



**WHAT'S ON WHERE IN MONAGHAN**  
**NEWSLETTER**

Issue 12 May 29th 2020

*UP COMING EVENTS NEAR YOU.....*

please email any of your events to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)



**WOW is reverting back to fortnightly issue from this week  
Next issue will be on the 12<sup>th</sup> June**

**Welcome to the 12th edition of our information bulletin, What's on Where ; WOW.**

**In our last May edition there are**

- Contact details of local supports and services**
- A feature story of how the National Learning Network has helped one young man achieve his goal**
- Education feature with an unprecedented drive in graduation for Beech Hill class of 2020**
- Education packs for parents with no access to broadband**
- Details of a webinar for parents hosted by Clones Peace Link "Summer Parenting in the Pandemic"**

**And much much more !!!**

**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 long weekend 😊**

Pieta House Suicide Bereavement  
Liaison Officer - contact Kathryn on 085  
870 6591.

Pieta House Crisis Counselling Service –  
contact Grainne on 090 6424 111.

Teach na Daoine , Counselling Service  
Oriel Way Monaghan – contact Packie  
on 087 9254565

or email [info@teachnadaoine.com](mailto:info@teachnadaoine.com)

Clones Family Resource Centre, Clones–  
contact Angela on 086 1785710

SOSAD are continuing to offer support  
during the Covid 19 situation. Call  
0429668992/0860459168 24 hours a  
day, 7 days per week.

Email:[sosadcarrick@gmail.com](mailto:sosadcarrick@gmail.com)

Childline free Therapeutic Hub Audrey  
Rabbitte email [audreyrabbittle@ispcc.ie](mailto:audreyrabbittle@ispcc.ie)  
or Cavan Monaghan Rainbow Youth 087  
219 3904 @CAMrainbowyouth  
0873603742

# PARENTING SUPPORT

National & Local Supports & Services  
for you



My Contact  
numbers

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0429749500

Barnardos  
**COVID-19 Crisis  
Parent Supportline**  
 1800 910 123  
Open to all parents  
who need extra  
support at this time  
10am - 2pm, Monday - Friday

**ISPCC Support Line**  
Information and advice  
for parents and carers  
Visit: [ISPCC.ie/ispcc-support-line](http://ISPCC.ie/ispcc-support-line)  
 [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)

  
[www.onefamily.ie](http://www.onefamily.ie)  
Online & Phone  
Supports with  
variety of  
parenting supports  
Helpline:  
1890 662 212



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

PREVENTION,  
PARTNERSHIP AND FAMILY  
SUPPORT PROGRAMME

0429795623

Thank you for completing our parents survey  
results will be published soon. In the meantime  
here are a snapshot of all the supports available to  
parents and families . Parenting is one of the  
hardest jobs so please call if you would like some  
support.





# THE RECOMMENDATIONS



Physical activity



Screen time



Quality sleep

	Physical activity	Screen time	Quality sleep
Up to one year old	At least <b>30 mins</b> In 24 hours	<b>None</b>	<b>14-17 hrs</b> (12-16 hrs for over 4 months)
One to two	At least <b>3 hours</b>	<b>None</b> (1 hr max for 2-year-olds)	<b>11-14 hours</b>
Three to four	At least <b>3 hours</b>	No more than <b>1 hour</b>	<b>10-13 hours</b>



#HOLDFIRM

#letsplayireland

Some more ideas for play on ...

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

please email any of your events to

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[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



## Social Distancing

The message is still the same. If you leave your home or meet people outside, remember to keep at least 2m from others.



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

It's in our hands



Rialtas na hÉireann  
Government of Ireland



A handy visual guide on keeping 2 meters apart

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**FREE  
ONLINE  
WORKSHOPS**

## Courses in June

Hope and Optimism	1st June	2.30pm - 3.00pm
5 Ways to Wellbeing	2nd June	3.00pm - 3.30pm
Tips for Managing Anxiety	3rd June	11.00am - 11.30am
Learning to Like Yourself	4th June	3.00pm - 3.30pm
Practicing Self Compassion	5th June	10.30am - 11.00am

### Register Today

☎ NI (028) 7186 5149 or ROI (086) 606 9480  
✉ [recoverycollegewest@westerntrust.hscni.net](mailto:recoverycollegewest@westerntrust.hscni.net)



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# STRENGTHEN RESILIENCE

Family Wellbeing Toolkit



Mental Health Ireland

Some tips...

Family Wellbeing Toolkit

Mental Health Ireland

# KEEP COMMUNICATING

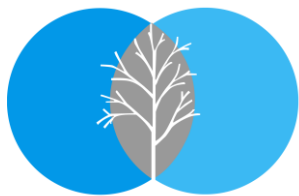
Family Wellbeing Toolkit



Mental Health Ireland

Peer Support for Community Based Workers  
Weekly check in and self care  
Zoom call every Tuesday @ 10am  
To register email Miffy Hoad on  
Miffy@mentalhealthireland.ie

<https://www.mentalhealthireland.ie/get-support/covid19/>



# 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](mailto: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



**WOW!**



**BEECH HILL  
CLASS OF  
2020**

Beech Hill  
College bids a  
fond farewell to  
the Class of  
2020 with a  
'Drive In'  
Graduation.

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[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

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**WOW!**

***Last week saw Pascal Smith Educational officer for Monaghan Education and Training Centre copy over 975 packs of curriculum and wellbeing sheets as well as contacts for parenting support and youth supports in the County. Funded though COVID 19 emergency fund, Monaghan Co Council and CYPSC***



***Many thanks also to members of CYPSC Monaghan Youth Activists group Kendra Ní Fhaogain ,and Adam Lambe and to volunteers Sadhbh, Enya and Dearbhla who assembled the packs. For more information on the Monaghan Education & Training Centre and their resource page <https://metc.ie/index.php/getting-through-covid-19-together/> For more information on Monaghan CYPSC visit [www.cypsc.ie](http://www.cypsc.ie)***

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# Peadars' Story



I am **delighted** to have completed my Green Cert in Ballyhaunaise College. My **graduation** was last Thursday.

Before I went to **National Learning Network Monaghan** I was unsure of how to go about this because I have a **learning difficulty**.

National Learning Network worked for me because I was given the support from all the tutors to learn at my own pace. They helped me to register in agricultural college.

The **Employer Based Training** tutor came to the open day with me and arranged to get me the help I needed in **college** to achieve my goal.

I am **very happy** to have my qualification which allows me to help farmers apply for grants.

I would recommend NLN to anyone who is looking for that **extra little bit of help** to achieve their **goals**.

National Learning Network

Investing in People, Changing Perspectives

# Skills 4 Life

Did you leave school early? Are you unemployed or simply don't know what to do next with your life? **Our Skills for Life training might be for you!**

**Not sure what to do after Covid 19?**

National Learning Network supports you to follow a learning journey that leads to QQI certification as well as the development of confidence, resilience and self-belief. We work with you to achieve your educational, vocational and personal goals. National Learning Network are here for you whenever you are ready to take the next step.

Visit [www.nln.ie](http://www.nln.ie) to find out more

**National Learning Network can help you.**

Contact us on [monaghan@nln.ie](mailto:monaghan@nln.ie) or on 087 4594616

**for more information**



Development perspectives wants to invite migrants,  
migrant's service providers and interested audience to  
our **COMMUNITY TALK**:

# MIGRANT WOMEN & MENTAL HEALTH



June 4th, 2020 | 11AM to 12.30pm GMT

PLATFORM: ZOOM

Free Community Talk - Registration essential



<https://www.eventbrite.com/x/community-talk-migrant-women-and-mental-health-tickets-105972711232>

## Speakers for the Day:

**Dr. Caroline Munyi**



**Aislin Hearn**



**WOW!**

<https://www.eventbrite.com/e/community-talk-migrant-women-and-mental-health-tickets-105972711232>

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





# MOVIE NIGHT

OUR NETFLIX WATCH PARTY  
WILL TAKE PLACE EVERY FRIDAY  
AT 8PM

IF YOU WOULD LIKE TO TAKE PART  
PLEASE EMAIL [SUZANNEOBRIEN@EPICONLINE.IE](mailto:SUZANNEOBRIEN@EPICONLINE.IE)

PLEASE NOTE THAT YOU WILL NEED A LAPTOP  
AND ACCESS TO A NETFLIX ACCOUNT



## 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](http://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.





# 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

Youth Work Ireland  
Cavan Monaghan

Speak to qualified Youth  
Workers Instantly

Facebook - Youth Work Ireland Cavan Monaghan

Snap - @youthcafe

Call 087 136 0132

Instagram YWI\_CM



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

# WOW!

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



# 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](mailto:gcallan@midl.ie) or Michael 087 7524995 / [mdonohoe@midl.ie](mailto: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

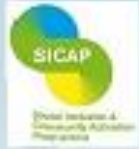


EUROPEAN UNION  
Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland





# Self-Employment Supports

MIID 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](mailto:parthurs@midl.ie)



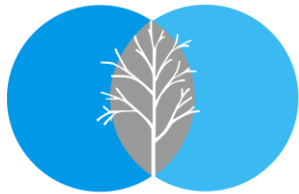
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Department of Rural and Community Development

An Roinn Forbartha  
Tuaithe agus Pobail



# 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](mailto:sosadcarrick@gmail.com)

please email any of your events to

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[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://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





**WOW!**

The HSE have posted translated resources to help share the messaging about coronavirus (COVID-19) in various languages and these posters and booklets are available for download and printing.

The translations of the guidance and advice is at the following link:

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/>

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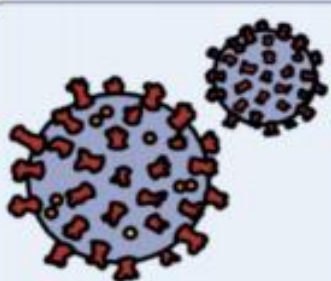
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## Staying at Home and Staying Safe

1



This is Coronavirus

2



It is like a cold or flu

3



It can make us feel  
warm for a few days

4



It can make us  
cough for a few  
days

5



It lives in drops that  
come out when we  
cough or sneeze.  
We cannot see the  
drops

6



It loves big groups  
of people because  
the sneeze and  
cough drops can  
jump around.



7



That is why we are  
all staying in our  
houses and gardens.

8



We do not go to  
school

9



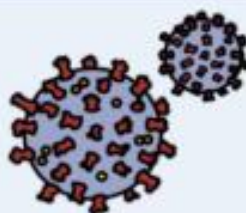
We do not stand  
very close to people

10



We do not visit our  
grandparents much

11



Coronavirus will go  
away if we do these  
things

12



When it is gone, we  
can go to school,  
play with our  
friends and see our  
grandparents!





## 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](mailto:info@teachnadaoine.com)

## Summer Parenting *In the Pandemic*

The Peace Link, Clones, Co. Monaghan would like to invite you to join Bronagh Starrs, internationally renowned psychotherapist, trauma specialist, academic and author for this free webinar which will focus on supporting parents to understand and plan for the experience of ongoing parenting during the summer months.

This exceptional episode of parenting can prove challenging at various levels for parents. During the webinar a trove of helpful strategies will be offered.

Date: Tuesday 02 June @7.00pm

Webinar link: <https://us02web.zoom.us/j/87807843655>

[www.thepeacelink.eu](http://www.thepeacelink.eu) @PEACELinkSports @thepeacelink



### About The Presenter:

Bronagh Starrs is Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton and Executive Director of Blackford Adolescent Growth Institute. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer, and trainer, specialising in working with adolescents, emerging adults and their families.

Bronagh is an adolescent development specialist and has considerable experience as a teacher in adolescent development and therapy throughout Ireland. She also teaches and presents internationally on the developmental implications of trauma on the adolescent brain.

Her recent publication Adolescent Psychotherapy - A Radical Relational Approach (Blackstone, London) has received international acclaim.

This talk is funded by The Healthy Island Fund supported by the Department of Health and the Department of Children and Youth Affairs.



Balbhain na Míreann  
Government of Ireland



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Date: Tuesday 02 June @7.00pm

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[www.thepeacelink.eu](http://www.thepeacelink.eu)



@PEACELinkSports



@thepeacelink



## FASN – STILL HERE FOR YOU

**The Family Addiction Support Network (FASN)** is a dedicated support service for Family Members/Concerned Persons who are impacted by a loved one's substance misuse.

**In these extremely difficult times we are very aware of the challenges our service users will be dealing with.**

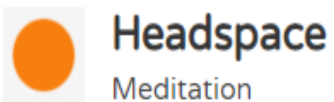
**With this in mind we are continuing to provide vital service's in the form of**

- **One to One Support sessions via phone and video calls**
- **5 Step Brief Intervention via phone and video calls**
- **Health & Wellbeing support through Facebook (FASN)**
- **Counselling via phone and video calls**
- **Family Support Groups- virtual peer led family support groups via phone and video calls.**

Join our weekly online meetings for Navan, Drogheda, Dundalk, Cavan and Monaghan. You must contact us for details and support to access the online services at the contact details below. Remember we are here to help and support you .

Call: 042 93 55251 / 087 9046405 /

Email: [info.fasn@gmail.com](mailto:info.fasn@gmail.com)



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](mailto:collette.deeney@tusla.ie)

get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://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](mailto: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](mailto:tearmandvs@eircom.net)

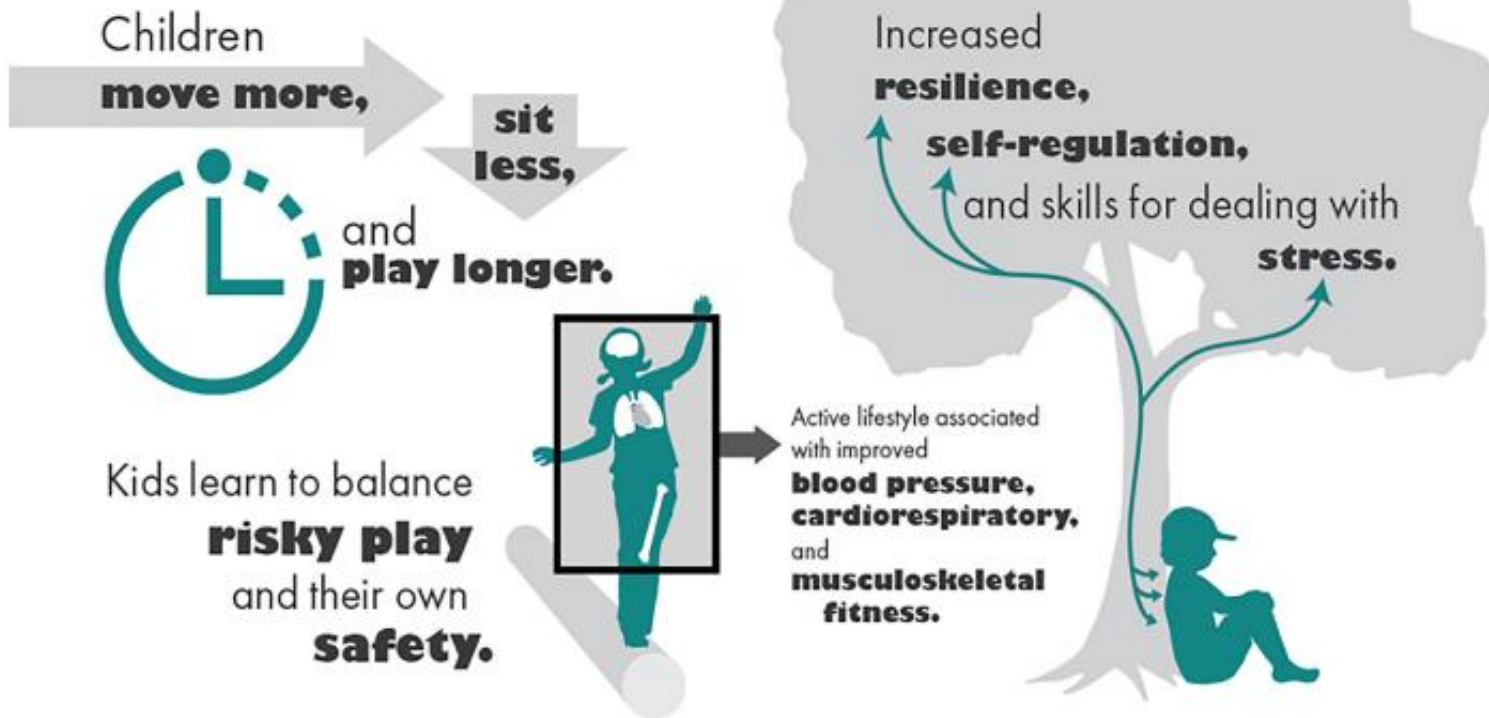
If you are in need of support out of these hours contact [Women's Aid National Freephone Helpline](https://www.womensaid.ie) on 1800 341 900

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





## The benefits of outdoor play



Source: <https://jwclass.weebly.com/nature-school-2017-2018/benefits-of-outdoor-play>

**WOW!**

A Big Thank You To All Our Frontline Workers  
You Really Are The Best!



© Designed and Produced by Middletown Centre for Autism

please email any of your events to

please email any of your events to: [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie)

[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



# 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](mailto:collette.deeney@tusla.ie) or 087 349 4714



**WOW is reverting back to fortnightly issue from this week  
Next issue will be on June 12th**



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](http://www.cavanmonaghanservices.ie)



# WOW!

WHAT'S ON WHERE IN MONAGHAN

