunted your fang-tastic outfits, get ready to dance! Each class will form a conga line that will make its way through the class/school, spreading joy and awareness for Childline.

Get ready to dance for a cause, because together, we can make a real difference for children and young people across Ireland!

How Schools Can Take Part



- Sign up your class or school by registering your fundraising page. Link to register:
- Ask each student to donate €4 through your schools fundraising page to take part. This link can be easily sent to parents/guardians through emails, shared on your school website/socials or WhatsApp.
- Childline will be in touch after you've set up your fundraising
- page. We will provide your class with a virtual school talk, an information booklet on how Childline can support your students and teachers and an activity workbook for your students.
- Choose a date in October to host a Conga Line for Childine in your school. Inform parents, teachers and students.
- Dress up for your Conga Line for Childline Party!
- Your donations will automatically be sent to Childline from the fundraising page. These donations will support our 24hr phone and chat line.
- After you've finished, your Conga Line for Childline your school will receive a certificate of completion.



Thank You

Thank you so much for considering fundraising for Childline. Together we can make a real difference for children and young people throughout Ireland.

Please get in touch with our fundraising team with any questions or to find out more: **087 340 7598** or **jade.breen@ispcc.ie.** We would love to hear from you.

Please share our Childline 24-hour listening service details with children and young people in your care and let them know that we are here for them no matter what is on their mind.

Live online chat: Childline.ie
Phone: 1800 66 66 66

For information on services and supports available for children and young people, visit **ispcc.ie**

Childline by ISPCC

ISPCC Charity Registration Number: 20007225