

Seasons Greetings from all in Cavan CYPSC

MERRY CHRISTMAS!



2020 has been a year like no other in our memories. It has been a trying and testing time for all. Thankfully we appear to have reasons for increased optimism on the horizon for 2021.

The events of 2020 brought new challenges no one was prepared for, changing the way we live and how we connect with each other. As Cavan CYPSC Coordinator I would like to acknowledge and commend all for their ingenuity, creativity, spirit and resilience in responding to 2020's complex and diverse challenges.

It has been incredible to witness the amazing endeavors in supporting Children, Young People and Families across Cavan. This tremendous spirit and character was epitomized by Cavan GAA ending the year and heading into 2021 as Champions of Ulster

Thank you all for your support in this challenging and unpredictable year.

Our Generation is coming to Cavan

OUR Generation is a 3 year project supported by the European Union's PEACE IV programme. It aims to promote positive mental health & emotional wellbeing plus build resilience of young people.

OUR Generation will collaborate and connect with existing community based initiatives to offer accessible, age appropriate prevention, early intervention and recovery activities. The project will be delivered in education, youth & community settings. Our Generations team will start delivering information sessions via CYPSC forums and networks from January 2021. Below is some information on some of the programmes, facilitator training and also contact details.

Be Well Facilitator Training

- ? Working with young people in counties Cavan, Monaghan, Donegal, Sligo, Leitrim
 - ? Have a group of 10 young people who would benefit from the Be Well programme for mental wellbeing
 - ✉ Ask about our free training with the Youth Work Ireland Our Generation team
- Be Well is a 90-minute activity session for 14-24 year olds
 - Be Well helps young people to identify & address anxiety
 - Be Well uses the 5-A-Day approach to mental wellbeing
 - CONNECT ○ BE ACTIVE ○ TAKE NOTICE ○ KEEP LEARNING ○ GIVE
 - Trained facilitators who deliver to groups of 10 young people can claim €75 to spend on goodies or activities for the young people who complete Be Well

Contact the Our Generation Team for more information
email: ourgeneration@youthworkireland.ie
[See our Be Well webpage](#)



YES Project

Youth Empowerment in SRE



European-wide initiative to support youth workers and practitioners to educate young people around issues of sexual health.



SEXUAL IDENTITY & RELATIONSHIPS

The Yes Project is a European wide initiative to provide young people with empowering sexual health and reproductive education in a community setting.

This project is based on the need identified by Youth Work Ireland through a consultation with young people in the Spring of 2018

Recent studies (NUIG Sexual Experiences Survey) show that further support and guidance is needed for the young people of Ireland. This programme aims to provide young people with better information on consent, relationships and to explore their ideal self

What we offer:

Free Online Training

Provide a Delivery Pack Resource Booklet

Ongoing Support

€75 to each group who completes the programme



COMMUNICATING CONSENT



WIDER INFLUENCES & DECISION-MAKING



Contact Our Generation:
ourgeneration@youthworkireland.ie
Or visit the link below for more info:
<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>



YOUNG VOICES WITH DECISION MAKER VOICES, WHAT A WAY TO KICK OFF 2021!

On January 21st 5-7pm NYCI will be hosting a Young Voices online event with decision makers from the political arena, national youth work organisations, national children's structures, social and community sector representatives, European youth agencies, academics, youth delegates and others!

For more information click [HERE](#)

NUIG-TCD Research Study

School of Psychology, NUI, Galway and TCD are currently conducting a research study alongside colleagues in Trinity College Dublin, on the impact of the COVID-19 pandemic and the various restrictions that are in place, on Irish teenagers. Click [HERE](#) for further information or see poster below.



Research Study: Call for Teenage Participants

ADAPT STUDY: how Adolescents Deal with and Adjust to Pandemic restrictions

Given the many changes that we have experienced in recent months, we are keen to understand how the COVID-19 pandemic and the various restrictions that are in place, are impacting on the lives of teenagers. A team of researchers from the School of Psychology, NUI, Galway and Trinity College Dublin are carrying out this research.

This survey is for teenagers (12-18 years).

There are 3 surveys to complete over 12 months (15 mins each).

Please note all teenagers require parent/guardian consent, if they wish to take part.

To find out more about our study, you can access our study website:

<https://www.adaptresearchstudy.com/>

Information for parents and teenagers is available on our study website.

OR you can go straight to our parent information sheet via the Q code below, or the following weblink.

https://nuigalwaybusiness.fra1.qualtrics.com/jfe/form/SV_9MRSePFBfm7eKfr

Once parental consent is received a link to the adolescent agreement form and the survey is sent via email to the young person:



Trinity College Dublin
College of the Holy Spirit
The University of Dublin



NUI Galway
OÉ Gaillimh

Childhood Domestic Violence & Abuse

Barnardo's have been collaborating with several specialist domestic abuse services from around Ireland in a children's participation project which aims to hear what children and young people are saying about their experiences of domestic violence and abuse. [HERE](#) is a link to the video which features the children's words and has been launched on the new section of the Barnardos website on Childhood Domestic Violence and Abuse.

What is childhood domestic violence and abuse?

Children's Voices

What it looks like

It's shouting, name calling, crying, shattered glass and sometimes punches, bruises and blood.

It gets louder and louder, they don't think we can hear it, but we can hear it in our rooms, when we are in bed, even if it is in the last corner of the house.

It's like a fighting match and we are worried that mam might get killed.

When he texts and rings he only asks about mam, we feel like they only care about mam, not us.

It is as if we don't matter.

Sometimes we are told whose side we are on but we don't like it.

We find it very hard to stay out of it, we try to stop it but it doesn't work. We want to help mam but we feel like we are not in control.

We try to get away and go outside but this can be a very hard challenge. Our little brothers and sisters are relying on us and it's our job to protect them.



Pets are important to us

Listen to us

Some adults think children are stupid and just because they are little but all children have a voice.

A really bad feeling in our heart, and it feels like it's broken.

We hope it will pass in a few weeks and things will be back to normal but we are still kind scared thinking about when it will happen again.



Feelings

Very very angry, afraid, frustrated, worried, scared, confused, nervous and sad.

Sometimes we feel it in our bodies too, we might get weak, our eyes might go black, we get a pain in our belly, our bones start to hurt and sometimes we don't feel like eating a lot.

Changing Lives Initiative

Our colleagues in CLI have extended an invitation to their facilitated parent workshops. For more information see poster below and to book a place visit

[Eventbrite](#)



THE CHANGING LIVES INITIATIVE
Supporting families with children at risk of ADHD

Is your child always on the go?

Does your child have a short attention span?

Does your child often act without thinking?

Free online information and awareness workshops
For parents/caregivers concerned about their child's inattentive or hyperactive/impulsive behaviour.

- Learn more about ADHD and the behaviours associated with it.
- Get some tips, tools and strategies to support your child.



Workshops are facilitated by our project psychologist
(Dr Clare McGeady)

Please register through [Eventbrite.ie](https://www.eventbrite.ie)

Event name
Parent information and awareness workshop about ADHD

For further information contact christina.ryan@cllp.ie

Interreg 

Northern Ireland - Ireland - Scotland
European Regional Development Fund

GENESIS THE PROGRAMME

Helping Young People for ADHD

A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB)

Alcohol Use as a Response to Childhood Trauma

The Alcohol Forum are delivering a webinar on Jan 29th. They have another great line up of speakers for their second webinar on the theme of alcohol and gender based violence.

Dr Sharon Lambert (UCC), Senator Eileen Flynn (first Traveller woman in Oireachtas), Michael O'Donnell (Gay Project, Cork), Caroline Munyi (AkiDwa) and Fergal Landy (PPFS, Tusla) will be participating as panellists for this one hour event.

Save the Date 29th Jan

Alcohol Use

As a response to childhood trauma

Webinar will highlight how using substances as a response to childhood trauma makes sense to many & will examine how services can become trauma informed

SECOND WEBINAR IN A SERIES
EXPLORING THE COMPLEX
LINKS BETWEEN ALCOHOL &
GENDER BASED VIOLENCE



Fri. Jan 29th
9.30-10.30am



Youth & Community Supports in Co Cavan

Pieta House
Crisis Counselling
Cavan/Monaghan Service
090 6424 111

pieta
FREEPHONE
1800 247 247
Text 51444
www.pieta.ie

SOSAD Ireland
26 Bridge Street
sosadcavan@gmail.com
@CavanSOSAD

24 HOUR CRISIS LINE
049 432 6339

TULLACMONGAN RESOURCE CENTRE
Killymooney Drive, Cavan
(049) 437 2976

TEACH OSCAIL
31 Church Street, Cavan
(049) 437 2730

FOCUS
Family Resource Centre OLB
Main Street, Killeshandra
(049) 436 4065
www.focusfrc.com
@FocusFRC

Cavan and Monaghan ETB Youth Services
049 433 1044
youthservices@cmetb.ie

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

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

ISPCC CHILDLINE THERAPEUTIC SUPPORT SERVICE
Contact: Jean Rooney
Resilience Support Worker | Mobile: 087-2334534 | Jean.Rooney@ispc.ie
The service works with young people under 18 years of age and their parents/ carers. Referrals are welcomed from professionals, parents and young people who may be experiencing difficulties.

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

CAVAN TRAVELLER MOVEMENT
Contact: Chrissie O'Sullivan
Project Coordinator
Mobile: 087-1753007
chrissieo@gmail.com
@cavantravellermovement2020

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

BOUNCE BACK
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

YOUTH WORK IRELAND CAVAN MONAGHAN
www.ywimonaghan.ie

ISPCC CHILDLINE
1800 666 666
Text Talk to 50101

SPINOUT
Visit www.spinout.ie or Text SPINOUT to 086 1800 280
(standard rates apply)

TeenLine
1800 833 634

SAMARITANS
Call us free 24/7 on 116 123
samaritans.org

Teach Oscail
049 437 2730
@teachoscailfrc

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
@cavancountylocaldevelopment

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

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency
Contact: Antoinette Brady
Phone: 049-4369800
Mobile: 087-4436215

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

CHILDLINE
1800 666 666
24/7
TEXT 'TALK' TO 50101

FARM AND RURAL STRESS HELPLINE
1800 742 645

CAVAN MONAGHAN RAINBOW YOUTH
087 219 3904

TEENLINE
1800 833 634

NATIONAL RAPE CRISIS 24/7 HELPLINE
1800 778 888
counselling@rcc.ie

SOSAD CAVAN
049 432 6339
sosadcavan@gmail.com

THE SAMARITANS
116 123
TEXT 087 260 9090

TEACH OSCAIL
049 437 2730
@teachoscailfrc

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency
CAVAN
049 4369800

FOCUS
Family Resource Centre OLB
049 4364065
@Focusfrc

YOUR LOCAL GP CAN REFER YOU TO HSE MENTAL HEALTH SERVICES

WE HAVE A LOCAL NETWORK OF SUPPORTS/PATHWAYS

Keeping well this winter

The Keeping well this winter campaign is running across many media channels including TV, digital and social, radio and local press. Click [Keeping well this Winter](#) for a link to an e-version of this comprehensive guide



And the [Cavan Co Co Keep Well website](#) is a great resource to help you plan and find local resources



Thank you! See You In 2021!