

# CAVAN NETWORKS NEWS

A update brought to you by Cavan CYPSC

UPDATE EDITION MAY 2020



A massive thank you to all the those who completed our recent survey. Your participation is always welcomed and appreciated. You spoke and we are listening. We are busy working with the information and data collected which will help us design and adjust our services to support parents and children over the summer months.

## Cavan CYPSC Olympic Challenge

Have some fun and try to win some vouchers over the bank holiday weekend. For more information visit:

[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

## Youth Work Ireland and Bounceback

They have regular live Q&A slots on Facebook for parents children and young people on a range of topics raised. If you have not had time to view live you can watch the video at a time that suits. If you have a question or query then send it in to the team here

[Youthwork Ireland Cavan/Monaghan Facebook](#)

**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

**BOUNCE BACK**  
YOUTH SERVICE

Facebook - Youth Work Ireland Cavan Monaghan  
Facebook - Bounce Back Youth Service

Snap - Bouncebackys    Call 087 768 4757    Instagram YWI\_CM

**FOCUS**  
Family Resource Centre CLG  
0494364065  
focusfrc@gmail.com

**TEACH OSCAIL**  
049 4372730  
info@teachoscailfrc.ie

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

**CYPSC** CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE

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

[#In ThisTogether](#)

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## Foroige Update

For more information and latest updates check out

**[Cavan 365 Facebook](#)**



## Cavan County Council

#In This Together campaign promotes mental and physical wellbeing. Check out the **[Cavan County Council Website](#)** which has some of the local wellbeing initiatives underway in Cavan.

## Mind the Gap

**Mind The Gap** is a fantastic resource shared by colleagues in Meath CYPSC, Family Support Meath and Navan SCP. It is a practical and helpful workbook to support the transition from primary to post primary school.

## Parents Supporting Parents

This is a really positive example of parents supporting parents. The short video messages were developed by the parents themselves, based on common concerns in relation to children's' screen time. These short videos were developed in Co. Kildare, with a group of parents from St. Farnan's Post Primary School, Prosperous.

**[Screentime Support Tips](#)**

## CMETB Community Education YouTube Channel

CMETB Adult Education have put some great videos on YouTube across a variety of different topics. Topics will include; arts and crafts, cookery, mindfulness, yoga, ICT, beauty and many more. This channel is a work in progress with additional videos to be uploaded over the coming days and weeks.

**[CMETB YouTube Videos](#)**

## Physiotherapy activity leaflets for children and teenagers

Check out the **[CYPSC Website](#)** for some really useful leaflets devised, recommended and approved by the Pediatric Physiotherapy Staff in the Child Development Team in Cavan and Monaghan. Some fun exercises to work your muscles .

## Covid 19 Newsletter for Drugs and Alcohol Services

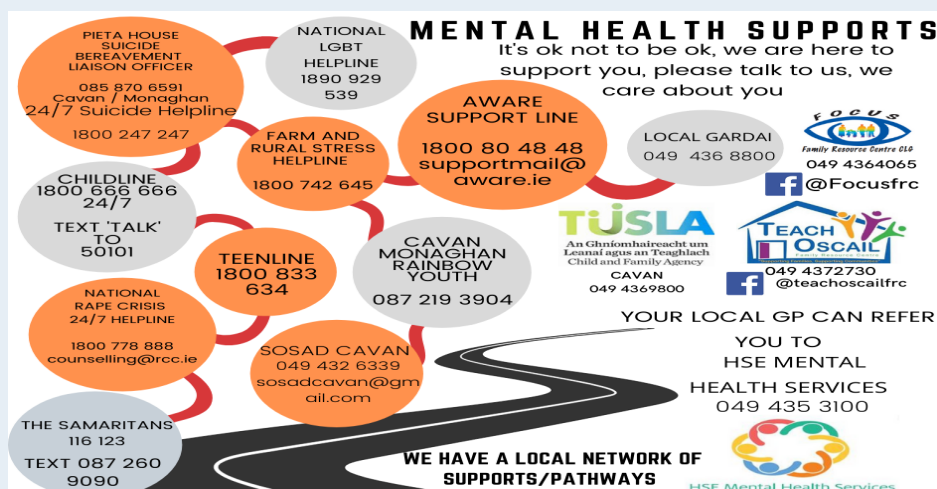
A really good newsletter from **[North East Regional Drugs Taskforce](#)** with great resources and links

**[#In ThisTogether](#)**

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

Weekly check in and self care  
Zoom call every Tuesday @ 10am

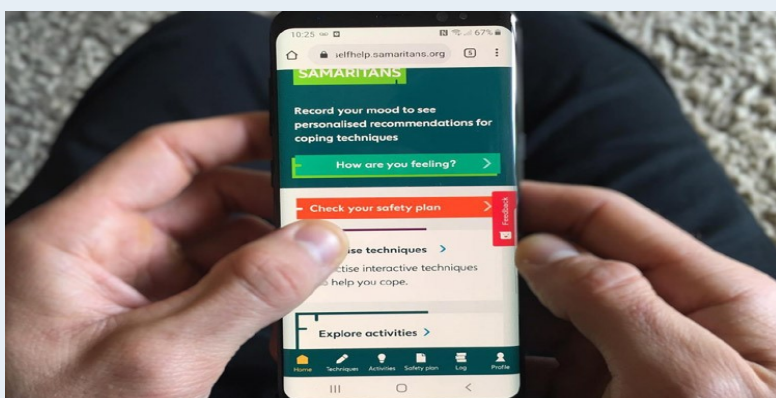
To register email Miffy Hoad on [Miffy@mentalhealthireland.ie](mailto:Miffy@mentalhealthireland.ie)  
To access the family wellbeing kit and other useful resources visit  
[Mental Health Ireland](https://www.mentalhealthireland.ie)

National Office for Suicide Prevention has recently published the attached **"Responding to a person in suicidal distress - a guidance document"**.

It aims to support staff and volunteers working in public-facing roles to interact with people who present or contact the service in distress or at risk of suicide and self-harm

Covid 19 does not mean you have to forget about up skilling —**Living Works** provides online learning in Suicide Prevention skills. A license is required but if you contact [Emer.Mulligan@HSE.ie](mailto:Emer.Mulligan@HSE.ie) who can arrange one

**Concerned about Suicide** is also a very useful leaflet in guiding people who may be concerned about someone and what can help



**Samaritans** have launched a new, free Self-Help app during to encourage people to be kind to themselves and look after their emotional wellbeing.

## **Self Help Resources**



Staying home (or close to home ) is the new going out—it does not mean you have to stop having a fun. Stay safe, take care and have some FUN

**#In ThisTogether**