



WHAT'S ON WHERE IN MONAGHAN

NEWSLETTER

UP COMING EVENTS NEAR YOU.....

**Issue 19
September 11th
2020**



Welcome to the 19th edition of our electronic information bulletin, **WOW**.

In our Fri 11th Sept edition we have ;

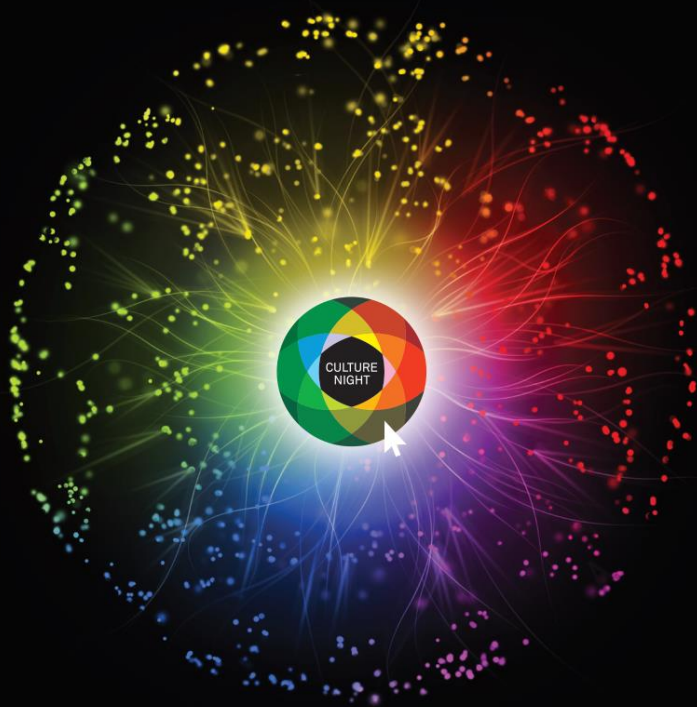
- Culture night find out what's on in your area loads happening
- Listings of supports and services in your area for wellbeing and your mental health
- Launch of a new resource SHINE to help children and young people understand healthy relationships

We aim to provide continued information every two weeks building a more comprehensive resource for parents and families, and would invite you to share any useful resources or details of summer camps with us for inclusion. Previous editions of WOW can be accessed on the www.cypsc.ie website [here](#)

Please also feel free to share the attached information with those who might be interested in the details contained and, as always, your feedback is much appreciated.

Stay safe everyone ☺

CONNECT THROUGH CULTURE



FRI 18 SEP
CULTURENIGHT.IE

MONAGHAN 2020



WHAT IS CULTURE NIGHT

Culture Night is an annual all-island public event that celebrates culture, creativity and the arts. This year, it will take place on Friday 18th September. Given the events of recent months, we were given the challenge to devise a programme in line with current health and safety guidelines. And we are delighted and excited to confirm that thanks to the vibrant rich cultural community in County Monaghan, we will have a blended programme for everyone to enjoy. Many of the events will take place online but we have a number which will take place outdoors. So from 5pm onwards, tune in online or visit one of the participating outdoor events for a different experience of Culture Night this year.

And it's all free!



NIGHT AT THE MOVIES

WITH CLONES FILM FESTIVAL

Clones Film Festival are delighted to invite audiences in their cars to an evening of outdoor screenings as part of Culture Night 2020. We will start with a family screening of the film 'Up' at 7pm, which has a G classification so suitable to all ages and will run for approx 90 minutes. For the older peoples, we will screen the Irish classic 'The Van' at 9.30pm, classification of 15 cert and will run for approx 105 mins. Keep an eye on our facebook page for more details.

Organised by: Clones Film Festival

Venue: Credit Union Carpark, Clones

Time: 7pm and 9.30pm

Booking: Spaces are limited and must be booked through website

Website/URL: <https://www.clonesfilmfestival.com/>



MONAGHAN YOUTH THEATRE PRESENTS AN

EXTRACT FROM

FIREBRINGER, THE

MUSICAL

MYT & After Eights Productions will perform an extract from the upcoming production of Firebringer, The Musical. Directed and produced entirely by MYT members, under the umbrella of Monaghan Youth Theatre, the cast and crew will film a short video with scenes and musical numbers from upcoming show.

Meet Jemilla and her tribe of stone-age pals. Every day, they work hard collecting nuts and berries. Every night, they take cover in their cave, hiding from the most fearsome predator alive - Snarl. When the tribe troublemaker, Zazzalil, goes out during a storm to test her latest invention, she stumbles upon the most important discovery in human history. It's one that will take her on a whirlwind journey from omega to alpha, as she becomes - the Firebringer.

The event will be prerecorded in the Garage Theatre, uploaded to the Cavan Monaghan Creative YouTube channel and will be approximately 20-30 minutes in length. Aimed at an audience of 16+yrs

Organised by: Monaghan Youth Theatre

Venue: Online

Time: 7.30pm - 8pm

Website/URL: Go to Cavan Monaghan Creative YouTube Channel

<https://www.youtube.com/channel/UC2f8gjOP9HTyWYh5fyLdaw>



OUTDOOR MUSICAL ENTERTAINMENT WITH **GRAINNE DUFFY AND PAUL SHERRY**

Grainne Duffy is a contemporary blues based artist hailing from Castleblayney, Co. Monaghan. Described by The Sunday Times as 'a blues singer of real integrity', Grainne Duffy is a pioneer of her own style while also paying sincere homage to her roots, soul, blues and rock traditions.

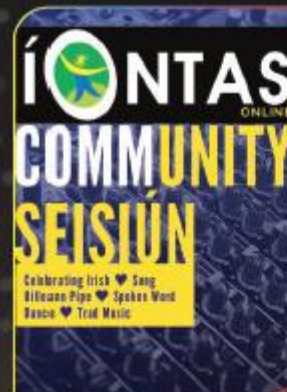
Paul Sherry is a wizard on guitar, and a force to behold. This truly talented versatile guitarist and accomplished soloist plays with a number of fantastic bands. *Outdoor event for everyone to come and enjoy.*

Organised by: Garage Theatre

Venue: Garage Theatre, Armagh Rd, Monaghan

Time: 6pm – 7.30pm

Website/URL: <https://www.garagetheatre.com/>



ÍONTAS COMMUNITY **ONLINE SEISIÚN**

From the very heart of the community Culture Night 2020 Íontas Arts presents 'Íontas CommUNITY Online Seisiún'. A series of performances celebrating ancestral sounds of Irish music, song and spoken word with dance. Uilleann Piper, Peter Coyle, a young local emerging musician who 'plays from the elbow' accompanied by his talented sister Lilianna and Tullycorbet Comhaltas Ceoltóirí members. The online event will be broadcast live from Íontas Theatre stage.

Organised by: Íontas Community and Arts Centre

Venue: Online (Live on Íontas Facebook page)

<https://www.facebook.com/iontas-theatre>

Time: 8pm - 10pm

Website/URL: <http://www.iontascastleblayney.ie/>



THE MUSEUM GOES BACK TO THE **HITS FROM THE 70's AND 80's FOR CULTURE NIGHT!**

Hits from the 70's & 80's performed Live by the amazing Song Sisters and Band. Featuring music by Stevie Wonder, ELO, Fleetwood Mac, Super Tramp to name but a few. Fantastic soul lifting live music and beautiful harmonies to get you movin' and groovin'!

Organised by: Monaghan County Museum

Venue: Online (Live on Museum Facebook page)

<https://www.facebook.com/MonaghanCountyMuseum>

Time: 7.30pm - 8.30pm

Website/URL: <https://monaghan.ie/museum/>

CULTURE NIGHT AT PATRICK KAVANAGH CENTRE

The Patrick Kavanagh Centre will host a very special Culture Night event, live from the brand-new visitor and cultural centre in Inniskeen. With a line-up featuring some of Ireland's finest musicians and artists, featuring Scullion, Michael Gallen with poetry readings from Caitríona Ní Clericín amongst others, this event will be a celebration of Irish heritage, poetry and contemporary arts. The event will be bilingual and broadcast live from the Patrick Kavanagh Centre with a small audience also present. It will also celebrate the reopening of the refurbished Patrick Kavanagh Centre and the legacy of the great man's work.

The event will have broad appeal for all generations especially the culturally curious, those interested in Irish heritage, poetry and contemporary arts.

Organised by: Patrick Kavanagh Centre

Venue: Online at website details below

Time: 8pm - 10pm

Website/URL: <https://www.patrickkavanaghcentre.com/>



SENSORY SONGS: UNDER THE WISHING TREE



Sensory Songs: Under the Wishing Tree is a musical adventure created especially for children with autism. Whistleberry Forest is a beautiful forest full of leafy trees and curious creatures. As you walk through the forest, you can hear twigs snap beneath your feet. When you look up, you can see the sun shine through the leaves. When you take a deep breath, you can smell the fresh scent of pinecones in the air. In the middle of Whistleberry Forest, you will find a very magical Wishing Tree where the creatures of the forest often gather to make their very own wish.

In this multisensory musical workshop, an invited group of children from an ASD Unit in Co. Monaghan will be led on a journey through Whistleberry Forest. The music and songs from this workshop will be recorded and shared with a group of children in Co. Cavan so that they can also join the sensory adventure. Led by Dr. Thomas Johnston, a traditional musician and Artistic Director of Ceol Connected, and Orla Kelly, a visual artist and Director of Early Childhood Creativity.

The workshop will be available on the Cavan Monaghan Creative YouTube channel on Culture Night.

Organised by: Ceol Connected (in partnership with Cavan CoCo)

Venue: Online at Cavan Monaghan Creative YouTube Channel

Time: 6pm - 6.30pm

Website/URL: <https://www.youtube.com/channel/UC2f8giOP9HTyWYrYnsfyLdsw>

CAVAN MONAGHAN MUSIC GENERATION NOCTILUCENT

A very special performance by Musician Educators from Musician Generation Cavan / Monaghan Brioni Gallagher and Seanan Brennan. This will be filmed in the iconic St. Peter's Tin Church in Laragh and broadcast on the Cavan Monaghan Creative YouTube channel for Culture Night.

A collection of songs that speak of fearlessness, of loss and hope, and of standing on the edge of the unknown. From Massive Attack to Jackson C. Frank, these songs are a reminder that even in times of darkness, there is always light to be found.

Organised by: Cavan Monaghan Music Generation

Venue: Online at Cavan Monaghan Creative Channel YouTube

Time: 7 - 7.30pm

Website/URL: <https://www.youtube.com/channel/UC2f8gJP9HTyWYhfayLdaw>



WOW!

THANK YOU

We would like to thank all the organisations, groups and individuals for taking part in Culture Night Monaghan 2020.

For further information contact

culturenight@monaghancoco.ie | www.monaghan.ie | facebook.com/culturenightmonaghan

Follow us on Twitter @culturenight and @MonaghanCoCo
and use hashtag #LOVECulture #CultureNight



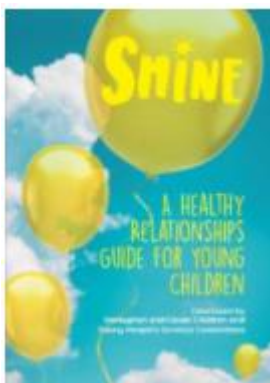
To find out more on Culture Night go to www.culturenight.ie

Culture Night is brought to you by the Arts Council
in partnership with Monaghan County Council





Members of The Children and Young people's services Subgroup and members of an Gardaí Siochána photo by Rory Geary



Monaghan CYPSC and Cavan CYPSC have launched three age-appropriate booklets for children and young people, exploring healthy and unhealthy relationships.

The SHINE Booklets: Towards a Brighter future for all children: Because Every Child Has a Right to be Safe were designed, jointly funded and produced by CYPSC "Safe and Protected from Harm" Sub-groups.

Monaghan CYPSC member Michelle Treanor, a Therapeutic Support Worker with the Irish Society for the Prevention of Cruelty to Children (ISPCC), brought her insights and experience from engaging with children, young people and families to bear throughout the development of the 'Shine' booklets. Monaghan CYPSC is greatly appreciative of her commitment and expertise.

The Safe and Protected from Harm interagency subgroup Chaired by Cathal Grant Prevention, Partnership and Family Support manager for Cavan and Monaghan, acknowledged "This booklet is just one step in supporting young people who are experiencing and witnessing unhealthy relationships in their life. The Sub-group is also working on developing a group work programme with partner agencies to be launched later in the year."

For more information on the booklets please click [here](#)



*14-24 YEAR OLDS

START YOUR FUTURE TODAY!
FREE SUPPORT TO REACH YOUR POTENTIAL

Learn By Doing Fun Activities Like:

- Health & Fitness
- Computers & Coding
- Film Making / Photography
- Entrepreneurship
- Personal Development
- Driver Theory
- Community Projects
- Day Trips & more

+ Support With Education, Training & Job Skills

CALL OR TEXT SHANE ON 086 4135544

Starting Soon With Limited Places



Amplify is a Foróige Peace IV funded programme based in the Monaghan NYP which aims to engage 14-24 year olds to support them to realise their potential through activity programmes, guidance and mentoring led by their individual needs and interests.

Activities which can be facilitated include photography, film making, health & fitness, cooking, music, sports, youth entrepreneurship, coder dojo, driver theory, job skills through which young people will learn good relations, citizenship and personal development.

Suicide and Self-Harm Crisis Service

Suicide Bereavement Service

Free counselling with fully qualified therapists

Pieta provides free, one-to-one professional counselling for people who are in suicidal crisis, those who are self-harming, and people who have been bereaved by suicide. Our services are now available in Cavan and Monaghan and our therapeutic approach is rooted in compassion and care.

Monaghan Outreach Service
Castleblayney, Co Monaghan

Cavan Outreach Service
Cavan Town, Co. Cavan

090 642 4111

Call to book an appointment

24/7 HELPLINE
1800 247 247

pieta.ie



Charity Registration No. 0017895, Charities Regulatory Authority No. 20040026
Company Registration No. 422780 (Republic of Ireland)



HUGG — Healing Untold Grief Group

Formerly Cavan Semi-Colon Project
Suicide Bereavement Support Group

**Cavan and Monaghan have the highest rates of
suicide in the country at present.**

Each suicide has a devastating and lasting impact
on families, friends and communities.

Our peer support group has been established to
address this need for support of those who have lost
a loved one to suicide. The group is led by a trained
and experienced facilitator. We aim to provide a safe,
confidential environment in which those bereaved by
suicide can share their experiences and feelings, so
giving and gaining support from each other.

We are meeting in the Hotel Kilmore
on the following dates:

Wednesday, 16th September 2020, 7.30 p.m.— 9.00 p.m.

Wednesday, 14th October 2020, 7.30 p.m.—9.00 p.m.

Wednesday, 18th November 2020, 7.30 p.m.—9.00 p.m.

**Due to the current HSE Guidelines it will be
essential that everyone coming along will need
to book their place.** For more information contact

Programme Co-ordinator on 049 4336070
or 087 695 1865 or email: hleahy@ccld.ie



The Social Inclusion and Community Activation Programme (SICAP) 2014-2020 is funded by the Irish Government through the Department of Rural and Community
Development and co-funded by the European Social Fund under the Program for Employment, Inclusion and Learning (PEIL) 2014-2020.



In Cavan and Monaghan the project is delivered by the Cavan and Monaghan Suicide Bereavement Support Group (CMBSSG) in a company limited by guarantee. SICAP is funded by the Department of Rural and Community Development and co-funded by the European Social Fund under the Program for Employment, Inclusion and Learning (PEIL) 2014-2020.

About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds LivingWorks Start, safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend.

LivingWorks Start is one of a number of suicide prevention training programmes coordinated at a local level by HSE Resource Officers for Suicide Prevention.

Visit www.nosp.ie/training;

For contact details of your local training coordinator who can issue you with a free licence to complete LivingWorks Start.

For information on other training programmes that are available or coming up in your area.

your
mental
health.ie

Information | Register | Contact

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.

This leaflet is available to order on www.healthpromotion.ie and has been produced by:

The National Office for Suicide Prevention
HSE Community Strategy and Planning
Stawards Hospital, Palmerstown, Dublin 20
Tel: 01 620 1670 / E: info@nosp.ie

Revised



LivingWorks
START

Suicide Prevention Skills Online



What is LivingWorks Start?

Most people are surprised to learn that they're much more likely to encounter someone who's thinking about suicide than someone who needs CPR. Yet suicide is preventable: with the right skills, anyone can help save a life.

That's where LivingWorks Start comes in. In as little as one hour online, this online, interactive training programme will give you the skills and knowledge to keep others safe from suicide.

Who should complete LivingWorks Start?

This programme is suitable for anyone over the age of 18 who wants to help prevent suicide and is prepared to become more suicide alert.

What will I learn from LivingWorks Start?

You will;

- Become more comfortable talking about suicide
- Feel more confident in keeping a person safe in times of distress
- Be able to support members of the community, friends and co-workers
- Build your own professional skills
- Have peace of mind knowing you're ready to help.

How is LivingWorks Start different from other workshops?

LivingWorks Start helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe.

It is a level 2 alertness skills programme and not as advanced as safeTALK or the two-day intervention skills workshop, ASIST.

Steps in suicide prevention training:

- Step 1: General Awareness
- Step 2: Alertness Skills
- Step 3: Intervention Skills
- Step 4: Assessment and Management Skills

How does LivingWorks Start work?

- You can complete the programme on any device or computer. Once you have activated your free licence, you can log in and begin the programme.
- After you activate your licence, you will have 60 days to complete the programme. After that time, your licence will expire and you will not be able to complete the programme.
- The programme uses a mix of guided online content, video and interactive questions.
- You can pause and recommence the programme at your own convenience.
- On average, the programme will take one hour 30 minutes to complete, but you can work at your own pace.
- You will receive a certificate of completion at the end of the programme.

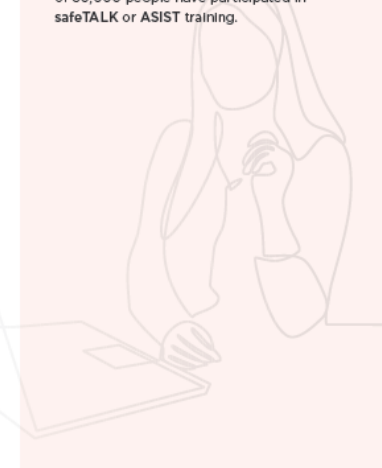
WOW!



LIVINGWORKS

About LivingWorks

LivingWorks programmes have been widely accepted and valued in Ireland since their introduction in 2003. Starting in Canada in the early 1980s, LivingWorks programmes are now available in many countries including the USA, Australia, Norway, New Zealand, Northern Ireland, Scotland, England and Wales. Close to 2 million people have participated worldwide. In Ireland, in excess of 30,000 people have participated in safeTALK or ASIST training.



Please contact Emer if you are interested in **registering for the START training** on: Emer.Mulligan@hse.ie

New Emergency Card Scheme for Family Carers



Family Carers Ireland (FCI), in partnership with An Garda Siochana, the National Ambulance Service Community First Responder Schemes, The Irish Red Cross and The Order of Malta has developed a new Emergency Card Scheme for family carers. If a family carer is involved in an accident, has an unplanned hospital admission or is suddenly taken ill, there is a risk that the person who needs their care and support could be left at home alone and uncared for. The Emergency Card Scheme (**free to family carers with access to a 24/7 emergency helpline**) is intended to give peace of mind to family carers as well as ensuring that the person they care for remains safe in such emergencies. It involves completion of an Emergency Care plan by the family carer including nominating two people (family members/friends) to take over their caring role in such an emergency and the issuing by FCI of an Emergency Card to family carers who sign up to the scheme. Where a family carer cannot nominate two people or where their nominated person cannot be reached in the event of an emergency then FCI will link with other agencies/service providers and/or emergency services to ensure a care plan is put in place for the cared for person.

To download the Emergency Care Plan please click on the following link:

<https://familycarers.ie/media/1986/family-carers-ireland-emergency-plan.pdf> or for more details on the scheme please go to www.familycarers.ie or call Family Carer's Ireland Freephone Careline 1800 24 07 24. The scheme is kindly supported by Irish Life and the dormant accounts fund.



WORKING TOGETHER TO PREVENT SUICIDE



WARNING SIGNS

BEHAVIOUR

- ISOLATION
- SUDDEN CHANGES IN MOOD OR PERSONALITY
- SUDDEN CHANGES IN ALCOHOL
- A SUICIDE ATTEMPT OR ACT OF SELF-HARM
- SUICIDALITY IN JOURNAL, ON NEWS
- SUICIDALITY IN ARTWORKS
- SUICIDALITY IN CAPTIONED PHOTOGRAPHS
- SUICIDALITY IN CAPTIONED VIDEO
- SUICIDALITY IN CAPTIONED AUDIO



FEELINGS

- DEPRESSION
- HELPLESSNESS
- FEELING LIFE IS BECOMING LONELY
- HOPELESSNESS
- FEAR



THOUGHTS

- GLOOMY, NEGATIVE THOUGHTS
- INABILITY TO SOLVE PROBLEMS
- VERY SELF-CRITICAL
- SAYING THINGS LIKE:
 - "I would be ending these things anyway"
 - "I can't do anything right"
 - "I just can't live it anymore"
 - "All of my problems will end soon"



PHYSICAL SIGNS

- NEGLECTING APPEARANCE
- NEGLECTING PERSONAL HYGIENE, OR CLOTHING
- NEGLECTING PHYSICAL COMPLAINTS LIKE:
 - CHRONIC PAIN
 - WEIGHT LOSS OR WEIGHT GAIN DUE TO APPETITE
 - LOSS OF SLEEP
 - TENSE OR TREMORING (IT IS NOTABLE TO DISSEMINATE)

If you are worried about someone the following are some things you can do to support them.



SHOW YOU CARE

Focus on the person, make eye contact, listen, put away your phone.



BE PATIENT

It may take time and several attempts before a person is ready to open up. Give them space and time.



USE OPEN QUESTIONS

These questions are objective and require the person to pause and think with the hope they will expand and open up.



SAY IT BACK

Repeating something back to someone is a great way to reassure them that they have your undivided attention.



HAVE COURAGE

Listen without being judgemental or offering solutions. Don't be put off by a negative response and don't feel you have to fill a silence.

crisis text line

50808

free 24/7 text service

Remember, if you are afraid someone is thinking about suicide, don't be afraid to ask the question – are you suicidal? Listen without judgement or blame. By asking the question you are not giving someone the idea.

If the answer is yes, don't panic.

Listen, get advice and ask for help.



Connecting for Life
Cavan and Monaghan

If you are feeling low or distressed, please just talk about it with someone ...

EMERGENCY / CRISIS NUMBERS:

**YOUR LOCAL GP
OR NORTH EAST
DOCTOR ON CALL**
1850 777 911

**GARDAI /
EMERGENCY
SERVICES**
999 / 112

THE SAMARITANS
116 123
TEXT 087 260 9090
EMAIL:
jo@samaritans.org

**DOMESTIC
VIOLENCE SERVICE
WOMEN'S AID
NATIONAL
HELPLINE**
1800 341 900

**24/7 SUICIDE
HELPLINE**
1800 247 247
TEXT: 'HELP' TO
51444
(PIETA HOUSE)

**AWARE
SUPPORT LINE**
1800 80 48 48
Email:
supportmail@aware.ie

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

CHILDLINE
1800 666 666
TEXT: 'TALK' TO
50101

**FARM AND
RURAL STRESS
HELPLINE**
1800 742 645

OTHER SUPPORTS:

**TEARMANN DOMESTIC
ABUSE SERVICE**
047 72311
tearmann@tvs.ie
www.tearmann.net

**NATIONAL
LGBT
HELPLINE**
1890 929 539

**MABS
(Money Advice
& Budgeting Service)
Helpline**
0761 072 000

**MENTALHEALTH
IRELAND**
www.mentalhealthireland.ie

SHINE
086 852 5422
Supporting People Affected
by Mental Ill Health
northeast@shine.ie
www.shine.ie

**ONLINE
COUNSELLING**
www.turn2me.org

**GROW
INFO LINE:**
1890 474 474
Supporting those experiencing
mental health problems

PARENT LINE
1890 927 277
www.parentline.ie

PLEASE TAKE A PHOTO OF THIS POSTER



Please scan the code to
download the Connecting
for Life Cavan Monaghan
Suicide Prevention Plan



Foithmeannacht na Seirbhíse Sláinte
Health Service Executive

Learn about mental health and how to
support yourself and those you love:
www.yourmentalhealth.ie

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

If you have coronavirus symptoms:

1. Please phone your doctor for medical advice if you have:

- **fever** (high temperature – 38 degrees Celsius or above)
- **cough**
- **shortness of breath**
- **loss or change to sense of smell or taste**

2. Please phone the pharmacy for a supply of your medicines or advice about your medicines.

TEL:

This helps to protect you, staff and other people visiting the pharmacy today.



Wear a face covering inside the pharmacy



Wash your hands well and often to avoid contamination



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and bin used tissue



Avoid touching eyes, nose or mouth with unwashed hands



Clean and disinfect frequently touched objects and surfaces

Stay safe.
Protect each other.
hse.ie



Riadas na hÉireann
Government of Ireland

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Please phone the doctor first for medical advice if you have:

- **fever** (high temperature – 38 degrees Celsius or above)
- **cough**
- **shortness of breath**
- **loss or change to sense of smell or taste**

This helps to protect other people visiting this surgery today.

PHONE US FIRST

TEL:



Wear a face covering inside the GP surgery



Wash your hands well and often to avoid contamination



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and bin used tissue



Avoid touching eyes, nose or mouth with unwashed hands



Clean and disinfect frequently touched objects and surfaces

Stay safe.
Protect each other.
hse.ie



Riadas na hÉireann
Government of Ireland

Did you know that sitting for long periods of time increases your risk of heart disease and stroke?



For more information about the campaign visit:
www.EscapeYourChair.ie and for tips about
maintaining a healthy heart while working from
home go to: <https://bit.ly/2EV70MW>



National Educational Psychological Service advice & resources for the return to school

Schools are re-opening and school staff are looking forward to welcoming children and young people back again. This will be a time of change with new routines in school in order to keep everyone safe. In these times of change some stress or anxiety is a normal response. The resources provided below are designed to support school communities during this period.

Wellbeing Webinars and **Toolkits** for Primary and Post-primary Schools have been developed by NEPS psychologists to support the wellbeing of school communities. These resources are available at:

[https://www.gov.ie/en/publication/0722b-wellbeing-resources/Relaxation techniques \(text\) and Relaxation techniques \(podcast\)](https://www.gov.ie/en/publication/0722b-wellbeing-resources/Relaxation%20techniques%20(text)%20and%20Relaxation%20techniques%20(podcast))

Supporting Wellbeing in the School Community: ([NEPS/JCT Webinar](#))

Further resources to support schools in planning and preparing for the return to school are available at www.gov.ie/backtoschool

Great resources for children needing additional supports:

<http://bit.ly/TransitionstoSchool>

#First5 #LetsGetReady #AIM #NCSE



Keep washing those hands:

<http://bit.ly/KidsHandwashing>

#First5 #LetsGetReady #HereWeGo
#SafeFood

Developing a good bedtime routine:

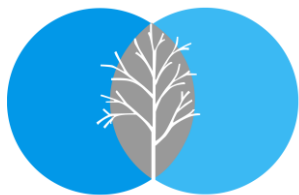
<https://www.safefood.net/start/sleep>

#First5# LetsGetReady #HereWeGo
#Start



EDUCATION SUPPORTS

Tusla Education Support Service (TESS) has three strands namely the Statutory Educational Welfare Service (EWS) and the two school support services the Home School Community Liaison Scheme (HSCL) and the School Completion Programme (SCP). The three tess strands work together collaboratively with schools, families and other relevant services to achieve the best educational outcomes for children and young people. Click [here](#) for more information.



MONAGHAN INTEGRATED DEVELOPMENT

Supporting Growth and Opportunity

Business Start-Up Supports for Unemployed Individuals

MID are hosting a FREE on-line information session on the supports available to individuals who are considering self-employment as a career option. This information session is available to anyone in Co Monaghan in receipt of a social welfare Payment or currently unemployed due to the Covid-19 pandemic. To gain access to the information session you will need to download the Microsoft Teams App to your PC, Laptop or Phone in advance of the presentation

Please contact Margaret at mduffy@midl.ie or 042 9749500 to register for the information session

Date: Thursday 8th October 2020
Time: 11.00am
Platform: Microsoft Teams

**SICAP 2018 –
2022**



Ireland's European Structural and
Investment Funds Programmes
2014-2020

Co-funded by the Irish Government
and the European Union



EUROPEAN UNION

Investing in your future
European Social Fund



Department of Rural and
Community Development

*An Roinn Forbartha
Tuaithe agus Pobail*

The logo features the word "dementia" in a bold, black, sans-serif font. Below it, the words "under stand together" are written in a smaller, black, sans-serif font, with "under" and "stand" separated by a thin horizontal line. The entire logo is set against a light blue rectangular background.

dementia

under stand together



Webinar Registration

Dementia: Understand Together - Champions' Café

On **September 30th from 12.30-1.30pm** the first **Virtual Champion's Café** will take place:

- Hear people with dementia and community champions talk about their experience with dementia;
- Find out the actions we can all take to support a person with dementia in communities, also now during COVID – 19; and
- Get advice from a health care professional on how we can all prepare ourselves for the colder months and stay well.

Places are limited and the deadline for making a booking is September 23rd [through this link. here](#)



Women's Impact Survey of COVID-19 Pandemic

NCCWN Blayney Blades and NCCWN-Dochás for Women are a part of the umbrella organisation, the National Collective of Community-Based Women's Networks (NCCWN). We support women who experience disadvantage and marginalisation as a result of barriers and lack of opportunities.

Covid-19 has changed the way we have been living our lives in Ireland since March 2020. As we all work to adapt to this current way of living, NCCWN, as a local grassroots women's organisation has recognised that women will face unique experiences, challenges and impacts during this time because of their gender.

We have therefore put together this survey. Collecting this information from women will allow us to bring a local gender lens to the impact of Covid-19, highlight positive changes and areas of concern, and develop local strategies and actions to address the issues identified by the women of Monaghan.

The data you provide will be used by the NCCWN Blayney Blades and NCCWN-Dochás for Women to support the development of national and local strategies and actions to better support women post Covid-19 where possible.

The information gathered in this survey will be stored anonymously (unless you have agreed to be contacted for a follow-up with a member of staff) and securely. It will not be possible to identify you in any of the publications that may result from this survey.

<https://nccwn.org/latest-news/nccwn-womens-impact-survey-of-covid-19-pandemic/>



NSPCC look say sing play

Look, Say, Sing, Play

Parents Webinar – Armagh, Cavan & Monaghan

- Look, Say, Sing, Play is all about simple, fun activities that fit in to your routine and support your child's development.
- Join us on Friday the 25th of Sept 12.00 to 12.30 or on Wed the 30th of Sept at 2pm to 2.30pm to find out more about supporting your child's development.

To register for this Webinar (Zoom) email:
Bernadette.lally@southerntrust.hscni.net

Find out more at
[nspcc.org.uk/
brain-building](http://nspcc.org.uk/brain-building)



EVERY CHILDHOOD IS WORTH FIGHTING FOR

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And for our littlest people
Join this free webinar to
find out more about
supporting your child's
development.

WHAT IS THE FIRST 1000 DAYS?

WOW!

Pregnancy

270 DAYS

+

1st Year

365 DAYS

+

Second Year

365 DAYS

WAKE ME UP IN
9 MONTHS



I like
tickles



CRAWLING
IS FOR BABIES



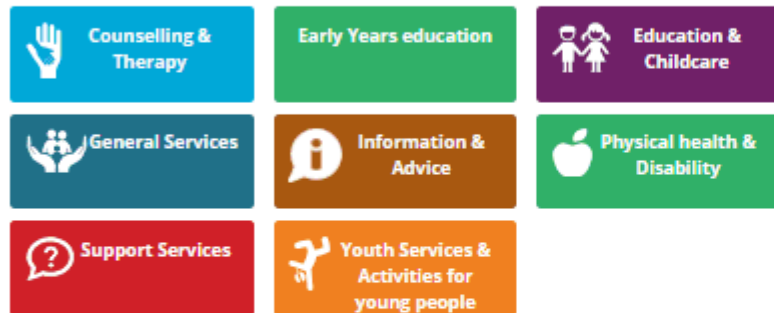
= 1000 DAYS

<https://www.first1000days.ie/>

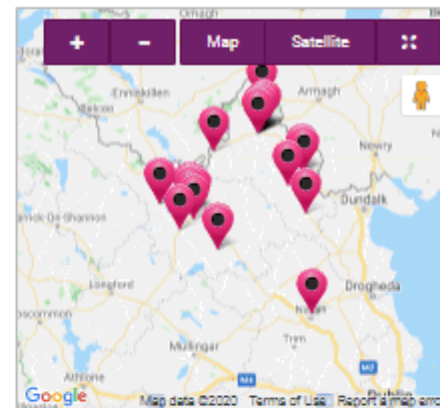


Our Cavan & Monaghan Services

Click on a button below or use the search boxes above to find information about services for children, young people and families in Cavan and Monaghan.



About This Website



[View Larger Map](#)

Top Requested Services

Youth services	Alcohol addiction
Counselling	Mental health
Childcare	Psychology
Support groups	Hearing
Citizens Information	Occupational Therapy

Our website is growing with 50 services listed across Cavan and Monaghan if you would like to have your service listed free please visit www.cavanmonaghanservices.ie and click request registration





Applications open for 2020 National Lottery Grants.

HSE are now accepting funding applications for the 2020 National Lottery Grants. The closing date is 18th September. See <http://hse.ie/lotterygrants> for more details & how to apply.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

NATIONAL LOTTERY GRANTS

The HSE has been allocated National Lottery Funding for distribution to community based groups and voluntary organisations, under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in providing health and personal social services can apply for once-off funding of between €500 and €10,000 for suitable projects.

For information on how and where to apply, see www.hse.ie/lotterygrants If you have a query contact the HSELive Team on 1850 24 1850 or email hsellive@hse.ie

Closing Date for Applications is noon on 18th September 2020.



HSE are now accepting funding applications for the 2020 National Lottery Grants. The closing date is 18th September. See <http://hse.ie/lotterygrants> for more details & how to apply.



Some friendly guidance to those who are submitting information to **WOW**

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions, unless requested or if your event takes place sooner.
5. WOW will be issued bi monthly. Please send your articles for inclusion by the Wed of each month on the second and fourth week.
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if WOW has helped your service, event or activity in any way.
9. Email all articles/flyers to collette.deeney@tusla.ie



WHAT'S ON WHERE IN MONAGHAN

