

Cavan Networks—Meet Michael



I hope that you are all keeping well in these unprecedented times. I want to introduce myself for anyone who might not know me, I am Michael Dunne. I will be covering the role of Child and Family Network Co-Ordinator [Tusla] Cavan on a part-time basis, and working alongside Senior Child and Family Network Co-Ordinator Antoinette Brady. I will also continue my role as Participation and Partnership Officer [Tusla] for Dublin North East.

I am really excited and looking forward to working alongside all the Networks in Co. Cavan.


Some of you will know me from my role as Participation and Partnership Officer and I am already familiar with some of you from my time working with Extern. I look forward to meeting everyone else over the next few months. I understand that last year we all had to adapt to the online space for meetings and it looks like this may need to continue for the first part of 2021 at least. I would be very aware of the tremendous work that the Networks in Cavan done during Covid-19 in supporting children/young people and families during difficult and challenging times. The Networks in Cavan are a great way of sharing information and supporting each other, and this has never been more evident than over the last year.

I look forward to our network Meetings this year which will take place on a Bi-Monthly basis, and if you know any agencies/organisations that might like to be added to the Networks please feel free to get them to contact me via email at michaelo.dunne@tusla.ie and I will include them on the Networks. Take care and stay safe

Inspirational talk with James Leonard

Cavan 365 Project are delighted to announce details of a Zoom Q&A with the inspirational **James Leonard**.

Having told his story on the Tommy Tiernan show in 2020 James had a huge impact on many many people, from speaking about homelessness, drug addiction, time spent in prison, to near death experiences James dramatically turned his life around and has accomplished so much! Anyone who say James speak on Tommy Tiernan's show will know James is an honest and effective communicator with a life story of redemption and transformation. James pulls no punches and speaks candidly about the importance of life choices and potential consequences. And also offers a beacon of hope that its never too late. Email sharon.ivers@foroige.ie to register for the session.




Cavan 365 Project present:

JAMES LEONARD ZOOM Q&A

A truly inspiring story of overcoming:
Early School Leaving
Drug use at an early age
Prison sentences
Drug addiction
Homelessness

And achieving:
A degree in Youth & Community Work
A Masters in Criminology
Recently publishing his own book

Made with PosterMyWall.com



Monday 29th March @3pm via zoom

If you would like to attend please email sharon.ivers@foroige.ie to register

Competition Time TEACH OSCAIL FAMILY RESOURCE CENTER

Make your own Mad Hatters Hat for a chance to win some fantastic prizes
[Click Here](#) for further information



Parenting Cavan



Following on from her fantastic interactive group session with parents **Dr Malie Coyne** has recorded a short video with Parenting Cavan about **Parenting During Lockdown**. To watch the video and for lots of other support and information visit their [Facebook page](#)

JIGSAW

Young people's
health in mind

At www.jigsaw.ie/schools you will find a growing range of resources for school staff, created in collaboration with young people, school staff, and parents

**Report Card
2021**

**Is Government
keeping its promises
to children?**

**CHILDREN'S
RIGHTS
ALLIANCE**
Uniting Voices For Children

[Click HERE for report](#)

Fun Craft Activities

The "Keep Well" campaign is part of the Government's Plan for Living with COVID-19 to promote individual and community resilience. This programme encourages people at home to 'switch off, be creative, and to learn something new'. It offers people of all ages and abilities an opportunity to engage with a series of online creative activities, and onsite activities at public locations (where possible within COVID-19 guidelines) all designed to promote wellbeing and resilience during COVID-19. Just click link below

[Be creative](#)

Positive Psychology and Happiness webinar on Wednesday 31st March at 2pm.



As we continue to adapt our lifestyles to deal with COVID-19 and face difficult challenges HSE Health and Wellbeing are taking the opportunity to share some tips on how to build happiness into your life using positive psychology. Positive psychology focuses on the positive events and influences in life. [Register Here](#)

Building on our focus of Minding your Wellbeing guest speaker Paula King, Psychologist will discuss the importance of creating meaning in our lives and living a life of purpose. Look at the studies carried out on optimists and pessimists and creating hope in our todays and our tomorrows. Explore the concept of compassion in particular self-compassion and look at creating a personal 'Happiness Life Guide'

Tusla Education Support Services



TESS are available to provide help and support to children and young people as it is vital to make every school day count. Anyone can make a referral for support not just schools. For more information and referral forms click [HERE](#)

STOP Press—Big News—More resources coming to Cavan

TESS Cavan and Monaghan will soon be expanding its resources with an additional post to support children and young peoples education. This new post highlights the value of every referral to service

Watch this space for updates

SOSAD Suicide Bereavement Group

Sosad Cavan would like to announce that we will be running

Suicide Bereavement Support Group

This group is for anyone who has lost a loved one to suicide.

To register your interest please contact us via email: cavan@sosadireland.ie

April 9th, 2021 | 7pm-9pm

Location: Zoom/ The Farnham Arms Hotel (Depending on restrictions)



SOSAD Ireland

Sosad Cavan are running a support group for anyone who has lost a loved one to suicide. Email Cavan@sosadireland.ie for further details

A National Suicide Bereavement Support Guide, You Are Not Alone

Is a support for people who have been bereaved by suicide, published by HSE National Office for Suicide Prevention - [Click here](#)

Long Covid Support



Occupational Therapy
HSE Cavan Monaghan Primary Care Services

Long Covid Syndrome



Did you test positive for COVID-19 at least 6-8 weeks ago?



Do you experience "Brain Fog"?



Are your everyday activities becoming harder to complete?



Do you tire easily?



Are you finding it difficult to resume all of the activities you were doing prior to testing positive for COVID-19?



Are any of these symptoms new since your recovery from COVID-19?

PLEASE do not struggle alone and speak to someone today.

Your local **Occupational Therapy** service is providing **online** assistance and advice for anyone who may be experiencing any of the above symptoms.

Please contact your **GP, PHN or Allied Health Professional** for information regarding referral to Occupational Therapy Services.

Please remember Stay Safe. Protect each other.



Cavan Monaghan Primary Care Occupational Therapy Service have developed a virtual telehealth education program specifically for sufferers of Long Covid Syndrome. This virtual telehealth service will offer support and advice to clients presenting with symptoms of Long Covid Syndrome, with the aim that they will be able to return to normal activities of daily living.

The main areas of intervention we will be addressing are:

Fatigue Management

Energy conservation in everyday activities

Cognitive Screening with cognitive retraining in terms of "brain fog"

Advice regarding return to work in liaison with Occupational Health services as appropriate

Adaptive equipment advice

Identifying appropriate support groups for these clients

MACE Project

CAWT **MACE** **Interreg** **Building a Better Health Service** **Seirbhís Sláinte Nua Fear & Foibéir** **HSC** **Health and Social Care** **TUSLA** **An Ghníomhaireacht um Leanaí agus an Toghbaíocht** **Child and Family Agency**

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

'The MACE Project'

Working to reduce Multiple Adverse Childhood Experience (MACE)

Supporting families and Strengthening Communities.

In Cavan, Monaghan & the Armagh Area

What is the MACE Project?

What does the MACE Project mean for my practice?

How can the MACE Project help the children and families I work with?

If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

30th March 2021 at 3.30pm, 14th of April at 12noon
26th of April at 11am 6th of May at 10am

Please contact Bernadette.lally@southerntrust.hscni.net to book.

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Performing Trauma-Informed Assessments:

The MACE Toolkit training

MACE Trauma-Informed Practitioner's Toolkit

- 3 hour interactive course
- Available to practitioners working with children and families in the Armagh area, Newry & Mourne, Cavan and Monaghan border areas

Aims of the course:

- Understand the concept of trauma-informed assessments
- Understand helpful and unhelpful practitioner behaviours during assessment
- Identify potential sources and signs of childhood trauma
- Understand protective factors and how they interact with risk factors to influence positive outcomes
- Identify appropriate interventions to support families affected by trauma
- Understand the process of support pathway planning and review
- Understand how to use the MACE Trauma-Informed Practitioner's Toolkit alongside their own assessment forms (e.g. UNOCINI, Meitheal, Signs of Safety, etc.)

Please contact Jessica Fields to register: jessica.fields@westerntrust.hscni.net

Please note that all sessions will be **10 am – 1 pm** and delivered over Zoom. (17 places per session)

- 21st, 29th April
- 6th, 12th, 21st May
- 2nd, 8th, 17th, 25th June
- 3rd, 7th, 10th, 15th September
- 1st, 5th, 6th, 7th October
- 9th, 12th, 17th, 24th November

"Working to reduce Multiple Adverse Childhood Experience (MACE)
Supporting families and Strengthening Communities"

Family Supports



FAMILY SUPPORT ONLINE

WE ARE MOVING TO ZOOM
2nd Thursday of every month

Every Family needs some support from time to time.
Contact us to arrange a chat with your local
Community Family Support Worker who will provide
advice, support & information in confidence.

tel: 087 741 4853
email: leah@focusfrc.com



31 Church Street
Cavan Town

Yes,
We're Open
and happy to be back!

**If you or anyone you know need
some extra support - we are open!**

Please Contact
info@teachoscailfrc.ie
0494372730

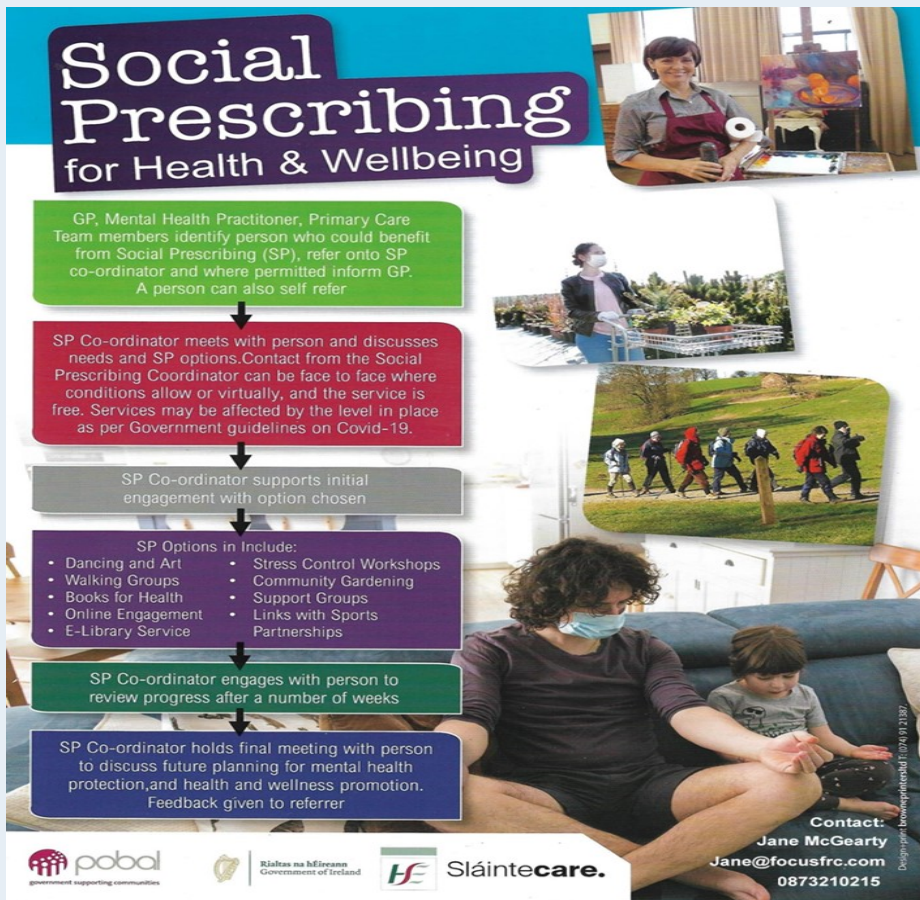


**We are here
to help.**

Teach Oscail
Family Resource Centre

- Family Support
- Counselling
- Mediation Services
- Advice and Support

Social Prescribing



Grow Mental Health—Weekly Meetings

Grow deliver weekly meetings that offer peer led mental health support and recovery through a 12 step structured program. The meetings are free, open to anyone over 18 who is experiencing mental health challenges or illness and are not referral based.

One is on a Monday night at 7.30pm and the other takes place on Wednesday afternoon at 3.30pm.

For more information and resources visit their Website—[CLICK HERE](#)

or drop by their page on [Facebook](#) for some fabulous resources and information



CAMRY are still working away—providing supports and group sessions on line




@CAMrainbowyouth

Weekly Online LGBTI+ Youth Groups

(12 - 17 years & 18 - 24 years)

During the newest Lockdown measures, we have returned to online groups. Text/Watsapp or Email to receive link

we are still here to help
you can contact us directly for assistance
see contact info below
info@camry.ie | www.camry.ie
087 219 3904
049 436 4065

we continue to
STAND TOGETHER
by not
STANDING TOGETHER

#StopTheSpread #SocialDistancing #WashYourHands



Parents' Evening

2nd Wednesday of the month,
from January 13th, 2021
7pm via Zoom
(will run via zoom during Covid-19 restrictions)

If you are looking advice on how to best support your LGBTI+ child / young person, come along for a chat.
Open to parents and caregivers (foster parents, grand parents, aunts, uncles or anyone that is the primary caregiver for an LGBTI+ young person)
This is a peer group, where parents learn from parents, while supported by our Youth Development worker.

Contact us for info & to register for the Zoom link

Call / Text / WhatsApp
087 219 3904
Email
info@camry.ie



ONLINE SUPPORTS

**SUPPORT FOR PARENTS OF,
& TRANSGENDER / GENDER DIVERSE
YOUNG PEOPLE**

TRANSPARENCI

Parents Group: Last Wednesday of the month



Transgender
Equality
Network
Ireland

TRANSFORMERS

Youth Group: Last Thursday of the month

We are honoured to partner with TENI to provide this support in the Cavan Monaghan region.

Contact Us to pre register for zoom links.

e: info@camry.ie | p: 087 219 3904



Youth & Community Supports in Co Cavan

pieta

Pieta House
Crisis Counselling
Cavan/Monaghan Service
090 6424 111

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

If you, or someone you know is in crisis, contact your GP, ring Doc-On-Call on 1850 777 911, or go straight to your nearest A&E Department.

FREE 24/7 Crisis Text Line
Text "HELLO" to
50808

From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations.

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

Serving your communities

FOCUS
Family Resource Centre C10
Main Street, Killeshandra
(049) 436 4065
www.focusfrc.com
@FocusFRC

TEACH OSCAIL
Family Resource Centre
31 Church Street, Cavan
(049) 437 2730
@teachoscailfrc

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



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@ispcc.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 maybe experiencing difficulties.



Youth Personal Development (16 - 25)

Mobile: 087-7109249 | facebook.com/journeys.monaghan.3

QQI Qualification, Mentoring, Group Work.

www.ywimonaghan.ie



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.

Corlurigan Business Park, Ballinagh Road, Cavan

@cavancountyllocaldevelopment



Contact: Chrissie O'Sullivan

Project Coordinator

Mobile: 087-1753007

chrissieoctm@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



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

@BounceBackYouthService

bouncebackys



Youth Work Ireland Cavan Monaghan

www.ywimonaghan.ie



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



1800 833 634



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

