

CAVAN NETWORKS NEWS

A newsletter brought to you by Cavan CYPSC

EDITION 2—APRIL 1ST 2020



Cavan CYPSC would like to acknowledge and thank everyone for the helping stop the spread of Covid 19. Everyone is playing their part in a variety of ways and it is greatly appreciated.

Family Resource Centre Updates



Teach Ocaill FRC in Cavan Town are continuing to provide various support to the community from **9am to 5pm** by phone on

049-4372730

For latest information click on link below

[Teach Oscail Facebook](#)



Focus FRC in Killeshandra are available to provide support and signposting during office hours by phone on **087 3964985**

Anyone seeking Mental Health supports can phone Kay on **086 6099965**

For all the latest contact details and numbers click on link below

[Focus FRC Facebook](#)

Cavan County Covid 19 Foodcloud initiative



A huge round of applause to all involved in the Cavan Covid Foodcloud. This really is a great initiative and highlights the fantastic community and interagency spirit in Cavan.

This is an anonymous service available to all at this extraordinary time of need, please do not hesitate to use the service.

For more information or to find a food hub near you, contact info@cclid.ie or **087 2700626**.

For up to date information on food hubs and contact numbers plus lots of other useful information and resources click on the Cavan PPN site:

[Cavan Public Participation Network](#)

Tearmann - Please note change in numbers



During the Current Situation with C- 19 Tearmann are available by Monday – Friday 9.am- 4pm on :

085-8102433

087-3654101

087-3654279

Or

Email: tearmannadv@saircom.net

If you are in need of support out of these hours contact Women's Aid National Freephone Helpline on **1800 341 900**

In an emergency situation contact your local Garda Station or Dial **999**

Youth Services support available



Bounceback and Youthwork Ireland staff are continuing to connect with young people via social media. This is available from 10am to 10pm. To get in touch and also for lots of great information and some fun stuff click on the links below

[Bounceback Facebook](#)

[Youthwork Ireland Cavan/Monaghan Facebook](#)



The ISPCC continue to offer a free confidential listening service to anyone under 18 years by;

•Phone **1800 666666** – 24hrs

•Free text **50101** – 10am – 4am

•Online chat at childline.ie – 10am-4am

[ISPCC Website](#)



Sharon and Alma at Foroige 365 are available via email, phone and Whatsapp video calls and text for young people and families seeking information, support and guidance.

Alma—**086 6017534** or Alma.mccabe@foroige.ie

Sharon—**086 7791685** or Sharon.ivers@foroige.ie

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Cavan and Monaghan Rainbow Youth Support



Cavan and Monaghan Rainbow Youth are available for anyone seeking support or assistance on

087 2193904

Or check out their social media supports by clicking

[Cavan and Monaghan Rainbow Youth](#)

Cavan County Council



Cavan County Council are now operating a dedicated community support helpline to assist at risk members of the community in accessing non emergency and non medical supports and advice during the current public health crisis - or if you know of a neighbour, relation, or individual in your community who may require help with food, medicine deliveries, transport to medical appointments, etc.

COVID 19 Community helpline for County Cavan on 1800 300 404 between 8am to 8pm seven days a week.

The council's out-of-hours emergency number is **087-6118116**.

Issues with water supply can be directed to Irish Water's helpline on **1850-278278**.

For latest CoCo information on local Covid 19 updates click

[Cavan County Council Website](#)

Cavan County Local Development



Cavan County Local Development (A trading name for Breffni Integrated CLG) are continuing to offer a range of supports and advice to communities.

For latest information and updates click on

[Cavan County Local Development](#)

Mental Health Support's



Cavan & Monaghan Mental Health Engagement & Recovery Communications Committee in collaboration with Mental Health Ireland host the Cavan Monaghan Wellbeing & Recovery Social Media pages. The pages are used to share local and national information related to services, supports and recovery oriented information.

[Cavan—Monaghan Well Being Facebook Page](#)

[Cavan—Monghan Well Being Twitter Page](#)

[Mental Health Ireland Website](#)



Sosad are continuing to offer support during the Covid 19 situation. They are available to contact by phone on **049/4326339** 24 hours a day, 7 days per week.

Check out their Facebook page by clicking below

[SOSAD](#)



Cavan Volunteer Centre have growing numbers of volunteers available to support. If you wish to volunteer or are an Organisations needing help please register with Cavan Volunteer Centre online at

[Volunteer Cavan](#)

Or by phone on **087 3941198**



Visit CMETB for information on some great free online courses and resources that can further develop your skills

[CMETB Facebook](#)

CMETB are now inviting all Volunteer Led Youth Groups to apply for the Local Youth Club Grant 2020. Check local press for further details or email unarudden@cmetb.ie



Cavan County Childcare Committee's phone lines are still in operation. Please ring the office **049 4365856** as normal and you will be redirected to our mobiles.

[Cavan County Childcare Committee](#)

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An Garda Síochána



Alongside statutory duties and supporting the public to follow the Government guidelines on Covid 19 the men and women of An Gardaí have been leading the way in acts of kindness.

Whether its help starting the car, checking the oil in the tank, arranging groceries to get you out of a pickle, delivery from the chemist or just stopping in to say hello...An Garda Síochána are leading the way during this challenging time—**Thank You**

For local updates and to see some of the great work being done by AGS to support the communities of Cavan (and Monaghan) visit:

[Cavan Monaghan Garda Facebook](#)

Employability are working away by phone and email



EmployAbility Cavan/Monaghan is a confidential and free supported employment service available to anyone with a long term medical condition, illness, injury or disability.

Services include CV support/Job matching/ nterview preparation/ Supports with social welfare payments / Signposting to other services that could also support you

Contacts: 087 797 7093

or info@mcse.ie

Or visit [Employability Cavan Facebook](#)

Cavan TESS



Elaine Nolan Cavan Education Welfare Officer is available to offer support to parents and schools via both phone and email

Telephone: **0871206445**

elaine.nolan@tusla.ie

Alcohol and Drug Supports



North East Regional Drugs Task Force has details on all local services providing support via their website link below

[NE -Taskforce](#)

Also information and support available on these websites

Drugs.ie

[Ask about Alcohol](#)

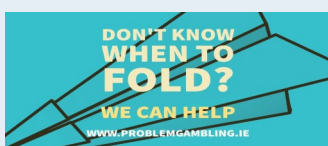


Parenting Cavan is an initiative which aims to support parents to support their families by providing free positive parenting programmes to all parents in Co. Cavan.

[Parenting Cavan Facebook](#)



Chatterbox Early Intervention Speech and Language service (0-6 years) are available to discuss any concerns you may have about your child's talking. Phone **0871040984**



Concerns about Gambling? Independent advice and support for problem gamblers, family & friends

[Problem Gambling](#)



Cavan Children and Young Peoples Service Committee now has a Facebook page up and running. Drop by and give us a like and watch out for some Competitions coming your way soon

[Cavan CYPSC Facebook](#)

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Useful Websites with latest information

[Tusla](#)

[DCYA](#)

[HSE](#)

[Dept of Education](#)

[Dept of Rural and Community Development](#)

[Your Mental health](#)

[Connecting for Life](#)

Check out the Cavan CYPSC website and this brilliant resource full of information and fun things to do with your family. A big thanks to our friends in The Genesis Programme for sharing:

[Supporting Parents and Families through the days and weeks ahead](#)

An excellent resource to alleviate some anxieties for any carer's in our community—[HSE Health Passport](#). Or check out [Family Carer's](#) for some support and advice

Some activities to get you up and moving

Have a fun PE lesson with [Joe Wicks](#)

Get into movement and mindfulness at [GoNoodle](#)

Chill out with some Yoga with [Cosmic Kids Yoga](#)

Sensory activities and fun [here](#)

Eyes down and have a great game of outside [Bingo](#)

Get into the beats and boogie with [Mini Disco](#)

How much fun can it be playing in the [Mud](#)

Get out and travel without leaving the House

Have a look at where the President of Ireland lives [here](#)

Take a trip to [Dublin Zoo](#) or visit American and see [San Diego Zoo](#) and seeing as your out and about why not visit the [Kangaroos Down Under](#)

How about a trip to [Nasa](#) to see all the space stuff

Take a trip to the Louvre in [Paris](#)

Things to do indoors today

Learn to play a musical instrument online [here](#)

Have some fun with [Science](#)

Who doesn't enjoy a good [Puzzle](#) or Jigsaw

Get out the crayons and get [colouring](#) or try [here](#)

Learn about some of the amazing stuff in the world with [National Geographic](#)

Have a chill and let someone else read you a story at [Audible](#) or let [David Walliams](#) read one of his stories

Some resources for children with additional needs

Check out James and his resources at [Autistic and Unapologetic](#)

Or look at these great resources at [twinkl](#) or here at [Middleton Autism Centre](#)

How about some fun activities [here](#)

Drop by the [Imagination Tree](#)

Open a world of resources from [NCSE](#)

A few bits for the older children and creative minds

A good directory of services from the people at [Spunout](#)

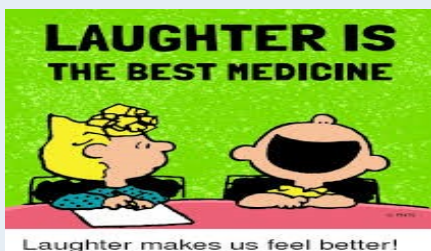
Some great resources for [Creative Teens](#)

Activities, resources and ideas from the [Everyman Theatre](#)

Get the imagination going with some great [creative writing ideas](#) or [creative bursts](#)

How about opening up to a world of books by joining the [library online](#)

Fun with [numbers](#) for all ages



Staying home is the new going out

Remember its important to have fun too, spend time having a good auld giggle. Create a theatre production with the family, dress up for a fancy meal of beans on toast, turn the family pet into a superhero with a made up costume, do a treasure hunt, turn household chores into action and adventures or just have a good time watching a movie.