

Online support from Armagh Youth and Children's Development Officer during the COVID 19 pandemic.

Introduction.

Whilst undoubtedly society is living through very trying and troubling times it remains true that "small acts of kindness" build and sustain each of us, both young and old alike.

As the Armagh Youth and Children's Officer (and truth be told feeling slightly overwhelmed by COVID 19) I thought I might do my best to offer parents and Parish youth/children's leaders a few "small acts" in support of your children, young people and parishes.

For parents:

As a qualified Life Coach should you need confidential, free, coach support during this turbulent season and how best to support your children do contact me and we can schedule a session online. Very happy to pray with you too!

If nothing else hearing thoughts and concerns safely expressed might allow for some badly needed "headspace".

To book a slot at your convenience please email me at doycarmagh@gmail.com

For parish youth and children's leaders:

Of course, the above offer applies to you regarding young people and children you minister to in your parish context or organisation. Again, to book a coaching support session email me at doycarmagh@gmail.com



Online support for ministry with young people, children and families:

I am reluctant to offer “expert” advice regarding social media but given social distancing being implemented we the Church need to reinterpret and re-envision “...the Word became flesh...” in support of each other and those across the community. What follows are a number of ideas, websites and resources you might find useful...

Youth and Children’s Ministry:

<http://armagh.anglican.org/YouthMinistry2.html>

<https://www.downanddromore.org/news/2020/03/digital-support-for-youth-children-and-families>

<https://connor.anglican.org/children-youth/youth/engage-connor-youth/>

Fun indoor activities for children (from the Scouting Association):

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3

Supporting young people and children’s mental health:

<https://metro.co.uk/2020/03/25/use-social-media-positive-way-crisis-12453497/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://www.camhs-resources.co.uk/>

Supporting your own mental health and well being (from WhyMind.ie):

<https://www.youtube.com/watch?v=SXTzbGShjw4>

Feel free to email or call!

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