

#CareDay21



#CareDay21 will take place on the 19th of February this year, and will be the 6th annual Care Day. Care Day is a global celebration and is the world's largest celebration of the rights of children and young people with experience of care.

There are almost 5,900 Children in Care and 2,900 young adults in After Care. Each of these almost 9,000 people in their lives brings a whole set of unique experiences and on Care Day we look to break down stereotypes and celebrate each one of the unique individuals who have experience of the care system.

[Click here](#) for details of webinars, competitions and activities taking place to make #CareDay21

Cavan Sports Partnership bring you Kids Dance Classes

Class can be done live or at a more convenient time to suit as the teachers class will be recorded. Or you can always do both....

More information on Eventbrite—[CLICK HERE](#)



CAVAN
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
SPORT IRELAND

KIDS DANCE CLASS



€10 FOR 4 WEEKS ZOOM CLASS

Starts Monday 22nd February at 4.30pm
suitable for 4-12 years
Live on zoom, recording also available

Pre-register through eventbrite link



Childcare Committee
County Cavan



Performance Academy
CAVAN



KEEP WELL
IN YOUR COMMUNITY

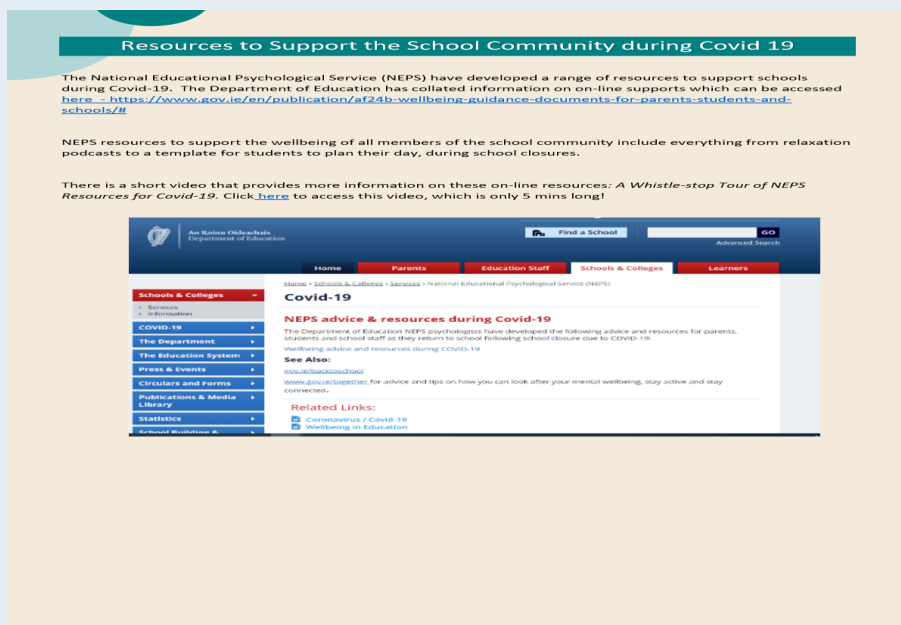
Made with PosterMyWall.com

Fantastic resources from NEPS

The National Educational Psychological Service (NEPS) have developed a range of resources to support schools during Covid-19. The Department of Education has collated information on on-line supports which can be accessed here - <https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#>

NEPS resources to support the wellbeing of all members of the school community include everything from relaxation podcasts to a template for students to plan their day, during school closures.

There is a short video that provides more information on these on-line resources: *A Whistle-stop Tour of NEPS Resources for Covid-19*. Click [here](#) to access this video, which is only 5 mins long!



The screenshot shows the NEPS website with a navigation bar for Home, Parents, Education staff, Schools & Colleges, and Learners. The 'Schools & Colleges' section is expanded, showing a sidebar with links to Services, Information, COVID-19, The Department, The Education System, Press & Events, Circulars and Forms, Publications & Media Library, Statistics, and School Wellbeing. The main content area is titled 'Covid-19' and 'NEPS advice & resources during Covid-19'. It states that the Department of Education NEPS psychologists have developed the following advice and resources for parents, students and school staff as they return to school following school closure due to COVID-19. It includes a 'See Also' section with links to 'How to back to school' and 'How to go to school together' for advice and tips on how you can look after your mental wellbeing, stay active and stay connected. There is also a 'Related Links' section with links to 'Coronavirus / Covid-19' and 'Wellbeing in Education'.

First 5—Preschool at home. Video lessons for families

Get inspired when teaching and learning from home. Discover videos that demonstrate simple ideas you can do at home that will support learning through play

[Click HERE](#)



National Childhood Network

Any great resource for ideas and information. [Click HERE](#)



There is a need for everyone to be mindful of vulnerable, children, young people and their families. The most recent lockdown measures mean that some children are at further risk of isolation, having no access to schools or other activities.

Cavan CYPSC is encouraging everyone to look out for children and young people, recognising that families may be vulnerable, and signposts to supports available.

Supporting Children is a resource developed by DCEDIY to support children, young people, and their families in challenging times. It highlights the range of services and supports in place and the innovative responses this sector was making to meet the needs of vulnerable groups across a range of service areas, from Child Protection and Welfare to Education Support, Parenting and Family Support, and others.

CLICK HERE to access the website for resources and information



Ireland Reads is a new campaign from Irish libraries aiming to get the whole country reading this month in the lead up to a national day of reading on Thursday, February 25th. Taking some time to relax and do the things we enjoy has never been more important and reading is a great way to get a sense of escape and boost wellbeing.

Visit the Cavan library website for more information —[Click Here](#)



Family Supports



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

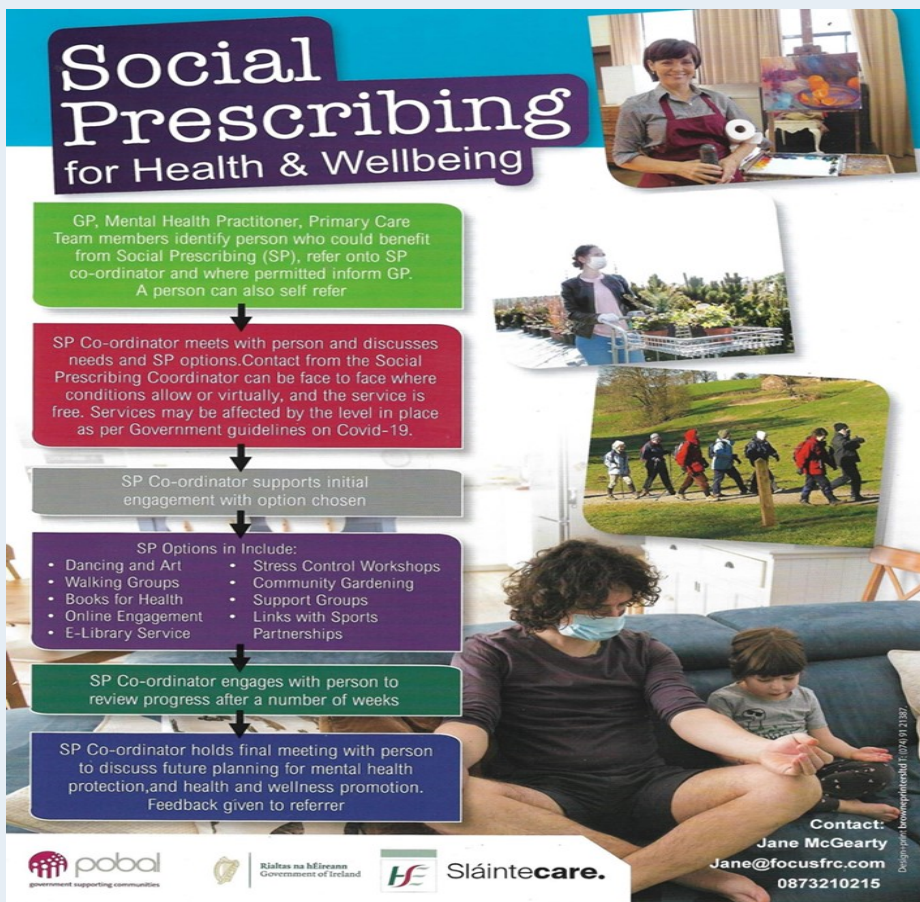


**We are here
to help.**

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



Parenting Cavan and partners online programme

They also have lots of support and information on their [Facebook page](#)

Parenting Cavan and partners are running a 6 week **Children's Programme for Parents**

Tuesday mornings
from
23rd February to 30th March 2021.

It will take place



online

from 10:30am to 12:30pm



For more information or to reserve your place,
please contact:
Parenting Cavan on 087 7529948 or
Email: Parentingcavan@gmail.com



PARENTS PLUS

Children's Programme

An evidence-based parenting course
on promoting confidence, learning
and positive behaviour in children
aged six to 11 years.



Journeys Programme is recruiting Young People



personal
development

citizenship

leadership

Journeys 2021

good relations

working towards
personal goals

QQI level 3

1-2-1 support throughout
the programme

Requirements:

- aged 16 - 24 years old
- living in counties Cavan or Monaghan
- not in education or employment

Journeys is a 6-month programme (March - Sept).

Participants will receive 1-2-1 support as soon
as they sign up.

**To make a referral or
to become a participant,
contact a project worker:**

Amy 087 978 7709

Lisa 087 710 9249

Susuana 087 339 7767

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



CAVAN & MONAGHAN RAINBOW YOUTH

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

Call for focus group participants



Call for Focus Group Participants

February 15th- 24th 2021
(Various Dates & Times)

About the Project

Mental Health Reform and LGBT Ireland are researching the lived experiences of LGBTI+ people who use mental health services in Ireland.

Both organisations will use what we learn to campaign and advocate for improved mental health supports and services for LGBTI+ people.

To learn more contact:
Yvonne (she/her)
ymurphy@mentalhealthreform.ie
089 2549725

Who can take part?
LGBTI+ people who:

- Are 18 years or older, and
- Have used mental health services* within the last 2 years

*These services can be public or private, and may include a psychiatrist, community mental health services, or inpatient services.

www.mentalhealthreform.ie/my-voice-matters

MY VOICE MATTERS



Views & Experiences of LGBTI+ People Using Mental Health Services



MY VOICE MATTERS

Views & Experiences of LGBTI+ People Using Mental Health Services



For details:
Contact Yvonne (she/her) at
ymurphy@mentalhealthreform.ie
or 089 2549725
or visit
www.mentalhealthreform.ie/my-voice-matters



Call for Focus Group Participants

Mental Health Reform and LGBT Ireland are researching the lived experiences of LGBTI+ people who use mental health services in Ireland.

1. Who can take part?

LGBTI+ people who are 18 years or older and have accessed mental health services in the last 2 years (these can be public or private, and may include a psychiatrist, community mental health services, or inpatient services).

2. What will happen if I take part?

You will talk to us about your views and experiences of using mental health services. This will be done online in a focus group with 4 to 6 other people and 2 researchers from Mental Health Reform.

3. What are the risks?

The risks involved are minimal, but some people might get upset or uncomfortable during their focus group. If you feel this way, you can stop, take a break, and decide whether to keep going with the focus group or not.

4. How will you protect my privacy?

We will make every effort to ensure your privacy, confidentiality, and anonymity. Names, place names, and other potentially identifiable information will be deleted or changed in focus group transcripts and all publications.

5. How will the data/information be stored?

All data will be stored in a password protected folder on an encrypted computer owned by Mental Health Reform. A back-up will also be kept on a password protected cloud-based drive. The audio from focus groups will be recorded and transcribed later. Recordings will be deleted once transcripts are made. Transcripts will be made anonymous by deleting or changing names, place names, and other details that could be used to identify you. Transcripts will be deleted within 1 year of the project being completed.

6. Can I change my mind at any stage and withdraw from the study?

Yes. You can leave the study up to when we make the focus group transcripts anonymous. After that, it will be impossible to know what information you gave us, so we will not be able to remove it after that point.

7. How will the data/information be used?

We will publish what we learn in a publicly accessible research report that will be used for both organisations' campaign and advocacy work. We may also use the data in a later study, other publications (e.g. articles, book chapters, etc.), or to make presentations.

ONLINE Engagement Meeting for Cavan & Monaghan: Tuesday the 23rd of February from 6pm-7.30pm

Mental Health Engagement

We need YOUR experience

Bring your experience using or supporting someone to use mental health services to your online engagement meeting

Next ONLINE meeting for people in Cavan & Monaghan takes place Tuesday 23rd February 2021 from 6-7.30pm

I want service providers to know what matters most from my perspective

I want to use my experience to improve mental health services



I would like to share my views as a family member as to what works for my family

My local forum is a space to learn from the experiences of people who use the services

Mental Health Engagement Online Meetings for Cavan & Monaghan
Next Online Meeting: Tuesday 23rd of February 6-7.30pm

Monthly meetings now take place online through video conference

The purpose of these meetings is to share experiences of using mental health services with the aim of partnering with service providers and improving mental health services.

If you would like to [find out more or register](#) for our next meeting contact: Patrick on 0873512009 or email new.engage@hse.ie for details

If you have experience using or supporting someone to use mental health services we would like to hear from you at the local engagement meeting.




TLC Kidz Project

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



Interagency Partners of TLC KIDZ:

- ⊙ Barnardos
- ⊙ TUSLA Prevention, Partnership & Family Support (PPFS)
- ⊙ Children & Young People's Services Committees (CYPSC)
- ⊙ Specialist Domestic Violence Services
- ⊙ Specialist Sexual Violence Services
- ⊙ Gardaí
- ⊙ Youth Work Organisations
- ⊙ Family & Community Support Services

Referral Criteria:

- ⊙ Open to children between the ages of 5-17 (in appropriate age groups) depending on availability
- ⊙ For children & young people residing within counties Cavan and Monaghan
- ⊙ Separation has occurred and the perpetrator no longer resides at the family home

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator in your area.

Eimear Kilpatrick
TLC KIDZ Coordinator
Cavan/Monaghan

Telephone: **086 060 0616**
Email: eimear.kilpatrick@barnardos.ie

TLC KIDZ PROJECT

Offers support for Children and their Mothers who have experienced Domestic Violence and Abuse



The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. The Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children.

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

The children's group and mother's group run concurrently on the same week and cater for children aged between 5-17 years old.



TLC KIDZ Programme incorporates:

Children's groups help children begin the healing process by:

- ⊙ Allowing children to share their experiences with other children
- ⊙ Exploring ways of expressing their feelings safely
- ⊙ Helping children understand that the 'fighting and hurting' within their family was not their fault
- ⊙ Looking at coping strategies for the future

Mother's groups support women to better understand how to help their children recover by:

- ⊙ Helping mothers to understand their children's experience of violence within their family
- ⊙ Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- ⊙ Exploring the impact their experiences may have had on their children
- ⊙ Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

Weekly themes/concepts

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "It's not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**





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
Baileboro 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 Park, Cavan
@cavancountyllocaldevelopment

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

CAVAN TRAVELLER MOVEMENT
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

BOUNCE BACK YOUTH SERVICE
UBU YOUR PLACE YOUR SPACE

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

TUSLA PREVENTION PARTNERSHIP, & FAMILY SUPPORT (PPFS)
An Ghníomhaireacht um Leamsa agus an Teaghlach
Child and Family Agency

ISPCC CHILDLINE
1800 666 666
Text 'Talk' to 50101

SPUNOUT
Visit www.spunout.ie or Text SPUNOUT to 086 1800 280
(standard sms rates apply)

TeenLine
IRELAND
1800 833 634
116 123
samaritans.org

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

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