

# CAVAN NETWORKS NEWS



A newsletter brought to you by Cavan CYPSC

EDITION 4— JUNE 2020

## Tullacmongan Resources

### COMMUNITY SUPPORT CLINIC IN TULLACMONGAN RESOURCE CENTRE



FRIDAY 5th JUNE  
FRIDAY 12th JUNE  
FRIDAY 19th JUNE  
FRIDAY 26th JUNE  
10am-12 noon

### EVERYONE WELCOME

**DUE TO COVID 19 RESTRICTIONS YOU  
NEED TO RING TO BOOK AN  
APPOINTMENT ON  
049 4372730  
WE ARE HERE TO HELP**



## TULLACMONGAN COMMUNITY WE ARE STILL HERE



### CAVAN 365 PROJECT BIG BROTHER BIG SISTER YETI PROJECT

Contact: Sharon Ivers | Tel: 086 7791685 | Email: sharon.ivers@foroige.ie  
Opening Hours: 10am - 10pm Monday - Friday. Staff are also available on weekends



### CHILDLINE THERAPEUTIC SUPPORT SERVICE

Contact: Jean Rooney  
Resilience Support Worker | Mobile: 087-2334534 | Jean.Rooney@ispcc.ie  
The service works with young people under 18 years of age and their parents/ carers. Referrals are made welcomed from professionals, parents and young people who maybe experiencing difficulties.



**Youth Personal Development (16 - 25)**  
Mobile: 087-7109249 | Facebook: facebook.com/journeys.monaghan.3  
QQI Qualification, Mentoring, Group Work.  
www.ywimonaghan.ie



Contact: Chrissie O'Sullivan  
Project Coordinator  
Mobile: 087-1753007  
chrissielectm@gmail.com  
@cavantravellermovement2020



### CAVAN SCHOOL COMPLETION PROGRAMME

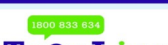
Contact: Alana Shannon  
Project Worker  
Mobile: 086-1703833  
alana.shannon@scpi.ie  
Monday to Friday | 9am to 5pm  
@cavanscp



**TULLACMONGAN  
RESOURCE CENTRE**  
Serving your community  
Killymooney Drive, Cavan  
(049) 437 2976



Young people or parents can contact qualified youth workers from 10am-10pm 7 days per week and we will speak to them, offer crisis intervention and signpost them onward to appropriate services if required  
www.ywimonaghan.ie



087-2193904  
info@camry.ie  
@CAMrainbowyouth

Contact: Barry McSkeane  
LGBTI+ Youth Development Worker

Support for LGBTI+ Young people, their families, friends and wider community.



**An Garda Síochána**  
Ireland's National Police & Security Service

**Local Garda Contacts**  
Garda Edel Gilliland  
Garda Juvenile Liaison Officer  
Mobile: 087-0601856

Garda Seamus Herron  
Cavan Community Police  
Phone: 049-4368800

Garda Lisa Stevens  
Bailieboro Community Police  
Phone: 042-9694570

**Cavan County  
Local Development**  
Tel: 049-4331029

The Local Development Company for Rural Development, Social Inclusion, Employment & Community Development.  
Corlurgan Business Park, Ballinagh Road, Cavan  
@cavancountyllocaldevelopment



**County Cavan  
Children & Young People's  
Services Committee**  
Coordinator - Ste Corrigan  
email: ste.corrigan@tusla.ie



**PREVENTION  
PARTNERSHIP,  
& FAMILY SUPPORT  
(PPFS)**

Contact: Antoinette Brady  
Phone: 049-4369800  
Mobile: 087-4436215

## Foroige 365 Project launches their Cycle Against Suicide MKM Challenge

Foroige Cavan's 365 Project have launched their Cycle Against Suicide MKM Challenge (Million Kilometre Challenge).

The MKM Challenge is a nationwide goal to cycle 1 million kilometres and raise Suicide awareness and will finish on 10th September which is World Suicide Prevention Day. Staff members, project participants and members of An Garda Síochána will be out on their bikes across the county wearing their t-shirts and raising awareness.

Well done to all involved and happy cycling.

If you and others would like to take participate in your own personal Cycle Against Suicides MKM then click [BIKE4LIFE](#)





## Anglo Celt—Parents Survey

Thank you to the Anglo Celt who ran an [article](#) on the recent parents survey. Along with various partners we are working away on meeting needs. We welcome opinions and participation so please don't be shy, and once again thank you to all who participated in the survey.



The Anglo-Celt  
www.anglocelt.ie

## Supports for babies and younger children

[Lets Get Ready](#) is a great source of information and resources for children preparing for pre-school and junior infants. And [First 5](#) is another source of useful information on learning and development .



## BeActive Day

People of Cavan challenged to take part in BeActive Day 2020. Cavan LSP are running a competition for the most creative National BeActive Day activity in the county so make sure to share a photo or video on social media and tag in [@SportIreland](#) and [@CavanSportsPartnership](#) and the hashtag [#NationalBeActiveDay](#) to be in with a chance of winning a prize!

If you are not on social media, you can email a photo or video of your activity to [aineoreilly@cavancoco.ie](mailto:aineoreilly@cavancoco.ie) to be in with a chance of winning a prize!

Check out [Sport Ireland](#) or [Cavan Sports Partnership](#) for more information



## Free Return to Sport E-Learning Course

The first online [COVID-19 Awareness eLearning Course](#) is now available on the Sport Ireland website. The course will support administrators, volunteers, coaches and participants to return to sport during phase 2 in a safe & practical manner. This course is suitable for Sport Ireland funded bodies, Club & Community Groups, Coaches, Volunteers & Participants.



## Crisis Text line Launched

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations. The aim is to provide immediate support in the short term and connect people to resources that will help them in the future

**text about it**

**50808**

## Minding your Mental Health

This is a very useful website from HSE with advice on how you can [Mind your Mental Health](#) during the current situation



### MENTAL HEALTH SUPPORTS

It's ok not to be ok, we are here to support you, please talk to us, we care about you

- PIETA HOUSE SUICIDE BEREAVEMENT LIAISON OFFICER  
085 870 6591  
Cavan / Monaghan  
24/7 Suicide Helpline  
1800 247 247
- NATIONAL LGBT HELPLINE  
1890 929 539
- AWARE SUPPORT LINE  
1800 80 48 48  
supportmail@aware.ie
- LOCAL GARDAI  
049 436 8800
- FOCUS Family Resource Centre (049 4364065)  
@Focusrc
- TEACH OSCAIL (049 4372730)  
@teachoscailrc
- TUSLA (049 4369800)  
An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency  
CAVAN
- CAVAN MONAGHAN RAINBOW YOUTH  
087 219 3904
- SOSAD CAVAN (049 432 6339)  
sosadcavan@gmail.com
- NATIONAL RAPE CRISIS 24/7 HELPLINE  
1800 778 888  
counselling@rcc.ie
- CHILDLINE 1800 666 666 24/7
- TEXT 'TALK' TO 50101
- THE SAMARITANS 116 123  
TEXT 087 260 9090

YOUR LOCAL GP CAN REFER YOU TO HSE MENTAL HEALTH SERVICES

**WE HAVE A LOCAL NETWORK OF SUPPORTS/PATHWAYS**

## Family Addiction Support Network

[Family Addiction Support Network \(FASN\)](#) is a dedicated support service for Family Members/Concerned Persons who are impacted by a loved one's substance misuse.

In these extremely difficult times we are very aware of the challenges our service users will be dealing with.

With this in mind we are continuing to provide vital service's in the form of

- One to One Support sessions via phone and video calls
  - Step Brief Intervention via phone and video calls
  - Health & Wellbeing support through Facebook (FASN)
    - Counselling via phone and video calls
- Family Support Groups- virtual peer led family support groups via phone and video calls.

You must contact FASN for details and support to access the online services at the contact details below.

Call: **042 93 55251 / 087 9046405**

## Fantastic new App on ADHD for families

The Changing Lives Initiative have launched an innovative App on ADHD to support families. The App helps families understand what ADHD is and provides practical strategies and tools for parents to use with their children. The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child may have ADHD.

An Early Intervention Approach to ADHD - Free APP



- It provides **clear information** about **Attention Deficit Hyperactivity Disorder**
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

*We will not contact you or share your information with anyone*

# DOWNLOAD THE APP AT...

# changinglivesinitiative.com

## Great Art Competition for National School Students



# An Garda Síochána

Cavan Garda District



# Art Competition

For National School Students

**Get creative and enter our competition to have your artwork displayed in Garda stations all over the county!**

3 Categories

**Under 6yrs | Ages 7-9yrs | Ages 10-12 yrs**

**Design Your Own Poster**

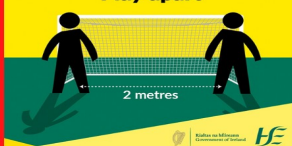
Theme: COVID-19 Social Distancing

Create your artwork on A4 card/canvas using any medium - paint, markers, stickers, mixed media, mosaic etc. Get Creative!



**Prizes for  
1st, 2nd & 3rd  
in each  
category!**

**Protect each other  
Play apart**



Check out the **Cavan/Monaghan Division Facebook Page** for terms and conditions and more details.



Entries to **Garda Antoinette Prior**, Ballyconnell Garda Station, Ballyconnell, Co. Cavan or [antoinette.b.prior@garda.ie](mailto:antoinette.b.prior@garda.ie)  
Please include your name, address, age and your parent's name and contact number.

**Closing date:  
25th June  
2020**

## Pride

June 18th to 28th is Pride and whilst restrictions have meant parades have been postponed there are plans to have virtual parades around the country on Sunday 28th June. For more information and to watch the virtual parade check out [Dublin Pride](#)



[Cavan and Monaghan Rainbow Youth](#) have been very busy supporting communities and professionals during lockdown. From One to One supports right through to the brilliant Live Sessions online, well done.



## LGBTI life in lockdown

BeLonG to have just released the findings from a national survey [The Impact Of COVID-19 Restrictions on LGBTI+ Young People in Ireland](#). There are some stark findings such as 93% of LGBTI+ young people are struggling with anxiety, stress or depression (compared to 53% of young people named in the Young Social Innovators Covid-19 Youth 'Check In' Survey 2020.)



## Hidden Cost of Poverty

A very interesting report commissioned by SVP on the consequences and costs of poverty in Ireland—[The Hidden Cost of Poverty](#)



## Stay Safe Guidelines and posters

As we've entered phase 2 of the government's roadmap, there are now updated public health advice posters to reflect current advice.

["Stay safe guidelines"](#)

And also for information on face coverings and a handy how to guide to make one click [Here](#)



## Wellbeing 'In This Together'

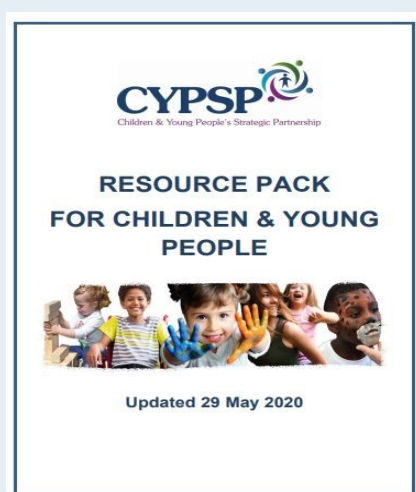
The joint DOH, HSE campaign continues to give mental health and wellbeing advice across the country and local authorities through Healthy Ireland are also rolling it out on a regional basis.

New videos covering the following topics have been added [Here](#)

- Tips when visiting your GP, Dr John O'Brien, GP
- Tips for the traveller community, Patrick Reilly
- Staying safe in your home - Sgt Graham Kavanagh, AGS
- Managing Sleep Difficulties, Daniel Flynn, HSE

## Resource Pack for Children & Young People

Our colleagues in CYPSP have created a great [resource pack for children and young people](#) which brings numerous resources, links and activities together in one place. To help families bring some structure, learning and fun into their daily routine during this difficult time,



## Ways to Support Children and Young People's Social and Emotional Wellbeing

[Here](#) is a link to some really useful YouTube videos from Barnardo's and CYPSC Cork on a range of topics for supporting children and young people including one on helping your child stay technology safe. There are also [leaflets](#) available on [CYPSC Cork Website](#)

## Mind the Gap

Here is a really useful workbook called [Mind the Gap](#). It supports transitions from primary to post primary and was developed by Navan SCP, LMETB, Springboard and Meath CYPSC. The workbook has been made available free online so a big thanks to all involved

And here is a [YouTube link](#) to a supporting video on Mind the Gap



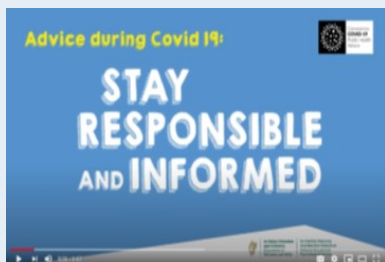
## NEPS advice & resources for keeping children and young people well during Covid-19

[NEPS - Key Messages—click on links below](#)

[Stay Active & Connected](#)

[Stay Responsible & Informed](#)

[Stay Positive & Calm](#)



NEPS psychologists have developed guidance for parents supporting children to create new routines at home. Having a Plan for the Day is key for children/young people to manage and stay well at this time. [A guide for parents on supporting children and young people with daily routines while schools are closed](#)

Here are some more YouTube videos to support Parents'

[Guide: Supporting your Child's Daily Routine while School's are Closed](#)

[Parents' Guide: 10 Tips for Parents on Supporting Daily Routines](#)

And here are some links

[Advice for Parents and Schools on Talking to Children and Young People about COVID-19](#)

[www.gov.ie/together](http://www.gov.ie/together) for advice and tips on how you can look after your mental wellbeing, stay active and stay connected.

The Department of Education and Skills' NEPS psychologists have developed advice and some resources for young people to manage and stay well when schools are closed. <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/covid-19.html>

Advice to young people while schools are closed - <https://www.education.ie/en/The-Department/Announcements/advice-to-young-people-while-schools-are-closed.pdf>

Plan for the day - <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/NEPS-Guides/plan-for-the-day/>

Relaxation techniques (text) - <https://www.education.ie/en/The-Department/Announcements/new-relaxation-techniques.pdf> and Relaxation techniques (podcast) - <https://soundcloud.com/user-719669409/relaxation-techniques-30-03-2020>

Supporting Wellbeing in the School Community;(NEPS/JCT Webinar) - [https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/neps\\_jct\\_webinar.mp4](https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/neps_jct_webinar.mp4)

State Examinations: Information for Leaving Certificate students about the exams including wellbeing resources and supports - <https://www.gov.ie/en/publication/d8920c-leaving-cert-2020/> and Junior Certificate Questions and Answers - <https://www.education.ie/en/Learners/Information/State-Examinations/junior-cert-2020.html>

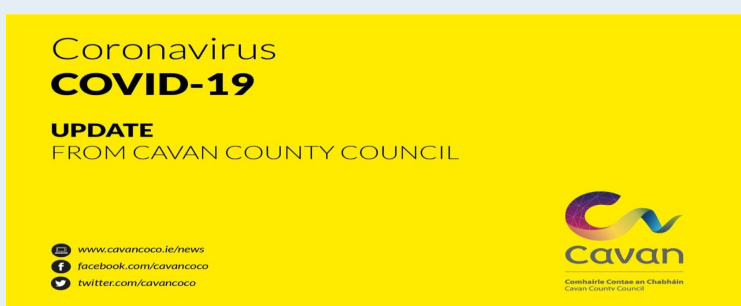


## Cavan County Council

A big thank you to Cavan County Council for all their efforts to support communities during Covid. And also all the partners participating in the community response forum .

As restrictions are beginning to ease The Community Call helpline has reviewed its times in line with national standards. The Community Call is now open from 9am to 5pm, seven days a week. If you are vulnerable or isolated, call freephone 1800 300 404 or email [covidsupport@cavancoco.ie](mailto:covidsupport@cavancoco.ie) for assistance with transport, shopping, essentials, etc.

[In this Together](#) is a link to Cavan Council website and has information on local health and well being initiatives for all



## TU Dublin 1916 Bursary

For anyone considering TU Dublin here is some information on the [1916 Bursary](#) scheme offered by the university



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 all the latest information and resources. Drop by and give us a LIKE

