

# CAVAN NETWORKS NEWS

A newsletter brought to you by Cavan CYPSC

EDITION 3— MAY 2020



## Cavan CYPSC Olympic Challenge

Do you enjoy laughing and having fun?  
Now is your chance to win some cool prizes.

[Cavan CYPSC Facebook](#)

## CYPSC OLYMPIC CHALLENGE

*HAVE FUN TO WIN SOME GREAT PRIZES*



For more information on how to enter and terms check out  
**Cavan CYPSC Facebook Page**  
<https://www.facebook.com/CYPSCCavan/>

### LOTS OF PRIZES

Weekly Prizes, Spot Prizes, Grand Prizes, Like and Share Prizes

**REMEMBER, IF YOU'RE NOT IN YOU CAN'T WIN**



## Local and National Youth Services Supports Available

### WE'RE STILL HERE

## YOUTH SERVICES

During COVID it is easy to feel alone but a listening ear  
and support is only a click or call away



Youth Work Ireland  
Cavan Monaghan

**10am – 10pm  
7 Days per Week**



**Facebook - Youth Work Ireland Cavan Monaghan**

**Facebook - Bounce Back Youth Service**

**Snap - Bouncebackys**

**Call 087 768 4757**

**Instagram YWI\_CM**



info@camry.ie  
087 219 3904



Check out our resources  
or use our new live chat  
at Spunout.ie



Call 1800 66 66 66 - 24hrs  
Text 50101 - 10am-4pm  
Childline.ie - 10am-4pm



1800 833 634  
24-7



1800 247 247  
24-7

**If you or someone  
you know is in  
immediate  
danger call 999**



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## Be the Voice of the Child

We are living in extraordinary times with Covid 19. However that does not change the fact that some children may be caught in vulnerable or harmful situations. Every one of us in the community plays a vital role in identifying signs of child abuse and neglect.

If you are concerned about a child contact the Tusla office on **049 4369800** or visit **Tusla—Get in touch.**

If you have an urgent concern for a child, then please contact An Garda Síochána immediately

Details are also available on the Tusla website at **www.tusla.ie** or contact us via the Tusla online portal at **portal.tusla.ie**

## CHILD ABUSE: Recognise & Report



Social isolation due to **COVID-19 makes it harder for authorities to identify child abuse cases.** That's why it's important for essential workers with potential access to family homes to be able to recognise signs of abuse and know where to report their concerns.

### Types of abuse:

#### Neglect

- Lack of care or supervision
- Child deprived of food, clothing, hygiene, safety, mental stimulation, etc.

#### Physical

- Child is deliberately physically hurt or is at risk of being physically hurt
- E.g.: Shaking child, using excessive force

#### Emotional

- Child's need for affection, approval, security are not met
- E.g.: Excessive punishment, exposure to domestic violence

#### Sexual

- Child is used for someone else's sexual gratification/arousal

### Possible signs of abuse:

#### Neglect

- Child says no one is at home to provide care
- Is being cared for by an inappropriate adult
- Is often dirty/has severe body odour
- Lacks enough/appropriate clothing for weather
- Lacks medical or dental care
- Lacks enough food/water
- Begs or steals food/money
- Abuses alcohol/drugs

#### Physical

- Child has unexplained injuries (burns, bites, bruises, black eyes, broken bones)
- Reports injury by parent/caregiver
- Is scared of parents/caregivers
- Shrinks when approached by adults
- Is scared/anxious, depressed, withdrawn, aggressive
- Abuses animals/pets

#### Emotional

- Child shows extreme behaviours (is too passive/aggressive or too submissive/demanding)
- Acts too old or too young for their age (e.g. is parenting other children or often rocking/banging head)
- Expresses depressive/suicidal thoughts

#### Sexual

- Child has difficulty walking/sitting
- Has bleeding, bruising, swelling around private parts
- Attaches very quickly to strangers/new adults
- Shows unusual, sophisticated sexual knowledge or behaviour
- Reports nightmares/bedwetting
- Observes/shares sexual images online
- Parent/caregiver observes/shares sexual images online in presence of children

## WHEN to report:

### You should report abuse when:

- You witness an incident/sign (outlined above) consistent with abuse
- A child says or indicates in some other way that they've been abused
- An adult or child admits that they've committed abuse
- Another person shares that they've witnessed or know about a child being abused

## HOW to report:

- You can report your concerns in person, by phone, or by email to **the local Tusla Children and Family Services centre in the area where the child lives.**
- You can choose to keep your report **anonymous.**
- You should contact Tusla even if you're unsure about reporting; they will talk to you and decide what to do.
- If a child is in immediate danger, contact the Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie)

You are legally protected:

The Protection for Persons Reporting Child Abuse Act 1998 protects you when reporting suspected child abuse to Tusla or an Garda Síochána IF you believe your report is true and your report is not malicious.

### CONTACTS

[www.tusla.ie](http://www.tusla.ie)

**TUSLA**

An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency

If child is in  
immediate danger,  
contact the Gardaí  
at 112/999 or  
[www.garda.ie](http://www.garda.ie)

Cavan DPC

049 4369800

***Together we can help keep children  
safe from harm***

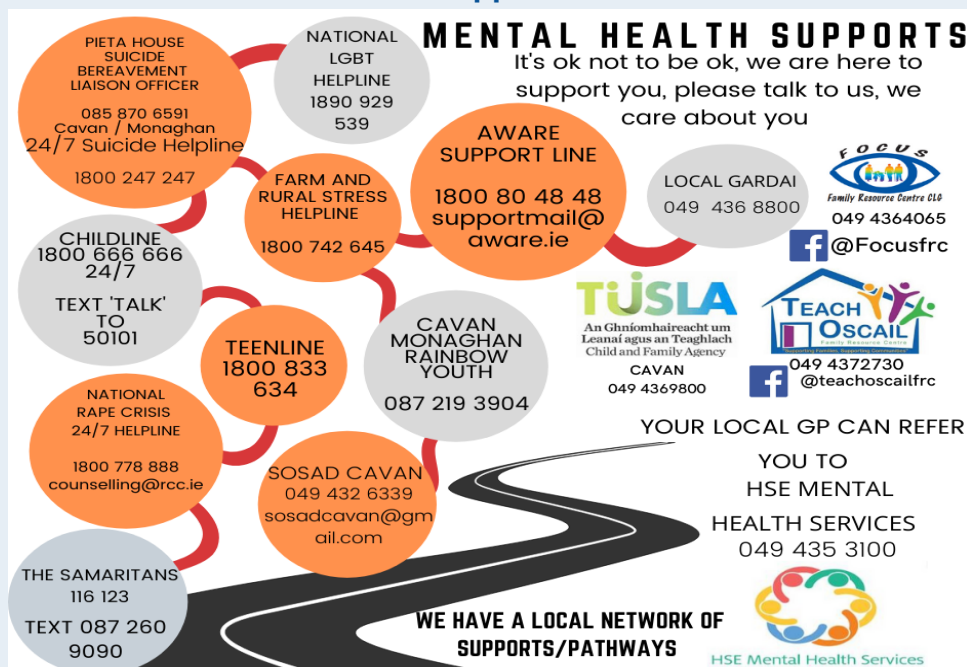
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## Mental Health Supports Available



## Your Mental Health

## Connecting for Life

## Mental Health Supports

## HSE

## Lets Stay Connected

## Online Stress Control

## Mental Health Ireland are providing Peer Support for Community Based Workers

Weekly check in and self care

Zoom call every Tuesday @ 10am

To register email Miffy Hoad on Miffy@mentalhealthireland.ie

To access the family wellbeing kit and other useful resources visit  
[Mental Health Ireland](#)

Save THE Date

**Families Together for Mental Health**  
on Friday 15th May 2020

A virtual conference through Zoom & Twitter  
celebrating International Day for Families

This online event is for families affected by mental health challenges and those interested in supporting them

It takes place online through platforms Zoom & Twitter.

REGISTRATION THROUGH EVENTBRITE  
Queries to debbie.murphy5@hse.ie

Share Experiences - Reduce Stigma - Provide Information



Keep checking @Recovery\_Ire for regular updates! #WeAreFamily





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## Local and National Supports Available for Parents

### PARENTING SUPPORTS

LOCAL AND NATIONAL AGENCIES OFFERING PARENTING TIPS AND ADVICE

**CAVAN**  
049 4369800  
[www.tusla.ie](http://www.tusla.ie)  
HAVE A LOOK:  
[WWW.TUSLA.IE/PARENTING-24-SEVEN/](http://WWW.TUSLA.IE/PARENTING-24-SEVEN/)

**CAVAN COUNTY  
CHILDCARE  
COMMITTEE**  
049 4365856  
[www.cavancce.ie](http://www.cavancce.ie)

**TEACH OSCAIL  
FAMILY  
RESOURCE  
CENTRE**  
31 CHURCH ST., CAVAN  
PH:049 4372730  
f @teachosailfrc  
t @FrcTeach

**PARENTING SUPPORT  
AND SERVICES  
INFORMATION**  
[PARENTINGCAVAN@GMAIL.COM](mailto:PARENTINGCAVAN@GMAIL.COM)  
087 7529948  
f @parentingcavan

**CYPSC  
CHILDREN & YOUNG  
PEOPLE'S SERVICES  
COMMITTEES**  
[www.cypsc.ie](http://www.cypsc.ie)

**FOCUS  
FAMILY RESOURCE  
CENTRE**  
MAIN ST,  
KILLESANDRA,  
CO CAVAN  
PH:049 4364065  
f @Focusfrc  
t @FocusFrc

**www.onefamily.ie**  
*Online & Phone  
Supports with  
variety of  
parenting supports*  
**Helpline:**  
**1890 662 212**

**parentline**  
1890 927 277  
SUPPORT, GUIDANCE  
AND INFORMATION ON  
ALL ASPECTS OF BEING A  
PARENT  
[www.parentline.ie](http://www.parentline.ie)

**BEING A PARENT IS LIKE FOLDING A FITTED SHEET..  
NO ONE REALLY KNOWS HOW TO DO IT!**

[Here](#) is a really useful guide from colleagues in Donegal that is full of useful hints and tips from budgeting through to activities and ways to relax.

[Lets Play Families](#) is a really good link that's been put together with the aim to include resources and ideas for all the family. And here is another great link [The Parents Centre](#) is a central information point where parents can get high-quality, trusted information and support. The Parents Centre will be updated as new information becomes available.

[First 5](#) is a whole-of-Government strategy to improve the lives of babies, young children and their families. It has resources, information and also some helpful links including to National Child Networks [Play Hub](#)

Our colleagues in Dublin City South CYPSC have also put together these short videos on Youtube to support [Playful Parenting in a Pandemic](#)

[National Parents Council](#) have developed a really good short video to support parents to prepare themselves and their children for the transition from preschool to primary school.

Another great source of resources, tips and information is our friends on the [Genesis Programme](#). They also recently ran a fantastic competition so it might spark some ideas for the [CYPSC Olympic Challenge](#)



Calling all parents and carer's, we want to know how we can help and what supports you need. If you have 5 minutes to spare please complete our

**[Survey](#)**

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## Health and Well Being Information

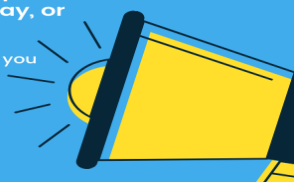
### Alcohol is an immunodepressant

It weakens your immune system & increases your risk of infection

- 1 Research indicates that alcohol use can deliver a blow to our immune system
- 2 Intake does not have to be chronic to have negative health consequences.
- 3 One night of heavy drinking can dampen immunity, lasting into the following day, or possibly longer.

Contact the HSE support line –1800 459 459 – if you need help or support in reducing your alcohol use.

#StaySafe#StayInformed



## StressControl.org

### TAKE CONTROL WITH STRESS CONTROL

	What is stress?	Monday 11th May Tuesday 12th May 2pm and 8.30pm
	Controlling your body	Thursday 14th May Friday 15th May 2pm and 8.30pm
	Controlling your thoughts	Monday 18th May Tuesday 19th May 2pm and 8.30pm
	Controlling your actions	Thursday 21st May Friday 22nd May 2pm and 8.30pm
	Controlling panicky feelings Getting a good night's sleep	Monday 25th May Tuesday 26th May 2pm and 8.30pm
	Boosting your wellbeing Controlling your future	Thursday 28th May Friday 29th May 2pm and 8.30pm

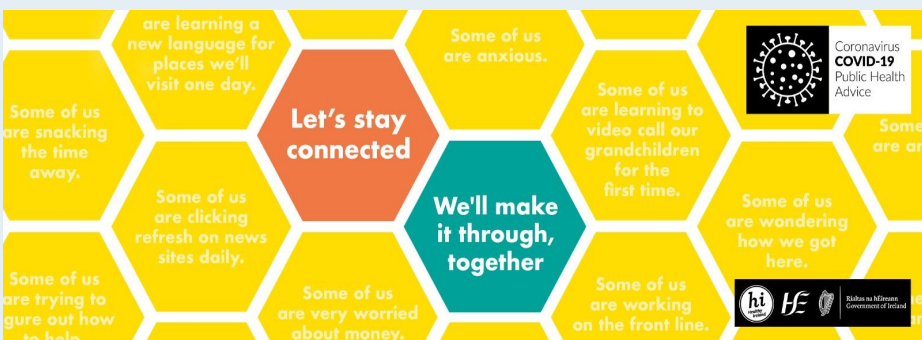


Chatterbox is an early intervention Speech and Language Therapy service. Parents are free to contact us and we will provide you with information and ideas of activities that you can be doing to support your child's Speech, Language and Communication development.

Elizabeth Downey Senior Speech and Language Therapist

0871040984

The **#InThisTogether** campaign aims to help everyone in Ireland to stay connected, stay active, and look after their mental health throughout the Covid-19 Emergency



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All previous CNN editions, updates and other resources are available on [Cavan CYPSC Website](#).

Another source of information and resources is our CYPSC [Facebook Page](#). Here you can find information on our competitions and how you can win prizes

Here is a short video complied by Youthwork Ireland Cavan and Monaghan for [World Dance Day](#). Well done to all involved

YOUTH WORK IRELAND CAVAN MONAGHAN  
YOUTH INFORMATION SERVICE

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## SUSI GRANT SUPPORT

★  ★

GET HELP WITH YOUR APPLICATION FROM PROFESSIONAL YOUTH WORKERS 5 DAYS A WEEK

**MONDAY - FRIDAY 2PM-6PM**

**MON - WED (ZOOM & PHONE) & THURS - FRI (PHONE)**

CONTACT US TO BOOK AN APPOINTMENT

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Contact 0879057598 Mon - Wed  
Contact 0877187945 Wed - Fri

## CAVAN **COVID-19** COMMUNITY RESPONSE HELPLINE

**call:** 1800 300 404 (freephone)

**email:** [covidsupport@cavancoco.ie](mailto:covidsupport@cavancoco.ie)



This new, confidential - and free - helpline can provide information and support to individuals who may be isolated, vulnerable, or in need of assistance.

**If you, or someone you know in your community, require assistance, call today.**

**Phone lines are open from 8am to 8pm, seven days a week.**

Supports available include:

- Delivery of food, medicine, essentials
- Transport for testing, medical appointments
- Social supports
- Meal delivery



Comhairle Contae an Chabháin  
Cavan  
County Council



Rialtas na hÉireann  
Government of Ireland

