

Parenting Cavan and partners are providing some FREE online talks

Being a parent can be challenging at times. Raising a family while trying to keep your own life balanced can be a real juggling act. These talks will provide tips to reduce anxiety, (both yours and your children's) and discover easy self-care tips for you and your child.

All talks will be delivered on Zoom so you can join in from the comfort of your own home.

Allen O'Donoghue from Helpme2parent will discuss the ***Importance of Self Care for Parents***. There is the option to put some questions to Allen via our Facilitator on the evening.

For more information or to book a place on this talk click on either link below
[Parenting Cavan on Facebook](#) Or [Eventbrite](#)

On December 3rd Dr. Malie Coyne will be delivering an interactive workshop, ***Parenting in an Age of Uncertainty***. Anyone who has watched Big Steps into Little School recently on Virgin will be familiar with Dr. Coyne. Information on this event will be distributed in the coming weeks.

To find out more about our fabulous speakers why not visit their websites by clicking the links below

[Helpme2parent](#)

[Dr Malie Coyne](#)



and partners presents
a FREE online talk from Allen
O'Donoghue

IMPORTANCE OF SELF CARE FOR PARENTS



Being a parent is challenging. Raising a family while trying to keep your own life balanced can be a real juggling act.

Allen is a professional coach, trainer and facilitator with over 20 years of experience in youth and family development. This experience has brought Allen to become a highly regarded speaker on family coaching, appearing regularly on radio and presenting at international events.

Allen is the author of the *Parenting In My Pocket* series and partner in Ireland's leading parenting support company,
www.helpme2parent.ie

The talk is online and FREE of charge.
**To book a place visit [Eventbrite.ie](https://www.eventbrite.ie) or drop by the
Parenting Cavan Facebook Page**

**November 12th
7:30 PM to 8:30 PM**

**Register For FREE
at [eventbrite.ie](https://www.eventbrite.ie). or at
Parenting Cavan on Facebook**

Lets Talk Cavan

Youth Work Ireland Cavan in collaboration with Cavan Tusla's Prevention, Partnership and Family Support (PPFS) and the Child and Family Support Networks (CFSN) have scheduled a range of interactive online sessions and talks. They are FREE and available to all.

Information on booking will be distributed shortly

Jack Kavanagh —November 26th at 7pm



Jack describes himself as an optimistic realist. He recognises the realities of the challenges of life but he strives to challenge his own perceived limitations and in doing so inspire others to do the same.

At 20 years of age Jack sustained a spinal cord injury leaving him with 15% muscle function. This event could have been the end for Jack but he chose to see it as a source of opportunity to grow, learn and to reset how he looks at life and what is possible.

For more information on Jack check out his website www.jack-kavanagh.com

Mark McCormack —December 1st at 7pm



Mark is the founder of Create the Great in You. Their mission is to build resilience, develop interpersonal skills and enhance wellbeing

Mark will support you to embark on a journey of self-development and critical thinking where you are introduced to the 3C's – Communication, Collaboration and Creativity. Mark seeks to encourage, motivate and empower participants to make informed decisions and to help you reach your fullest potential.

For more information on Mark and Create the Great in You check out his website www.createthegreatinyou.com

Alan O'Mara—December 9th at 7pm



Alan O'Mara is renowned for his mixture of honesty, insight and passion on the topics of wellbeing, leadership and performance.

As the Founder of Real Talks, Alan has consulted with many leading sports teams and organisations and is the author of the best-selling memoir, 'The Best Is Yet To Come.'

A former goalkeeper with Cavan GAA and Ulster u21 champion; Alan has a Masters in Sports and Exercise Psychology, raised more than €1 million for not-for-profit organisations and created the chart topping Real Talks podcast.

For more information on Alan check out his website www.realtalks.ie

Child and Family Support Network Awareness

Tusla Supporting Families Locally *In this Together*

Across Cavan there are a range of services working together and supporting each other to improve outcomes for children, young people and families in the county. These services are drawn from the community, voluntary and statutory sectors, and are working in collaborative and imaginative ways. Interagency work has been recognised as important elements in achieving key goals and successful outcomes for children, young people and families. This requires groups to come together to share their knowledge, ideas and resources on particular priorities for improvement. Children and Young People's Services Committees (CYPSC) provide the mechanism and structure to support partnership amongst stakeholders, and are the foundations for stronger communities for our children, young people and families.

Staff on the Tusla Prevention Partnership and Family Support (PPFS) programme work with a range of child and family support services through the local Child and Family Support Networks (CFSNs) with the objective that families can experience accessible services in their own communities. The CFSNs also facilitate the coordination of the use of Mithael, the Tusla-led early intervention national practice model, that identifies a child's and their families' needs and strengths, and brings together a team around the child to deliver preventative support.

The purpose of CFSNs is to ensure that there is no wrong door for children, young people and families who feel they may need supports or advice. Network members develop and share knowledge with each other on services available and how to access them and as a network are communicating available supports to families and communities. Children, young people and families are most likely to do well if they are provided with appropriate support in a timely fashion that is coordinated, and if there is good communication and partnership working between professionals. CFSNs will capitalise on families' own help-seeking networks.

In Cavan the CFSNs and CYPSC are continuously working together with various local partners to build strong, resilient and empowered communities for everybody. Inclusion and participation with children, young people, families and communities is an integral part of the process. This ensures any work has a well understood community vision that will be supported in achieving its objectives.

Tusla CFSN currently have networks in Cavan Town and West Cavan. If you would like to be a part of this Network group, please contact PPFS on 0494369800 and ask for Antoinette Brady. For more information on Cavan CYPSC and contact details visit www.cypsc.ie



Psychological First Aid Webinar

Cavan and Monaghan HSE and NEPS have partnered with the GAA and Monaghan Education Centre to deliver a wellbeing webinar. Local Cavan and Monaghan GAA stars will contribute to a webinar on building resilience and supporting mental wellbeing on **Monday November 16th from 19:00 – 20:15**.

Cavan Monaghan HSE in partnership with the National Educational Psychological Service (NEPS), Cavan and Monaghan GAA and Monaghan Education Centre, have developed the webinar to discuss the challenges we are all facing during this pandemic while exploring some practical tips and tools for managing our mental health.

MC for the event is former Cavan footballer, Alan O'Mara, a well-known mental health advocate, author, and podcaster. He will be joined by Cavan senior football captain Raymond Galligan and former Monaghan LGFA captain Sharon Courtney, lecturer in TU Dublin. Their conversation will touch on how they have adapted their wellbeing habits during the pandemic while highlighting some of the structures and networks they turn to for support during challenging times.

The webinar will also include 'An Introduction to Psychological First Aid', delivered by local psychologists for Cavan-Monaghan, Aedamar Bergin and Philip Clarke. This section will provide guidance on how to support those around us in our schools, communities, clubs and homes during these challenging times. The importance of attending to our wellbeing while supporting others is also outlined. Joining the presenters will be Colin Regan, GAA Community & Health manager, and there will be an opportunity for those tuning in to submit questions to the panel.

This online session is **free**, open to all and takes place on Monday, November 16th from 19:00 – 20:15.

Register for this online event here: https://zoom.us/webinar/register/WN_yUUIHkF1RZOzO8VV_qj6A

Remember that trusted support and information is always available. Visit www.yourmentalhealth.ie for information on mental health and services.

Santa Claus is coming to town.....

The team at Focus FRC in Killashandra have been working really hard at the minute to bring some Christmas cheer. They have been in constant communication with Santa and NPHE to make sure the big guy can make an appearance to see the children. Santa has been busy despite restrictions preparing for Christmas Eve and will be visiting Killashandra on 16th December. This event is open to all but booking is essential. Please ensure you book your place by phoning **049 4364065**



DRIVE BY SANTA

16TH DECEMBER 2020

LAKELAND DAIRIES CAR PARK FROM 6PM

BRING YOUR LETTER FOR SANTA!

PRE BOOKING ESSENTIAL 049 436 4065

€5 PER CAR

STRICT ADHERENCE TO COVID GUIDELINES - ALL PASSENGERS MUST REMAIN IN CARS AT ALL TIMES & FOLLOW DIRECTIONS OF STEWARDS

TLC Programme Kidz Project

Barnardos and partners are now delivering this fantastic project in Cavan.

For more information or a referral form please get in touch with

Eimear Kilpatrick on 086 0600616

TLC KIDZ PROJECT

The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse.

At the core of this is the TLC KIDZ Programme. This is a 12-week group work programme for children and their mothers who have experienced domestic abuse.



Please Contact:
Eimear Kilpatrick,
TLC KIDZ Coordinator
086 060 0616
eimear.kilpatrick@barnardos.ie

Referral criteria:

- Open to children between the ages of 5-16
- For children residing within counties Cavan and Monaghan
- Separation has occurred



Women's Aid UN Day Opposing Violence against Women Annual Seminar

This seminar will explore the main findings of the prevalence, nature and impact of intimate relationship abuse against young people (aged 18-25), including online abuse, and launch a new Too Into You public awareness campaign.

25th November 2020 11am - 1pm

To book a place please click on link below

[Women's Aid UN Day Opposing Violence against Women Annual Seminar](#)

Amber Women's Refuge

Amber Women's Refuge are hosting a free online webinar on the **25th November 2020 10am to 11am** with Luke Hart to mark the first day of the 16 days of Action against Gender Based Violence. Luke will talk about his experience of coercive control in his family and the devastating impact it had on his family. Luke will be available to join us after for a Q&A session. If you would like to book onto this event, please do early as places are limited.

Tickets via **[Eventbrite](#)**



AMBER
- WOMENS REFUGE -
ARE STILL HERE

Luke Hart
with AMBER

Tickets at Eventbrite.ie
Time: 10am – 11am
Date: 25/11/2020
How to Book: Tickets via eventbrite.ie
Places are limited so book early

LUKE HART will join with Amber Women's Refuge for a webinar talking about his experience of coercive control in his family.

Logos: pobal, hi, Carlow, TUSLA

#Keepwell campaign launched

The “Keep Well” campaign will show people of all ages how to mind their own physical and mental health and wellbeing by adding healthy and helpful habits to their daily and weekly routines. The Healthy Ireland “Keep Well” campaign will provide guidelines, information, and tips on things to help all to keep well through the coming months.

This Resilience and Wellbeing information is on

www.gov.ie/healthyireland



Keep Well

Government Resilience Campaign

CAMPAIGN RATIONALE

The Government Plan for Living with COVID-19: Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19.

This campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on how we can make a plan to do things that are good for us everyday. The campaign website will be hosted on gov.ie/healthyireland and will signpost to information about local resources and initiatives that will be available through the Local Authorities.

The campaign also includes an allocation of funding from Sláintecare to support a number of initiatives through the Healthy Ireland Fund that will be rolled out over the coming months.

CAMPAIGN MESSAGES

This will be one of the most difficult winters that we've faced in a long time. Nothing has ever felt so abnormal in living memory. We're not going to attempt to dismiss that or force an outlook on people. But we want to be upbeat. We will acknowledge that 'this' isn't normal before pointing to things we can all do 'everyday' to make it a bit easier. We will encourage people to make a weekly plan to do these things. Things like:

1. **Keeping active and being outdoors** - even during the winter, it is important to help physical and mental health and wellbeing.
2. **Staying connected** - staying connected with people and addressing isolation as person-to-person connection is important to our wellbeing.
3. **Switching off and being creative** - switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
4. **Eating well** - by nourishing your body and mind we can positively impact our physical and mental wellbeing.
5. **Managing your mood** - equipping people with information on where to go if they need support e.g. HSE's Your Mental Health website.

MULTIMEDIA

The campaign is a multimedia campaign which will run for the next five months across National TV, National and local radio, video on-demand, digital platforms, social channels and is supported by media. It will sign post people the Government Departments and relevant agencies who have an offering in this wellbeing space.



NEW WINTER INITIATIVES

New initiatives will be rolled out under the “Keep Well” campaign over the coming months. Initiatives that are currently being developed and implemented include:

- **Keeping active** - Sport Ireland is leading a series of initiatives that will support people to stay active in their own local areas throughout the winter. Sporting organisations and clubs will be developing ways to support local communities.
- **Staying connected** - Building on the Community Call response earlier in the year, Local Authorities will be providing a local community helpline and befriending service.
- **Switching off and being creative** - The Local Authorities and libraries in partnership with Creative Ireland, and working with partners at national and local level, will provide a range of initiatives to support individual and community creativity in the arts, crafting, culture and heritage.
- **Eating well - safe food** will implement the next phase of their “START” campaign, focusing on making the most of family time and adding healthy habits. Bord Bia will provide information and resources to support healthy eating this winter. In addition, the network of libraries around the country will facilitate a major initiative in early 2021, to support more people to grow their own food.
- **Minding your mood** - The HSE will launch a series of “Minding Your Wellbeing” resources in the coming days. In addition, the Children and Young Peoples' Services Committees (CYPSC) around the country are being supported to provide relevant activities and supports to children, young people and families over the coming months.

CAMPAIGN PARTNERS

Your local response to this campaign is a really welcome addition and adapting your content to fit the campaign will help us all push out further the local initiatives and resources which you have developed to help people cope at this time.

We will make the campaign creative materials (web/radio/video/digital/social) available to you so that you can badge your work streams with the ‘Keep Well’ creative.

We encourage the generation of ideas that could be implemented nationally or locally and to align any relevant initiatives, already underway or in development, under “Keep Well – in Your community”.

Please do not hesitate to get in touch with ideas.

#Keepwell



Webinars for parents/professionals from Middletown Autism Centre

Parents and education professionals are welcome to register with Middletown Autism Centre for the Autism and School based programmes. They have places available on a variety of the Autism the Facts programmes.

All webinars are FREE and available from
www.middletownautism.com

Alcohol Forum Webinars

Children's Rights, Alcohol & other drugs



FREE Webinar Series

Webinar 1: Nov. 18th, 2-3.30pm

SPEAKERS

Siobhan Cullen, Head of Dept of Law & Humanities, LYIT. 'Children's Rights Framework in Ireland'.

Dr Helen McMonagle, Alcohol Forum. 'Realising Rights and Responsibilities – Alcohol and Other Drugs and Adolescent Brain Development'.

Other inputs from:

Comhairle Na nOg, Monaghan

An Garda Siochana

North East Regional Drug & Alcohol Task Force

**First of 2
free
webinars**



Brought to you by Cavan & Monaghan CYPSC's, Cavan & Monaghan Education & Prevention Sub Groups & the Alcohol Forum

Further information: info@alcoholforum.org

Children's Rights, Alcohol & other drugs



**WEBINAR 2
Nov 25th, 2-3.30pm**

SPEAKERS INCLUDE

- Louise McCollough, PHD Candidate TCD, 'Children living with parental alcohol or other drug misuse'
- Annie Nugent, ENDpae family support group 'The Rights of Children impacted by fetal alcohol spectrum disorder'

OTHER INPUTS FROM

- Multiple Adverse Childhood Experiences Programme (MACE)
- Family Addiction Support Network
- North East Regional Drug and Alcohol Task Force
- Flocking Arts, Youth video on drug driving

**Second of
2 free
webinars**



Brought to you by Cavan & Monaghan CYPSC's, Cavan & Monaghan Education & Prevention Sub Groups & the Alcohol Forum

Further information: info@alcoholforum.org

Welloige

Are you interested in some Free Online Events, exclusively for Teenagers?

Well if so what are you waiting for, just click here, [Welloige](#)

Some fantastic activities and session that will have an appeal to all so make sure you book quickly as places are limited and sure to fill up fast!



FREE Online Events for TEENAGERS

Want to register? Go to www.welloige.eventbrite.com and book your place on one or all of our events

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#1

SELFIE CARE PROGRAMME Female Group Only

> Feeling drained with being online. Take time out for yourself and get rejuvenated. Starts Saturday 21st November. 12.00 - 1.30pm.

RED EYE 30 MIN FITNESS CLASSES

> @ 6.45am with fitness guru Coach Shane Rice
> Starts Monday 23rd November
> For all fitness levels



#2



#3

TEENAGE KICKS BOOT CAMP

> Tuesdays and Thursdays 6.30pm - 7.10pm
> It is fun, it is free and it is for Teenagers of all fitness levels.
> Starts Tuesday 24th November

ZUMBA MAYHEM 13-16 Year olds Females

> Tuesday and Thursday from 6.30pm - 7.10pm
> Starts Tuesday 24th November
> With renowned Zumba and fitness instructor Pamela Treanor



#4



#5

TRUAGH FORÓIGE CLUB YOUTH MENTAL HEALTH VIDEO LAUNCH

> Monday 30th November at 7pm. #You Matter

COOKERY DEMONSTRATION

> Sunday 6th December at 5pm
> Make it, Cook it, Eat it, Love it! with Award winning baker Eabha Campbell



#6



#7

"YOUNG OFFENDERS" COMEDY WORKSHOP

> Sunday 13th December 7pm - 9pm
> With Young Offenders cast members Billy Murphy and Sergeant Healy

TO BOOK A PLACE

Go to www.welloige.eventbrite.com

For more info call or text one of the local Foróige Team at:

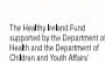
Shane Cowley **086 413 5544**

Siobhan Collins **086 020 9181**

Colin McAree **086 648 1459**

FITTER HEALTHIER HAPPIER

Enabling young people to take charge of their health & well being



Online Safety Webinar from Barnardo's

Click [Here](#) to book a place



Barnardo's
Online Safety
Programme

Online safety Webinar for Parents



Duration: 45 minutes
Group size: Up to 100
Costs: Free

Overview

Barnardo's online safety webinars for parents are based on current research and best practice to promote online safety for children. We believe that open communication between children and adults and regular conversations about a child's online use are key to helping children stay safe online. We do not scare or sensationalise, our objective is that parents leave our webinar feeling empowered and have practical tips that will help their family stay safer and be happier on the internet.

Our workshop is suitable for parents with children of all ages and it is held live, on Zoom with an experience Barnardo's trainer.

Topics covered are:

- How to talk to your child about online safety
- Parental controls
- Helpful websites
- Cyberbullying and how to help your child
- How to encourage digital wellbeing
- Sexting
- Strategies gaming and screen time

Learning outcomes

Parents will be able to:



Outline the key risks for children with being online



Implement practical solutions and tips to help their children stay safe online



Reflect on how they might help their children if they were cyberbullied/cyberbullying



Recognise ways to interact with their child's online world and day to day experiences



Identify helpful websites and research and signpost them to others



You can register for the next available parent webinar on our website at www.barnardos.ie/osp

RCN 20010027 | CHY 8016

'Music and Me!' with Music Generation

Click [Here](#) for the expression of interest form



Music Generation
Cavan/Monaghan
an Chabháin/Mhuineacháin



Music and Me!



A 3 week musical experience for children aged 0-3 and their parent(s). Each weekly session will be delivered on Zoom and will run from the week beginning 30th Nov - week ending 20th Dec. Please fill out the form at the link below to register your interest.



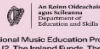
emeth
Early Music Education
Therapy and
Developmental Support



Comhairle Contae
an Chabháin
Cavan
County Council



Music Generation
Music Generation is Ireland's National Music Education Programme. A Music Network Initiative, co-funded by LE, The Ireland Funds, The Department of Education and Skills and Local Music Education Partnerships.



An Rann Clóiríoch
An Rann Clóiríoch
An Rann Clóiríoch



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



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Cavan

Cavan CYPSC

Give us a like on our [Facebook Page](#) to make sure you are getting all the latest updates and information

Take care and stay safe