



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER

Issue 10 May 8th 2020

UP COMING EVENTS NEAR YOU.....

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



Welcome to the 10th edition of our information bulletin, What's on Where ; WOW.

In our 8th May edition there are

- A listing of food banks for people who might need some support over the coming weeks featuring some of the superheroes in the community.
- Well being supports and services
- New library home delivery service
- Are you staying home but your dog needs a walk -the volunteer bureau can help
- 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

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😊

What is the cost of a healthy food basket in the Republic of Ireland in 2018?



safe food
20 years promoting
healthy, ethical
shopping

WOW!

"Managing on a tight budget means that families with children, single adults living alone and pensioners have to make stark choices in how they spend their money. Food spending is the flexible element of the household budget and people often fill up on cheap food that's nutritionally poor when prioritising other bills that need to be paid,"
Safe food CEO, Ray Dolan.

We understand it may be hard to make ends meet these days during Covid 19 with many people on reduced incomes but there are food banks and hubs here to help. All enquires are treated confidentiality, so if you need a helping hand please contact them- a full listing is on the next slide.

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

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

collette.deaney@tusla.ie

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

Tusla Prevention Partnership and Family Support (PPFS) Castleblayney Wellbeing Centre Supporting the community



Alan Kinney getting ready to roll

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



Chef Stephan Zeltner



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



Home Meal Delivery Service*

We deliver freshly prepared meals to older people in the community from the Blackwater Valley Learning Centre on Mondays, Wednesdays and Fridays, including bank holidays

Contact 047 87055 / 085 7376534

Good Morning Call Service

We telephone older people in the community who may feel lonely or isolated

Contact 047 87055 / 085 7376534

Food Hub

This service is available Monday to Friday, 9am to 5pm please contact 089 207 0350 in strictest confidence



*The cost for the meal including delivery is €5

Well done to Fiona and the Blackwater Valley Learning Centre and Truagh Development Association find them on face book at https://m.facebook.com/story.php?story_fbid=3091269057578747&id=308433945862286



HOPE STOREHOUSE

FOODBANK

083 361 6839

FOOD AVAILABLE FOR DELIVERY.

#SELFISOLATIONHELP



HOPE are based on the North Road in Monaghan and we are delivering food all around the county to wherever needs it. We pack in our hampers dried / canned foods such as cereals, rice, pasta, beans soup etc, milk & butter, and will also put in fresh veg and meat. We also have toiletries too and nappies / wipes etc.

We have a phone number that people can contact us on to receive support. We pack according to how many is in the household and deliver the parcel to their door.

We are happy to help in any way! Our number is 083 361 6839. Our Facebook page is www.facebook.com/monaghanshope

Well done to Claire & team



Carrickmacross Meal on Wheels

If you are over 65 years of age or cannot get out of the house due to disability or illness, please contact us for a range of meal options delivered straight to your door for €5.00 per meal.

We also accept referrals from public health nurses, GP's, health professionals, existing meals on wheels, SVP and other charities.

For further information or to avail of the support, please contact **Regina Byrne** in Monaghan Integrated Development

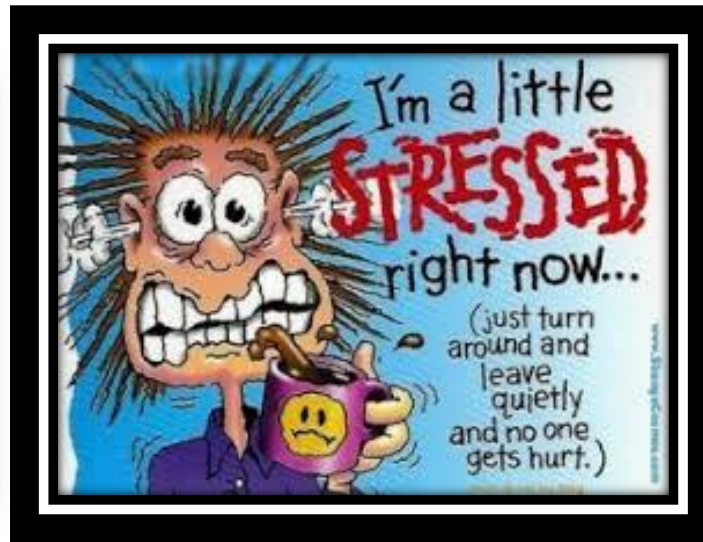
Tel: 087 3612584 **Email:** rbyrne@midl.ie

Deliveries will be organised through volunteers or local suppliers.

"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"



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



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



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



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

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



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



Youth Work Ireland
Cavan Monaghan



“Be Young, Be You, Belong”

Youth Work Ireland Cavan Monaghan will be operating all social media platforms from 10am-10pm 7 days a week.

Youth worker's will be offering 1-2-1 supports on zoom to young people as well as group sessions on zoom to keep in touch with young people and to provide support to young people and allow for a safe, supervised space in which young people can socialise.

Our project workers will continue to link in with young people and offer supports throughout this time.

Keep an eye on our Facebook page '**YouthWork Ireland Cavan Monaghan**' for more information, times of meetings and to get in touch.

New Website Goes Live

We are delighted to see our new website go live this week. We will be working on it over the coming weeks and then officially launching it at our 2020 AGM. Head over to **ywimonaghan.ie** to see what we're doing and meet our team.



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.

Welcome to Cavan and Monaghan AEGIS

Our Centres are closed at present due to Covid-19 but we are still here to support you during this time!

Cavan and Monaghan Education and Training Board
Adult Education, Guidance and Information Service

What we do

We aim to provide adults with the Guidance, Information and Advice needed to help them make the correct decisions regarding their education, training and career choices. We are a professional, confidential and impartial service and are here to help in these uncertain times.

Remote support

We will deal with your queries over the phone, by email or via a video call.

How you can reach us

MONAGHAN	CAVAN
047 30 800	049 437 7001
aegis@cmetb.ie	cavanaegis@cmetb.ie

Visit

www.cmetbadultguidance.ie
for full information and contact details

Stay safe. Stay positive. Stay connected.



Ireland's European Structural and
Investment Funds Programme
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



cmetb
Cavan and Monaghan Education and Training Board
Adult Education, Guidance and Information Service

**MONAGHAN
HARPS RISING
TO THE
CHALLENGE
FOR CROCUS &
SVP
MONAGHAN**



**Saturday
9th May 2020**

7am -12pm

**All done within our own
2km radius**

**300Miles in
300Minutes
to raise 3K**

Next Saturday 9th May will see Monaghan Harps members set themselves a challenge to complete 300miles in 300minutes with the hope of raising €3,000 divided between two local and well deserving charities who are both needed more than ever to help members of our community during the Covid 19 challenge

Crocus are a voluntary run, peer support group, for those living with a cancer diagnosis who are at different stages on their journey, who are solely dependent on donations and charity fundraising events

St Vincent De Paul Monaghan work directly with people who have a variety of needs. Any assistance offered is given in a non judgemental spirit of compassion, based on the need of the individual or family

Please help us hit this target by donating through our GoFundMe or Facebook page or contact Nicola on 086 4040161.

Anyone wishing to take part please contact Martin on 087 8366953

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

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



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

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New Covid 19 Community Response Helpline launched

1800 804 158

The helpline is open 7 days a week from 8am -8pm

**Text HELP Followed by your name to 50555
(Free text)**



A dedicated community support helpline has been established to assist at risk members of the public in accessing non-emergency and non-medical supports and advice through the current public health emergency. The Freephone confidential phone line service has been established by the new COVID 19 Monaghan Community Response Forum which includes over a dozen agencies and organisations. The role of the Forum is to ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities.

Monaghan County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of vulnerable members of our community



Call 1 800 804 158
Email covidsupport@monaghancoco.ie



Rialtas na hÉireann
Government of Ireland

Please have your eircode if possible <https://www.eircode.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

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

collette.deaney@tusla.ie

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

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





A Library Delivery Service is now available to those who are Cocooning or in Self-isolation.

Please contact Monaghan Co. Council Covid-19 Community Help Desk to register your interest and a Librarian will call you back to arrange your delivery.

Phone: 1800 804 158

from 8am - 8pm, 7 Days a Week

Email: covidsupport@monaghancoco.ie

Free text 'Help' followed by your Name to 50555



Those wishing to avail of the service are asked to contact the Monaghan County Council Covid-19 Community Call helpline at 1800 804 158, email covidsupport@monaghancoco.ie or Free Text 'Help' followed by your name and contact details to 50555. Please have your Eircode to hand also. Your details will be recorded by the Helpline staff and forwarded to a Librarian who in turn will make contact with you to discuss your reading preferences and arrange a Free delivery direct to your door.

Social distancing will be adhered to at all times by our Delivery driver and library materials will be packaged by library staff in accordance with strict hygiene protocols.



#BE ACTIVE THROUGH WALKING & JOGGING

(suitable for adults and young people)

Walk to Jog

0 to 3k beginners



Monaghan Sports Partnership is announcing a new 6-week (0 to 3k) Walk to Jog Programme designed to equip complete beginners to increase walking fitness and progress to jogging with relative ease. This tailored programme is ideal for those who wish to improve their overall fitness and lifestyle while getting a little fitter.

It is a simple progressive programme that begins with more walking than jogging, and gradually evolves into more jogging than walking. No fitness levels are required, just a commitment to completing 3 sessions per week for the duration of the programme.

This programme is suitable for everyone and is designed to fit within the current government 2k radius restrictions of your home. The programme is absolutely FREE and all participants will be issued with weekly training plans as well as some video classes and tutorials from professionals on mobility/ core strength, flexibility and training and nutrition tips.

The programme will begin next Monday the 27th of April.

Registration is through Eventbrite: <https://monaghansportspartnership.eventbrite.ie/>



Walk to Jog

0 to 3k beginners



FREE FAMILY PROGRAMME

BEGINNING MONDAY 27TH OF APRIL

WHAT IS IT:

- FREE BEGINNER 6 WEEK PROGRAMME...
- EASY TO FOLLOW, PROGRESSING TO 3K...
- 3 SELF GUIDED SESSION PER WEEK...
- SESSION PLANS SENT OUT WEEKLY...
- DESIGNED BY EXPERIENCED COACH...
- ALL SESSIONS WITHIN HSE GUIDELINES...

FOR THOSE WHO:

- ARE COMPLETE/ RELATIVE BEGINNERS....
- WANT TO GET FITTER AND MORE ACTIVE...
- WANT TO FOLLOW A TAILORED PROGRAMME...
- WANT TO IMPROVE HEALTH & WELLBEING...
- WANT TO ENGAGE IN REGULAR EXERCISE
- WANT TO ADOPT A NEW EXERCISE PLAN...

FOLLOW US ON FACEBOOK

"MONAGHAN SPORTS PARTNERSHIP"



#BE ACTIVE with our '100 DAYS OF WALKING CHALLENGE' & WIN A FITBIT VERSA 2

100 DAYS OF WALKING



Monaghan Sports Partnership is introducing the 100 days of Walking Challenge aimed at motivating people to adopt walking as a daily lifestyle habit to help families stay active during the Covid-19 pandemic.

The challenge includes walking 100 days in succession, and we are suggesting for a distance of the 2km radius of your home and completing a total of 200 km at the end of 100 days.

Participants can record their daily walk progress on the MSP downloadable progress chart over the 100 days. This challenge is suitable for all ages and families are encouraged to get out and

walk together, in line with HSE guidelines, and see the huge benefits that walking can have on your physical and mental well-being.

The 100 days of Walking will commence on Friday 1st May and conclude on Saturday 8th August 2020.

This challenge is absolutely free for families. All registered participants will be entered into a draw at the end of the 100 days for a chance to win a Fitbit Versa 2 (T&Cs apply)

Participants can register on Eventbrite: <https://monaghansportspartnership.eventbrite.ie/>

Save THE Date

Families Together for Mental Health on Friday 15th May 2020

A virtual conference through Zoom & Twitter
celebrating International Day for Families

This online event is for families affected by mental health
challenges and those interested in supporting them

It takes place online through platforms Zoom & Twitter.

REGISTRATION THROUGH EVENTBRITE
Queries to debbie.murphy5@hse.ie

Share Experiences - Reduce Stigma - Provide Information



Keep checking @Recovery_Ire for
regular updates! #WeAreFamily



HSE Mental Health Services



Foithneannacht na Seirbhíse Sláinte
Health Service Executive

WOW!

Online
Celebration of
Families
together for
Mental Health
event

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

STRENGTHEN RESILIENCE

Family Wellbeing Toolkit



Some tips...

Family Wellbeing Toolkit



Mental Health Ireland

KEEP COMMUNICATING

Family Wellbeing Toolkit



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

Cruinniú na nÓg 2020

Saturday
13th June

Open Call for Content

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

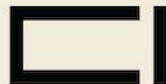
Are you U-18?
Are you in the
Cavan Monaghan area?
Do you want to express yourself creatively?

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!

Competition Time

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



LOCKDOWN CHALLENGE

19 MINUTES
19 DAYS
19:00 HOURS

From Friday 1st May to Friday 19th May



Take part in 19 minutes of physical activity by yourself or with your family every evening at 7pm for 19 days

Add some extra fun by wearing your club or county jersey, colourful gym gear or even fancy dress.

Take a 30 second video and post it on the Monaghan Integrated Development/Facebook for your chance of winning a prize



You can take part indoors or outdoors!

#Together



Lockdown Challenge ! Are you ready?

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~~ page

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

/



The main stroke symptoms can be remembered with the word FAST: Face-Arms-Speech-Time.

Face: the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have drooped

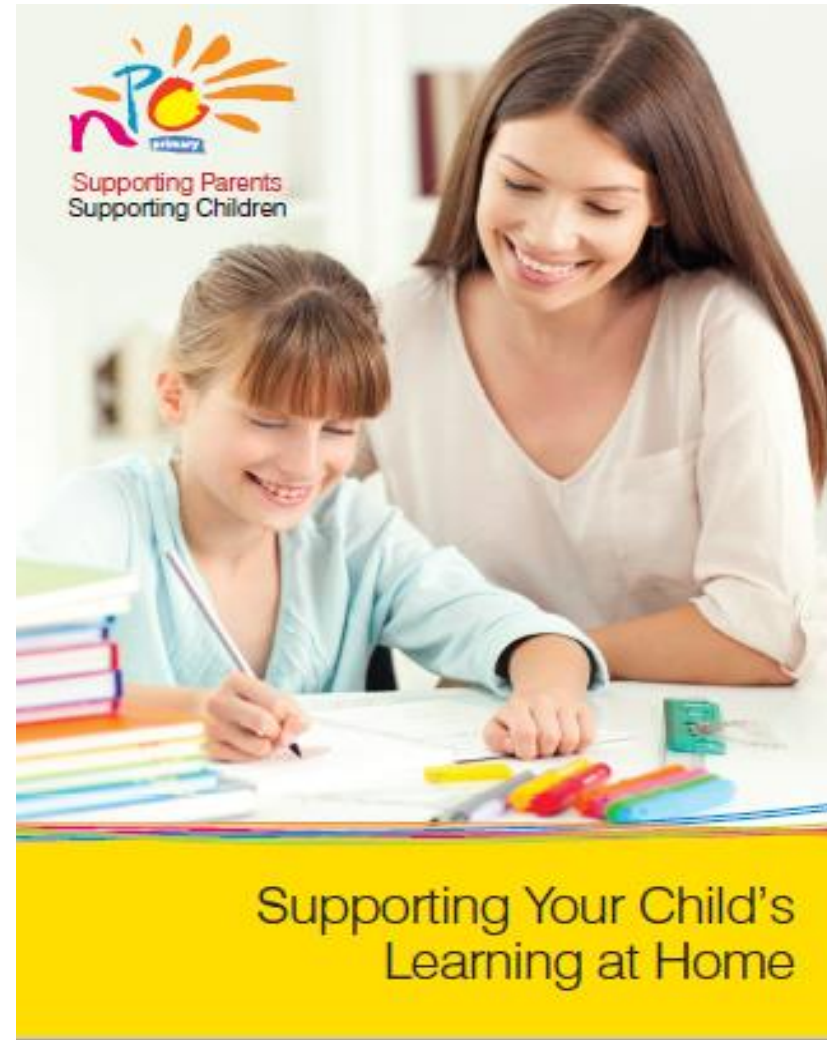
Arms: the person with suspected stroke may not be able to lift one or both arms and keep them there because of arm weakness or numbness

Speech: their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake

Time: it is time to dial 999 immediately if you see any of these signs or symptoms



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>



State exams Q&A: What is happening with the Leaving Cert and Junior Cycle?



Leaving Cert likely begin in late July and could run until early September

Coronavirus: Over half of young people feel anxious or stressed due to pandemic



Most are optimistic that society will change for the better when the crisis subsides

Home school: How to turn a cramped home into a learning-friendly space



Pulling up a stool at the kitchen counter might have worked for casual homework – but it won't cut it when your child will be studying all day for

months to come

My kids have too much homework and I'm struggling to cope. What can I do?



Ask Brian: Regular communication between home and school is more important than ever

<https://www.irishtimes.com/news/education/home-teaching-resources>

How can I motivate my children to study at home?



Ask Brian: Try to make learning fun for younger children and help older ones focus

Home tuition: Our guide to the best teaching and learning resources online



Teachers and parents share their top tips for teaching during the coronavirus closures

'Start really small': Teachers share their top tips for remote learning



Primary and secondary teachers' advice for teaching online during the

How can I motivate my children to study during the school closures?



Ask Brian: The effort which students make today will stand to them

Monaghan Education & Training Centre

Here to support teachers, pupils, and parents through Covid 19



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/>



National Support services for Travellers and Roma

Travellers	Exchange House Ireland	01-8721094 E: info@exchangehouse.ie Exchange House	National Travellers service organisation offering counselling support to Travellers about the Corona Virus, housing, mental health, social welfare and other issues. Line open 7 days a week, 9am to 5pm
	Pavee Point Travellers Centre	086-4169042 (if urgent) E: info@pavee.ie Pavee Point	National voluntary organisation for Travellers and Roma. Providing COVID-19 information and resources for the Traveller community, including social media videos.
Roma	Information line for Roma Families	087 126 4606 Monday to Friday, 9am until 5pm	Information for Roma Families re Covid19 available in English, Romanian and Romanes also

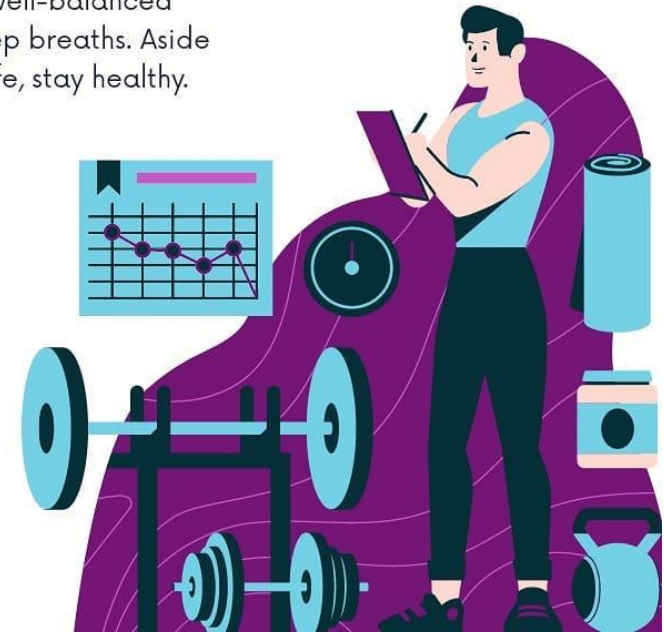
WOW!

Take care of your body.



Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO



Over the next few weeks we will be featuring some of the fabulous work the young people of Monaghan Comhairle na nÓg have been doing including some uplifting posters.



LetsSupportOurMonaghanYouth

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

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

Adam Lambe

4 INTERNATIONAL

For an
engaging,
represented

ISSU

 ADAML4INT



Best of luck to Adam from [Monaghan Comhairle na nÓg](#) who is running in the Irish second level student union elections this Saturday. Adam is a student in St. Macartans College in Monaghan town and is the public relations officer for Monaghan Comhairle na nÓg as well as a member of Monaghan CYPSC

With his immense experience with youth activism and representing student voice he is hoping win over the votes of Irish students and represent them at an international level!

WHAT'S MY EXPERIENCE?

I feel that my experience
qualifies me for the position
of International Officer



- Regional Officer of the ISSU •
- PRO for Monaghan Comhairle na nÓg •
- Member of NYCI Young Voices •
- Action Panel Member for Spunout.ie •
- Alumni of EYP, EYE and SAIMUN •
- CYPSC Monaghan board member •
- Amnesty international Youth Activist •
- Member of FFF Ireland •
- Outreach team member for Re-Earth initiative •
- Sits on ISSU Constitutional Reform working group •

LetsSupportOurMonaghanYouth

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.



Support for addiction



Worried about a loved one's addiction to alcohol, other drugs or gambling?



Phone line family support

Coping with a loved one's addiction may be very stressful right now. While meetings are currently suspended, family support is being offered remotely by telephone.

Service is confidential, Supportive & Non-judgemental
Information, advice or signposting to treatment options

Open to anyone over 18 years

**If you're ready to talk,
we're ready to listen.
Mon - Fri : 9am -5pm**

T: 085 8307066



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

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 to find out more

National Learning Network can help you.

Contact us on monaghan@nln.ie or on 087 4594616

for more information



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



As always to all our frontline staff
in the statutory community and
voluntary sector who are working
day and night to keep us safe.



WOW will publish weekly to provide information during COVID 19



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 every 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 😊