

# CAVAN NETWORKS NEWS

An update brought to you by Cavan CYPSC

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## Competition Time

Cavan CYPSC in collaboration with Monaghan CYPSC are launching CYPSC Olympic Challenge. It is a chance to get creative, be active and most importantly have some **FUN**. Please spread the word high and wide. Check out our Facebook page for more information.

[Cavan CYPSC Facebook](#)



## Cavan CYPSC

We appreciate that there has been lots of information and resources circulated across networks, it can be hard to keep track at times. To help everybody all CNN editions, updates and other useful resources are uploaded on the Cavan CYPSC website— [Cavan CYPSC](#)

## Cavan & Monaghan Rainbow Youth



CAMRY are now providing weekly online Groups to receive a link Text or WHATSAPP **0872193904** or email [info@camry.ie](mailto:info@camry.ie) Check out Facebook for latest info [CAMRY Facebook](#)

## Meals on Wheels



Cavan County Local Development and their partners are now providing Meals on Wheels for anyone over 65, house bound and people with disabilities. CCLD can also accept referrals from Public Health Nurses, GPs, health professionals, existing meals on wheels, SVP and other charities. For more details phone **087 2700626** or email [info@cclid.ie](mailto:info@cclid.ie) or visit [Cavan County Local Development](#)

## Online Stress Control Course



Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. Here is a great Free online course provided by NHS and HSE that provides resources, techniques and strategies to help us cope with life's rich tapestry [Stress Control Course](#)

## Pieta House



A Pieta House therapist is available to provide support to the Cavan community. This service is currently being delivered by phone in line with current Covid-19 restrictions. All referrals / queries are to be directed to Pieta Midlands on **090 6424 111**

## Online Chat Service



Youth Work Ireland, YMCA, SpunOut.ie and Crosscare have launched an online chat service for young people as part of our Youth Information service. For information on how to access this service and other great resources visit either link [Bounceback Facebook](#) or [Youthwork Ireland Cavan/Monaghan Facebook](#)

## National Child Network



This Facebook page is about sharing ideas and suggestions on play activities with parents of children from birth -15 years. It is a great resource—[NCN Playhub](#)

## Some useful websites and links

The Department of Justice and Equality have launched a [STILL HERE Campaign](#) for people who are suffering Domestic Abuse at this time

This [Emergency Family Plan](#) is a really useful resource from our PPFs colleagues. A parent/carer might consider completing in case they are unable to provide care during the current Covid 19 situation.

The current situation has seen a huge upsurge in our technology usage, here is an amazing resource from our CYPSC colleagues in Wicklow - [A Parents Guide to Device Safety](#)

For the latest information on minding your mental health, click [HSE](#) and for information on supports and services click [Here](#)

[Here](#) is a useful support from Teagasc, IFA and Mental Health Ireland providing support to the farming community

[EZINE](#) is a great read and resource from the team over at the Rural Hub in Virginia

[The Story of the Oyster & the Butterfly](#) is a wonderful illustrated workbook from Ana Gomez to help children during the current situation

Missing your GAA, want to see matches when Dublin were not winning every game- check out the these great games and finals on the [GAA Archive](#)

[Getting through COVID-19 Together #Together](#)