



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER
UP COMING EVENTS NEAR YOU.....

Issue 11 May 15th 2020

please email any of your events to collette.deeney@tusla.ie



**WOW is reverting back to fortnightly issue from this week
Next issue will be on the 29th May**

Welcome to the 11th edition of our information bulletin, What's on Where ; WOW.

In our 15th May edition there are

- Some fun exercises for from the Child Development Occupational Therapy team**
- Monaghan Sport Partnership cycle challenge**
- The listing of food banks for people who might need some support over the coming weeks**
- Tips on looking after your emotions and supporting children as the weeks go by**
- Parents survey – capturing what supports parents need -so whether you are pulling your hair out or loving time home with the kids please take 5 mins to complete our survey monkey available on the Monaghan CYPSC face book page**

Previous editions of WOW can be accessed [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 and enjoy the weekend😊

Fab booklet from relate ni with lots of tips on maintaining relationships in lockdown and supporting your children full pdf on the link below



<http://www.relateni.org/images/RelateNI-HealthyRelationships.pdf>

Looking After Your Emotions

As we navigate our way through these changing times with work interruptions, family disruptions and health concerns, it is clear that none of us are immune to the increased stress and anxiety as we cross into the unknown. The current stress and tension can often affect our ability to adapt to the new 'normal'.

So the question is how can we help our children when we need help ourselves?

Child psychologist Dr Bruce Perry has a helpful guide for parents on how to stay regulated and handle stress during these uncertain times.

Firstly, let's look at what self-regulation is? Self-regulation involves learning to control your behaviour, emotions and thoughts and the ability to manage disruptive emotions and impulses.

This is something that parents can help children to develop, especially during these uncertain and stressful times.

Perry suggests 7 useful tools to help families emotionally regulate during the pandemic.

Structure your day Children appear to be much more tolerant to stress when it presents in predictable ways, such as daily routines and bedtimes etc. When stress is unpredictable children become more vulnerable rather than resilient.

Having meals together Having meals together helps to maintain a structure and routine as well as letting you check in and stay connected with your children.

Limit media While technology can be a great tool to stay connected with family and friends at the minute, relying too much on media can replace time that should be spent

easing each other's stress and connecting emotionally.

Exercise When children are in a fearful state they also have a heightened state of arousal. Rhythm and movement can help to regulate them such as walking, running, dancing and singing.

Reach out Connecting with others is so important, even though we have to be physically distant we can remain emotionally close. Taking care of your own needs is SO important. An unregulated child cannot be regulated by an unregulated parent!

Get a good night's sleep Due to current worry and stress it is normal for us to be feeling more emotionally and physically exhausted. To help us sleep better try to exercise in the morning/afternoon and wind down with calming activities. Avoid late night screen time.

Stay positive If we as the adults try to stay calm and regulated our children will feel less distressed. In turn everyone will feel socially, emotionally and physically healthier.

As we practice self-care, rely on others and connect with the people around us. Our families will come out of this with greater personal strength, stronger relationship connections and better resilience.

Other Helpful Resources



The Story of the Oyster and the Butterfly
An illustrated resource book for helping children regulate their emotions. Available in different languages at <https://www.anagomez.org/covid-19-resources/>



Maintaining Healthy Relationships

How to manage conflict during lockdown

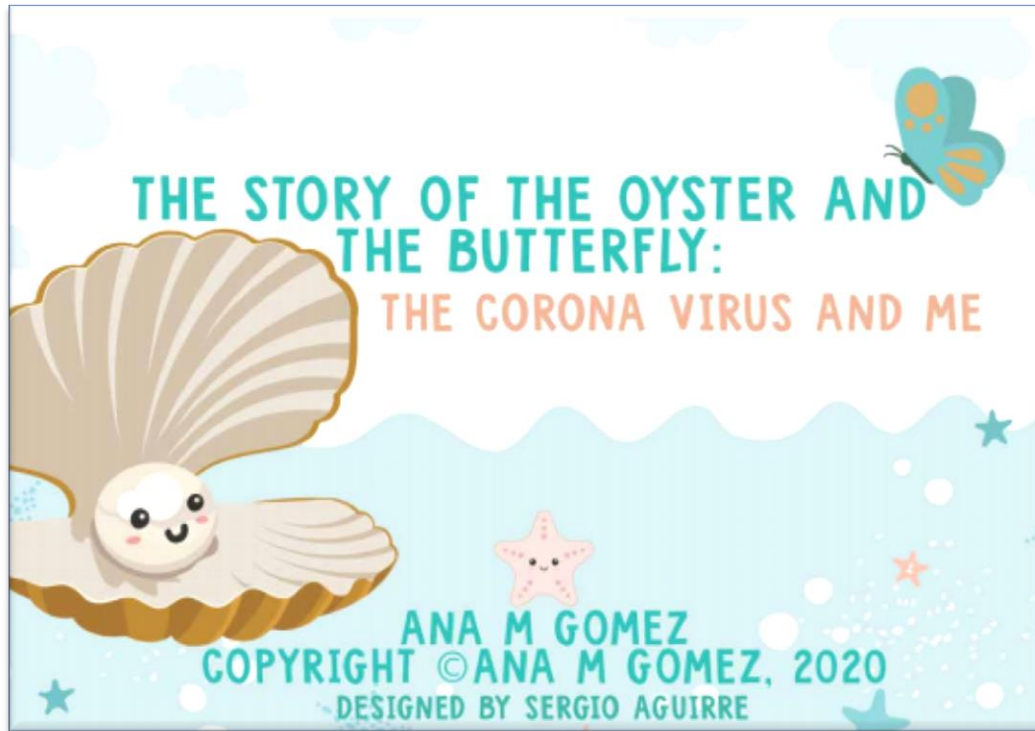


Looking After Your Emotions

Helping families to emotionally regulate during

Covid19

WOW!



Beautiful free downloadable story to explain resilience to young children and give them the confidence and strategies to handle life's ups and downs. Some pages on the next slides

https://www.anagomez.org/wp-content/uploads/dlm_uploads/2020/04/OysterandButterfly-EnglishV3.pdf

please email any of your events to

please email any of your events to: ciara.markey@tusla.ie

collette.deeney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



POWER # 1: WE CAN USE THE POWERS OF OUR BODIES TO STAY SAFE. WE CAN DO THE THINGS THAT WILL KEEP US FAR AWAY FROM THE CORONA VIRUS.



POWER # 2: WE CAN VISIT OUR FEELINGS TO HEAR WHAT THEIR VOICES ARE SAYING.



IF OUR FEELINGS ARE GETTING TOO BIG, TOO HOT, OR TOO COLD, WE CAN DO THINGS TO COOL THEM DOWN OR WARM THEM UP.



IGNORING FEELINGS DOES NOT HELP US. REMEMBER, FEELINGS ARE MESSENGERS AND THE MORE WE LISTEN AND TALK ABOUT THEM THE BETTER WE WILL FEEL IN THE LONG RUN!

POWER # 3: WE CAN BE KIND AND LOVING TOWARDS OUR FEELINGS AND HAVE COMPASSION FOR THEM.



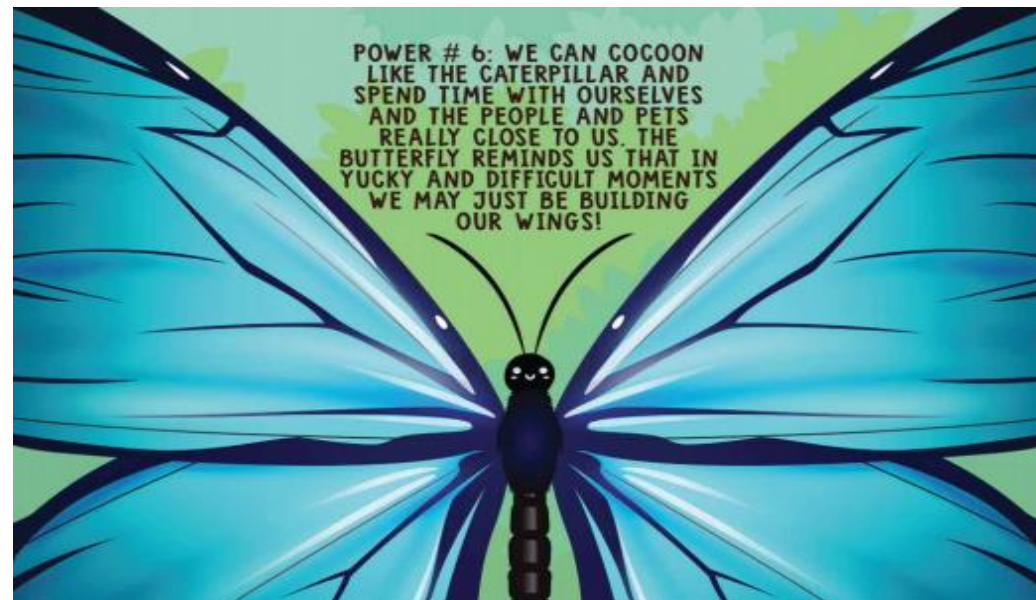
POWER # 4: WE CAN VISIT OUR NEEDS AND SEE WHAT WILL MAKE US FEEL BETTER: DO WE NEED A HUG? OR SOMEONE TO TELL US THAT THINGS ARE GOING TO BE OK? DO WE NEED TO TALK TO SOMEONE WE TRUST?



POWER # 5: WE CAN USE THE POWER OF BREATHING. BREATHING CAN HELP CALM OUR MINDS, HEARTS AND BODIES.



POWER # 6: WE CAN COCOON LIKE THE CATERPILLAR AND SPEND TIME WITH OURSELVES AND THE PEOPLE AND PETS REALLY CLOSE TO US. THE BUTTERFLY REMINDS US THAT IN YUCKY AND DIFFICULT MOMENTS WE MAY JUST BE BUILDING OUR WINGS!





#HOLDFIRM

Things to Look Forward To

Draw, write or tell someone answers to any of the following questions

When places open-up again, where is the first spot you'll go?

What parts of school have you most missed?

When places open-up again, where is the first spot you'll go?

Who will you visit, out of everyone you know?

What parts of school have you most missed?

Which friend will you first invite around to play?

Or any events you don't want to be late for?

Who will you visit, out of everyone you know?

Are there any activities you really can't wait for?

What parts of school have you most missed?

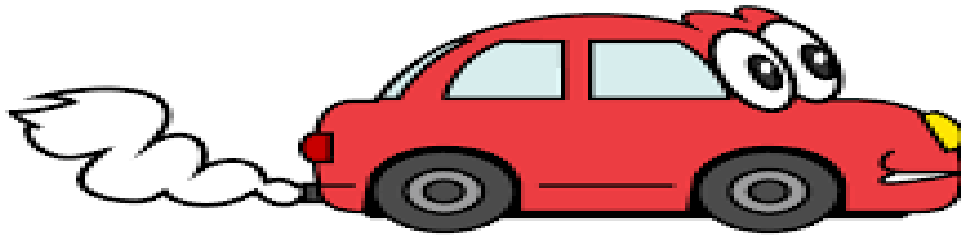
Is there any-where you'd like us to go to, to stay?

Which play places will be first on your list?

#letsplayireland

Some more ideas for play on

<https://www.gov.ie/en/publication/lets-play-families/>



WOW!

Rev up your motor skills
4-8 year olds

monaghan/Cavan physiotherapy
department, hse child development
team



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

➤ **10 minute gross motor workout**

1. CRAB WALK



- ❖ Sit on the floor on your bottom
- ❖ Put your hands under your shoulders
- ❖ Lift your bottom up off the floor
- ❖ Walk forward like a crab for 15 steps
- ❖ Repeat 3 times

2. FROG JUMPS



- ❖ Bend both your knees, touch your hands to the floor in between your knees
- ❖ Jump up as high as you can like a frog, moving forward
- ❖ Land down on both feet with your knees bent and return to the starting position
- ❖ Complete 15 frog jumps in this way
- ❖ Repeat 3 times

3. HOP SCOTCH



- ❖ Hopscotch involves 1 foot hop, then a 2 feet jump, 1 foot hop and so on
- ❖ This can be completed on a tiled floor, or even on the one spot
- ❖ Complete one hop, followed by one jump 5 times
- ❖ Repeat 3 times

4. STAR JUMPS



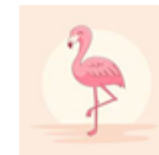
- ❖ Stand up with your feet together and your hands down by your sides
- ❖ Jump your feet out to either side and move your arms up above your head at the same time
- ❖ You should look like a star in this position
- ❖ Then jump back to the starting position
- ❖ Repeat 10 times
- ❖ Complete 3 sets

5. BALL BOUNCING



- ❖ Find a ball at home that is bouncy
- ❖ Bounce to the ground with your right hand, then your left, then your right.
- ❖ Repeat for 20 bounces, change hand each time
- ❖ Complete 3 times

6. STAND LIKE A FLAMINGO



- ❖ Balance on your right foot, bending your left knee up to keep your left foot off the floor
- ❖ Hold this position for as long as possible, aiming for 10 seconds
- ❖ Switch to balance on your left leg
- ❖ Repeat 3 times on each leg



Rev up your motor skills 9-18 year olds

Physiotherapy Department
Monaghan/Cavan child development team



- **10 minute gross motor workout**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

1. WALL SITS



- ❖ Place your back against a wall, with your feet flat on the floor in front
- ❖ Slide your back down the wall, bending your knees, into a seated position
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

2. CROSS CRAWLS



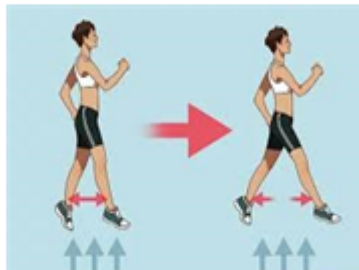
- ❖ Stand with both your arms up at shoulder height
- ❖ Touch your left hand to your right knee
- ❖ Return your left hand up to shoulder height
- ❖ Touch your right hand to your left knee
- ❖ Return your right hand up to shoulder height
- ❖ Complete this 20 times
- ❖ Repeat for 3 sets

3. PLANK



- ❖ Get on to the floor on your tummy
- ❖ Bend your elbows, so your forearms are resting on the floor with your elbows under your shoulders
- ❖ Option 1: Keep your knees on the ground, with your trunk, back and bottom in a straight line.
- ❖ Option 2 (more challenging): Put your toes on the ground, lifting your knees up, keep your trunk, back and bottom in a straight line
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

4. SCISSOR JUMPS



- ❖ Stand with your right foot stepped forward from your left, and your right arm forward
- ❖ Jump both your feet to switch so your left foot is now forward, at the same time change your hand position so your left hand is now forward
- ❖ Continue to jump alternating right side forward, then left side forward, right side forward and so on
- ❖ Complete 20 times
- ❖ Repeat for 3 sets

5. PRESS UPS



- ❖ Option 1: Wall press ups
- ❖ Option 2: Press ups against the edge of a worktop / table
- ❖ Option 3: Knee press ups
- ❖ Option 4: Full press ups
- ❖ Place the palm of your hand flat on the surface (wall / worktop / table / floor)
- ❖ Bend your elbows to allow your body to move closer to your hands
- ❖ Keep your body straight during this movement
- ❖ Complete this 10 times
- ❖ Repeat 3 sets

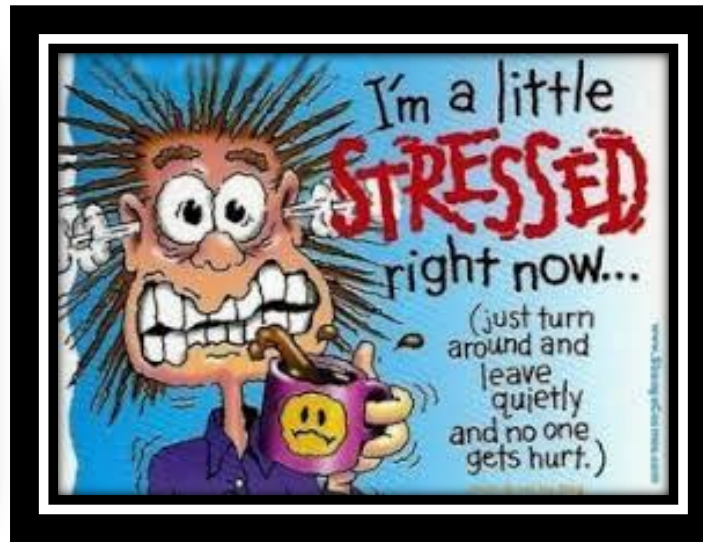
6. SINGLE LEG BALANCING WITH BALL



- ❖ Place one foot on a football
- ❖ Roll the football under your foot forwards, backwards and side to side
- ❖ To progress this exercise, dribble the ball forward between cones / around obstacles. Making sure to keep the ball close to your feet at all times
- ❖ Complete for 2 minutes with each foot

We want to hear from Parents
please take 5 mins to complete
this online survey

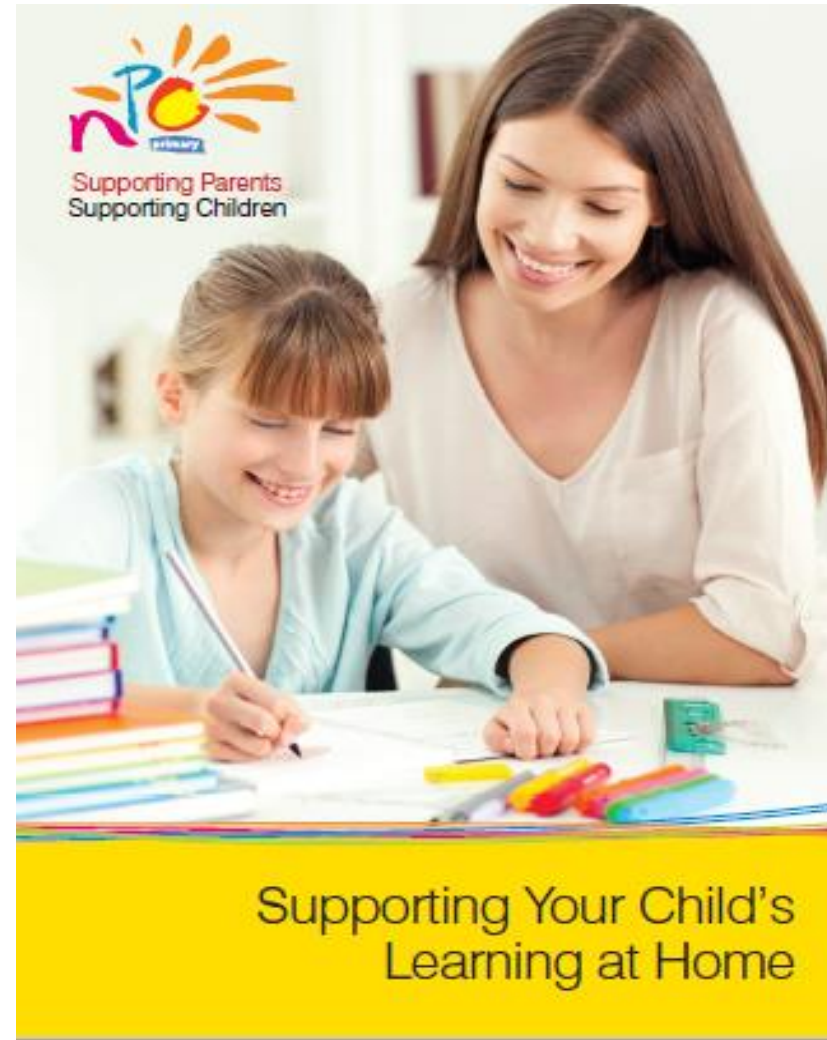
WOW!



<https://www.surveymonkey.com/r/5N3W3JY>



Supporting Parents Supporting Children



Transition from
Preschool to Primary
School - online session
for parents

[http://www.npc.ie/news-
events/early-years-video](http://www.npc.ie/news-events/early-years-video)

[https://www.facebook.com/nationalparentsou
ncil](https://www.facebook.com/nationalparentsou
ncil)

[https://www.instagram.com/nationalparentsou
ncil/](https://www.instagram.com/nationalparentsou
ncil/)

<https://twitter.com/NPCprimary>

Grants for Online Courses



Would you like to take a training course to improve your employment prospects or for your personal development.

During this time of social distancing it may be time to consider an online course.

If you are thinking of doing an online course, Monaghan Integrated Development has grants for individuals for course fees



You can apply if you are unemployed and live in Co. Monaghan.

Contact: Gerard 087 6652162 / gcallan@midl.ie or Michael 087 7524995 / mdonohoe@midl.ie for further information or an application form for support.

Limited budget available. Applications dealt with on a first come first served basis



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



Riádas na hÉireann
Government of Ireland



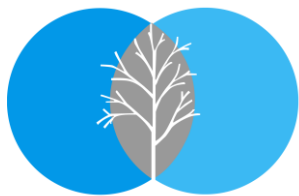
Self-Employment Supports



MID offer a range of free pre start-up training and mentoring supports to unemployed individuals considering self-employment as a career option

For more information contact Patricia Arthurs on 0871139011 or email parthurs@midl.ie





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: Tuesday 2nd June 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

CYCLE - MONAGHAN Challenge

FOR BEGINNERS CYCLISTS / CHILDREN & TEENS



#inthistgether

Get Cycling

CYCLING CHALLENGE - Progress Tracker



Which challenge are you undertaking? Please tick appropriate box

Cycle Monaghan Challenge (110kms) Malin to Mizen Challenge (640kms)

Track your progress here!

Record the date of your cycle, the distance you cycled, and keep a running total until you have completed the full distance of your challenge!

Date	Distance Cycled	Total to Date	Date	Distance Cycled	Total to Date

- Once you have completed your challenge, send your entry to Monaghan Sports Partnership to be entered into our prize draw!
- Due to the restrictions of Covid19, we will accept photograph entries of the progress tracker
- Due to Covid19 current radius restrictions no distance greater than 20km should be recorded in any one cycle

Both Cycle Challenges will end on 31st August 2020



MALIN - TO - MIZEN Cycling Challenge

FOR REGULAR CYCLISTS - ADULTS AND YOUNG PEOPLE

'VIRTUALLY' cycle

from Malin Head to Mizen Head by recording the distance you cycle each week until you have completed the entire distance of 640kms!

- Do it at a time that suits you for a distance that suits you (within current government guidelines)
- Complete your tracker = date, distance and accumulated total (you should aim to complete 3 cycles per week)
- To register for this challenge and receive your tracker go to <https://monaghansportspartnership.com/entry> or contact us on 042 9750126 / info@monaghansportspartnership.com



#inthistgether #beactive #stayactive
*Terms and conditions apply



How to access unlimited mobile data for your smartphone

As part of the response to COVID-19, you can move to an affordable unlimited mobile data plan if you rely on your phone for Internet to complete your coursework.

This offer is available from all Irish mobile data providers until 30 June 2020. Read the full response on [IBEC website](#).

How can I choose this offer?

All you need to do is contact your mobile provider and say you want to move to an unlimited data plan. This guide explains more.

What if I am on a contract?

You are allowed to move to another plan without penalty from now until 30th June 2020. This means it is free to move.

Step 1: How do I get unlimited mobile data?

1 Contact your mobile provider

You should contact your mobile provider first by web chat as phone lines are busy.



Hi, I am using my mobile to complete course work. I was told I could move on to an unlimited data plan to help with my studies. Can you help me?

I was told I would not have to pay for this change. Is this correct?

Step 2:
If your provider does not offer you a new plan with unlimited data, contact ComReg

2 Contact the Commission for Communications Regulation (ComReg)

You can reach them by:

- Phone 01 804 9668
- Email consumerline@comreg.ie
- [Webchat](#) (This may be the the easiest way)
- Go to their [Got a Question](#) webpage for more information



Before speaking to ComReg, have the following information ready:

- Your full name
- Your mobile provider's name
- The date you contacted your provider
- The reason your provider told you they could not offer you unlimited data

Step 3:
If you need further support, ring AONTAS

3 Ring AONTAS

You can reach us at 1 800 303 669

We can help walk you through this process.



Email: mail@aontas.com
Freephone: 1 800 303 669



The Voice of
Adult Learning



NALA
National Adult Literacy Agency

Listings of Food Banks in Co Monaghan



Food Banks	Contact name	Number	Email	
Ballybay Food Bank	Michelle Smyth	086 3314007	Michellesmyth2010@hotmail.com	Ballybay, Latton, Drumhowan, Lough Egish. (only local areas to Ballybay)
Carrickmacross Food Bank	Pauline Feery	087 6909262	pauline.feery@tusla.ie	Carrickmacross, Donaghmoyne, Nuremore, Magheraclone...has dropped to Kingscourt and Castleblayney also.
Castleblayney Primary Schools (Not a regular food bank, but operating during the current crisis)	Sinead McArdle	087 1603973	castleblayneyhscl@gmail.com	Only available to families who were availing of deis school meals with children in the three primary schools in Castleblayney town- jr school, boys school and girls school
Latton	Alice Forde	087 7457493	Aforde@lattonchildcare.ie	Latton Bawn Area only. Operating a drop in food bank but have GAA offering delivery services to homes if needed.
Monaghan Elim Church	Diane Reynolds	086 3716278	dianemikoreynolds@hotmail.com	Provide drop in centre only so they don't have a cut off location as people travel to them
Monaghan Hope Café	Claire Douglas	086 1041223	claire@crownejesus.ie	Deliveries around Monaghan town area
Teach Na Daoine	Packie Kelly	087 9254565	packie@teachnadaoine.com	Main food hub covering North Monaghan, and Monaghan Town and other locations no cut off as open to delivering most locations and won't see families stuck.
Clones Family Resource Centre	Angela Graham	047 52919 / 0861785710	coordinator@clonesfrc.ie	Clones town and surrounding area
Truagh Dev Association	Fiona McCaffrey Jones	085 7376534	fiona@blackwaterlearningcentre.com	Serves the wider north Monaghan area: both sides of the N2 from the border as far south as Enagh on the outskirts of Monaghan. From the townland of Bragan in the west to Glaslough in the East and everything in between
Monaghan Integrated Development	Margaret Duffy / Bernie McKenna	042 9749500	info@midl.ie	Foodbank for distribution to MID clients and other households experiencing food poverty



Meals on Wheels	Contact name	Number		Area covered
Clones Development	Deirdre Kelly	047 52125	ulstercanalstores@Outlook.com	Clones and surrounding area. Service delivers on Tuesday and Thursday to people over 65 years and those housebound in the Urban Clones area. The cost of a hot meal is €4 and dessert is €1.50.
Truagh Development	Fiona McCaffrey Jones	085 7376534	fiona@blackwaterlearningcentre.co	Although the heartland of TDA's CSP is Truagh it also serves the wider north Monaghan area: both sides of the N2 from the border as far south as Enagh on the outskirts of Monaghan. From the townland of Bragan in the west to Glaslough in the East and everything in between -
Monaghan St Vincent DePaul	Anthony Bannon			Monaghan town and surrounding rural hinterland
Knockatallon Development	John Moyna	(047) 89014	info@sliahbeaghhotel.ie	Tydavnet Parish area (Over 100 people get dinners, but 70 older people are registered (by self, family members or PHN) for a €5 dinner with Knockatallon Development.
Lisdoonan Development	Mary Ward	087 419 6307		Provides dinner to 3 senior citizen clients . Can increase production and cater for larger numbers.
Monaghan Integrated Development South Monaghan	Regina Byrne	087 3612584	rbyrne@midl.ie	MID are currently providing a service in the South Monaghan area, sourcing hot meals from local private providers.
Castleblayney Wellbeing Centre	Alan Kinney	087 1611390	alan.kinney@tusla.ie	Delivers to families as part of Tusla support. Stephan Zeltner, has used his cooking skills to ensure that local families in need receive nutritional meals
Castleblayney Trust	Noeleen O'Neil	(042) 975 3431		Castleblayney and surrounding area over towards Ballybay, Oram and Cullaville. €5.75 per day (soup + main or main +desert) plus €3 delivery charge per week.
Monaghan GAA clubs				Local GAA clubs are delivering food and foodstuffs in the their areas

please email any of your events to

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collette.deaney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



WE'RE STILL HERE YOUTH SERVICES

During COVID it is easy to feel alone but a listening ear and support is only a click or call away

10am – 10pm
7 Days per Week



Speak to qualified Youth Workers Instantly

Facebook - Youth Work Ireland Cavan Monaghan

Snap - @youthcafe

Call 087 136 0132

Instagram YWI_CM



Cavan & Monaghan Rainbow Youth
info@camry.ie
087 219 3904



Check out our resources or use our new live chat at Spunout.ie



Call 1800 66 66 66 - 24hrs
Text 50101 - 10am-4pm
Childline.ie - 10am-4pm



1800 833 634
24-7



1800 247 247
24-7

If you or someone you know is in immediate danger call 999



please email any of your events to

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collette.deaney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie

Services to support young people still here just text ring or snap



volunteer centre
Ionad d'Obair Dheonach Muineacháin
MONAGHAN



IS YOUR DOG MISSING WALKS?

Monaghan Volunteer Centre are planning a dog walking service for **older people and others cocooning** due to covid-19. They have a panel of volunteers who are keen to help. So if you or someone you know has a dog that is missing out on walks due to covid-19 please contact Sinéad at Monaghan Volunteer Centre.

Details Needed:

You Name

Phone Number

Address

Breed/Type of Dog

Phone Sinéad at **087 0656793** or email sinead@volunteermonaghan.ie. Sinéad will take details and come back to you if a free dog walker can be arranged.

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

GPs and Emergency Departments are here for you



Our health service is working for everyone, and our staff are taking every precaution to prevent the spread of COVID-19

So, if you're worried about a health problem, don't let fear of coronavirus stop you from getting help

Your GP is just a phone call away

And if you have urgent symptoms like chest pain - or signs of a stroke, like slurred speech, or weakness in your face or arms, - go to your Emergency Department, or call 999 or 112, immediately.

#StaySafe

Visit [hse.ie](https://www.hse.ie) for updated factual information and advice or call 1850 24 1850

It's in our hands



Riadales na hÉireann
Government of Ireland

WOW!

Stroke and Covid_19.



On behalf of the Cavan and Monaghan Stroke Survivors Support group, can I please just say that any stroke survivors, group member or not can contact us at any stage if you need assistance or advice.

Should you need help with shopping, collecting prescriptions etc. We will arrange to get them for you.

Ring Julie on 0870973714 or email jduffy@irishheart.ie.

An updated text will be sent to all as advice becomes available, also a WhatsApp page is available with exercise videos and for general chat among survivors their family members and group volunteers.

Irish Heart helpline number is 016685001

Stroke support private ~~facebook~~ facebook page

<https://www.facebook.com/groups/IHFLifeAfterStroke>

/



Good Morning Monaghan, a free phone call service for people living alone, is available in Co. Monaghan to older people and anyone feeling lonely, isolated or vulnerable.

Good Morning Monaghan is a free phone call service operating 5 days a week. It will check that all is well with you or a loved one.

Contact Caoimhe Rudden

087 7189396 or 042 9749500

E-mail: crudden@midl.ie

Monaghan Integrated Development
9 Drumillard Business Park, Castleblayney



CoH-Sync

What is CoH-Sync?

CoH-Sync is a community health project. Whether it is help to quit smoking, adopt healthier eating habits, make new connections in your community or just generally feel better about life, CoH-Sync can help.

How does it work?

The CoH-Sync Project aims to support people in improving their own health and wellbeing. Our team of Community Health Facilitators work with individuals and groups to help them:

- Identify and set achievable health goals
- Access local and national health and wellbeing programmes

What health and wellbeing supports are covered?

Physical Activity, Alcohol, Smoking, Nutrition, Mental Health and Health Literacy.



Contact the CoH-Sync Team

Coordinator

Caoimhe Rudden 0877189396

Community Health Facilitators

Monaghan

Brandy-0873311833
Eleanor -0879341080

Cavan

Michael-0877208796



please email any of your events to

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collette.deaney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



Support helplines



Pieta counselling & helpline

sosad

Save our Sons and Daughters

- Grainne can be contacted through the Pieta House Midlands number **090 6424 111**. Please also note that our 24/7 suicide helpline and text service is manned by trained therapists (psychotherapists & counselling psychologists) and is available for anyone in the country. It is free to call or text and is also available for anyone who is concerned about someone.
- To call **1800 247 247** or text the word **HELP to 51444**

SOSAD are continuing to offer support during the Covid 19 situation.

They are available to contact by phone on

Call **0429668992** **0860459168**

24 hours a day, 7 days per week.

Email: sosadcarrick@gmail.com

please email any of your events to

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collette.deaney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



Customer Notice

If you are Cocooning or in Self-Isolation please use the following updated details to request a Library delivery.

Phone lines will be open from
10am - 4pm,
Monday to Friday



Please have your Eircode available

**Ballybay/Clones area
047 74712**

**Carrickmacross/Castleblayney
042 9661148**

**Monaghan
047 81830**



You can also email your request to:
homedelivery@monaghancoco.ie



New details for those cocooning and wish to receive books from the library

WORK TOGETHER

Family Wellbeing Toolkit



Mental Health Ireland

Some tips...

Family Wellbeing Toolkit



Involve everyone in discussions.

Regular conversations about how we can help each other make the most of the situation will help develop unity. Avoiding difficult conversations often just makes matters worse. Involve everyone, at an age appropriate level, from the youngest to the oldest. It empowers each family member to feel as though they have some say, control and valuable contribution in the situation.

Manage expectations.

This is an exceptional time so we cannot expect to 'carry-on-as-normal'. Making things manageable is the order of the day and not expecting too much from everybody, especially yourself, is important for everybody's wellbeing at this time. Include down-time on the to-do-list!

Schedule daily & weekly routines

Having a regular routine helps maintain a sense of security, especially during times of uncertainty. Activities that support the wellbeing of mind, body & soul are just as important as getting the chores done. Make meal planning & daily chores a team effort and fun activities the reward. Having something to look forward to lifts the mood. Ticking off the to-do-list feels good too!

Adopt a can do attitude

Focus on what is within your control instead of what isn't. Despite all the things we cannot do right now, there are still a whole load of things we can do. By choosing to focus on the positives, your family will navigate this experience with more resilience and joy!

Home-school together.

Schedule short sessions on weekdays and observe the weekends. Avail of online tutorials or TV classrooms. Remember, a little school work goes a long way. Your kids will benefit from learning life skills at this time. Let them help write shopping lists and daily schedules. This is a lesson in itself while feeling like they're helping out!

Encourage each other

Kind words and tolerance will serve your family well. Some days are just tougher than others. Changing activity can help change the mood. Use post-its around the house with positive and helpful words on them.

Take control with Stress Control



What is stress?

Monday 11th May and
Tuesday 12th May
2pm and 8.30pm



Controlling your body

Thursday 14th May and
Friday 15th May
2pm and 8.30pm



Controlling your thoughts

Monday 18th May and
Tuesday 19th May
2pm and 8.30pm



Controlling your actions

Thursday 21st May and
Friday 22nd May
2pm and 8.30pm



Controlling panicky feelings
Getting a good night's sleep

Monday 25th May and
Tuesday 26th May
2pm and 8.30pm



Boosting your wellbeing
Controlling your future

Thursday 28th May and
Friday 29th May
2pm and 8.30pm

WOW!

New free stress
control online
classes starting
www.stresscontrol.org



Everything you need can be found at www.stresscontrol.org





Community Counselling Support

During this time of crisis in our land in Clones FRC is offering the following support:

Free Counselling Service Now Available by Phone.

At this time of worry, anxiety and uncertainty for us all, Clones FRC is offering a free counselling service by phone if you feel the need of support in your life right now. Please call Angela on 086 1785710 for to make an appointment. All our counsellors / psychotherapists are fully registered and professionally qualified.
Supported by Tusla.





Teach na nDaoine



Teach na Daoine Family Resource Centre understands that many of you might be worried about self-isolation and maybe fearful of going out.

We at Teach na nDaoine FRC are here to help

Teach na nDaoine Emergency Assist Group

Offering phone calls of support/company to people who need it.

Phone Lines open 8am to 7 pm 7 days week 047-71398

List of supports

- Providing support to our Elderly and Vulnerable in the local areas
- Activities packs for families
- Providing phone free/online counselling, psychotherapy,
- Providing delivery service 2 Days a week for people who are afraid or unable to leave the house
- Family Therapy & Adolescent Therapy
- Phone assistances with technology, emails etc.
- Printing, photocopying services still available by phone/email.
- Providing online/phone family support
- Boredom Busters page website for families will be launched shortly
-
- Teachnadaoine Family Resource Centre
-
-
- 047-71398
- Email info@teachnadaoine.com

CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC) COMPETITION TIME

NOW!

ALTERNATIVE OLYMPICS 2020

- Fun competition to keep the Olympic spirit alive this year do parades with your toys and animals get your family involved in some games.
- Keep active keep healthy keep safe
- for terms and conditions and how to enter please see below

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

Have some fun this weekend and make some memories record the families'/pets epic attempts at games and upload to win vouchers for Toymaster full details on the CYPSC Monaghan facebook Page



WOW!



In County Monaghan, EWOs Maria Kiernan and David McCague have been putting together educational packs to provide to families in need. They have also linked in with colleagues in the Tusla Prevention, Partnership and Family Support (PPFS) service resulting in more than 100 meals being delivered to families referred by TESS and with local family resource centres and CYPSC to deliver toymaster packs

please email any of your events to

please email any of your events to: ciara.markey@tusla.ie

collette.deevey@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie

Cruinniú na nÓg 2020

Saturday
13th June

Open Call for Content

Dance! **Sing!**
Make a short film!
Build! **Tell a story!**
Paint! **Compose Music!**



Are you U-18?

Are you in the
Cavan Monaghan area?

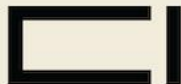
Do you want to express yourself creatively?

If so, then get in touch! We want videos of your creative content – songs, dance, music, storytelling, film – it's up to you! A selection will be added to our YouTube Channel – C/M Creative Youth Cruinniú na nÓg – on Saturday 13th June. Send your ideas to killian@dabledoomusic.com by 18th May

#MyCruinniú #CruinniúToCreate
#Cruinniú2020 #CreativeYouth



Clár Éire Ildánach
Creative Ireland
Programme
2017–2022



WOW!

Get creative time

Monaghan Education & Training Cent

Home schooling support



Primary School Support

At primary level, in addition to resources to help teachers and their pupils in various subject areas, an extensive range of educational websites are listed on the Monaghan Education & Training Centre which provide creative and fun-filled ways of passing the time - eg., games and quizzes.

A link to Twinkl, which provides an impressive class-specific bank of resources, is included. A well-being section features age-appropriate exercises focusing on positive mental health. A specific section provides help and ideas for teachers and parents supporting students with special educational needs, SEN

The Monaghan Education Centre, Education Support Officer (ESO) has developed a bank of teaching resources and wellbeing tips and tools to support teachers parents and pupils during Covid-19 pandemic. Click on this link to access them <https://metc.ie/index.php/about-eso/>

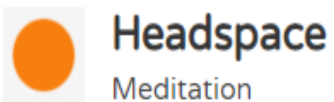
Post Primary School Support

For Pupils

- Complementary resources to support home schooling
- Study skills tips <https://metc.ie/index.php/study-skills/>
- Coping with exam anxiety <https://metc.ie/index.php/well-being-teens/>
- Special educational needs

For teachers and parents

- Coping with the additional demands of home schooling
- Organising your day
- Staying positive in the midst of a pandemic
- <https://metc.ie/index.php/about-eso/>



Free access to the Headspace collection called *Weathering the Storm*. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.

[Visit Headspace](#)



Recreate are offering workshops to give you and your family a range of different activities to take part in from the comfort of your own home. Whether you have access to ReCreate materials, or just working with items you have discovered around your house, these sessions are simple and easy to take part in

[Visit ReCreate](#)



Completely free one-year access to the Balance meditation app. Install, create an account, visit your profile and tap "Upgrade". [Email for detailed instructions](#)

[Visit Balance](#)



Breethe are offering a free collection of meditations called *Inner Wellness During Coronavirus*.

[Visit Breethe](#)

For more
free Stuff
visit

<https://covid19.shanehastings.eu/giveback/>

please email any of your events to collette.deeney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie

Coronavirus COVID-19



Advice on reducing harm for people with alcohol related problems

Alcohol weakens your defence against viruses.



If you are thinking about cutting down or stopping alcohol, contact your GP for advice. This is so you can cut back safely and avoid withdrawal symptoms.



Stay in touch with alcohol services and your own personal and trusted recovery network. Several support groups like AA, SMART Recovery and Life Ring are available online.



Keep a record of how much you are drinking. If you can, allow at least 2-3 alcohol free days per week to give your liver a rest.



Little things can help your mental health. Create a routine by getting up, staying active and eating at regular times.



Don't stockpile alcohol - you may drink more.



Stay indoors as much as possible and limit your contact with people not in your household. Keep at least 2 metres (6 feet) away from other people if you go outside.



Don't mix alcohol with other drugs or medicines.



Follow the general advice about washing your hands. Clean surfaces and glasses or bottles before and after you drink.



Be aware of how your drinking behaviour may be affecting others. Try to avoid drinking until children have gone to bed.



If you have a high temperature, breathing difficulties, shortness of breath or a cough, phone your GP and self-isolate.

Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice on COVID-19

Visit [drugs.ie](https://www.drugs.ie) for information on drug and alcohol services available during COVID-19

Call the [HSE Drug and Alcohol Helpline](https://www.hse.ie) on 1800 459 459 or email helpline@hse.ie

Visit [askaboutalcohol.ie](https://www.askaboutalcohol.ie) for alcohol information and tools to assess your drinking

Protection from coronavirus.
It's in our hands.



IF YOUR HOME ISN'T SAFE, SUPPORT IS STILL HERE

Public awareness campaign on domestic abuse during the Covid-19 pandemic

tearmann
DOMESTIC ABUSE SERVICE

During the Current Situation with COVID – 19

Tearmann Staff are available

Monday – Friday 9.am- 4pm on :

085-8102433

087-3654101

087-3654279

Or

Email: tearmandvs@eircom.net

If you are in need of support out of these hours contact [Women's Aid National Freephone Helpline](https://www.womensaid.ie) on 1800 341 900

In an emergency situation contact your local Garda Station or Dial 999

Empowering People in Care



EPIC - Empowering People in Care are delighted to invite you to join them for their weekly Netflix Movie Night. Each Friday at 8pm for the last number of weeks, our care community has been coming together to reduce the feelings of loneliness and isolation. We are coming together to start off our weekends on a positive note and to create a sense of belonging in such difficult times.

Each Wednesday, 4 film options are released on our social media, and the movie of choice is voted for by those watching.

Please don't forget that you need to email: suzanneobrien@epiconline.ie including your film choice by 6pm on Friday so she can email you with the link to join the movie

Please note for this event you need to be 18+, have access to a Netflix account and a laptop to join the group chat.



How To Join Us:

★ Step 1 - Go on your laptop using Google Chrome and search Netflix Party

Step 2 - Click get netflix party for free

Step 3 - Attach netflix party to chrome (an option to attach to chrome will show up click this.

★ Step 4 - Open new tab and go to www.netflix.com and sign into your account as normal.

★ Step 5 - Open your email from Suzanne

Step 6 - Click link in email. This will open netflix directly to the movie

★ Step 7 - Click NP in red at the top right corner to enter the group chat.



please email any of your events to collette.deeney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



Ministers Ring and Canney launch €40 million COVID-19 support package for Community and Voluntary Organisations, Charities and Social Enterprises

The package consists of:

A €35 million 'COVID-19 Stability Fund' which will provide a level of support to qualifying organisations who are most in need and have seen their trading and/or fundraising income drop significantly during the crisis; and

Full details of the Stability fund can be found

<https://www.gov.ie/en/publication/b1a7b9-covid-19-community-voluntary-charity-and-social-enterprise/>

A €5m Government commitment to a Philanthropy Fund, (Innovate Together) which will focus on supporting responses to the COVID-19 crisis that require innovative and adaptive solutions to existing and emerging challenges.

Full details of the Philanthropy fund can be found

<https://www.gov.ie/en/publication/12ca62-the-innovate-together-fund/>



For more links to information & activities visit the Monaghan CYPSC website Page

<https://www.cypsc.ie/local-resources/talking-about-covid-19-with-children-and-young-people.3085.html>

<https://www.facebook.com/pg/CypscMon/posts/>

Twitter@CypscMon

to contact the CYPSC Coordinator collette.deeney@tusla.ie or 087 349 4714

**WOW is reverting back to fortnightly issue from this week
Next issue will be on the 29th May**



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 every month. Please send your articles for inclusion by wed of the issuing 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. We would like to take this opportunity to thank all of our members for their ongoing commitment and look forward to seeing you all when our related meetings and activities start up again.

Stay safe everyone 😊

please email any of your events to
collette.deeney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



WOW!

WHAT'S ON WHERE IN MONAGHAN

