



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER

Issue 4

UP COMING EVENTS NEAR YOU.....



Welcome to the 4th edition of our information bulletin, **WOW**.

As you are aware with the current developments regarding COVID-19, a lot of programmes and activities have been postponed or cancelled, so we would urge you to check with organisers for advice and updates.

In our March edition you will see some links to guidance from local agencies along with some ideas for activities at home, as well as maintaining children's/young peoples and parents health too. We aim to provide continued information over the coming weeks building a more comprehensive resource for parents and families, and would invite you to share any useful resources with us for inclusion.

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 😊



Childline phone, text and online is continuing as normal and staff are signposting their service users to the service should they need additional support.

www.childline.ie

Our Support Line continues to be available to parents who need support. Please feel free to share this number with your colleagues and team should they be getting calls from Parents who are worried or anxious about their children. The number is 01 6767960.

With regards to **Youth Work Ireland Projects**, at the moment, each service is opened from 10am to 10pm and young people can contact Youth Service Staff through phone or social media



ISPCC
Childline

*Always here for every child
and young person.*

CHAT ONLINE
Childline.ie

(10am – 4am daily)

CALL
1800 66 66 66

(24 hours)

TEXT
50101

(10am – 4am daily)

Free. Confidential. Non-Judgmental.

WOW!



parentline

It's ok to ask for help

P: 1890 927277

P: 01 8733500

E: info@parentline.ie





WOMEN'S AID SERVICES AND CORONAVIRUS/COVID19 ARRANGEMENTS

womensaid.ie/services



A Covid19 Message From Cavan Monaghan Garda Division

The Gardai all over the Cavan Monaghan Garda Division wish to advise our communities out there of the following:

In these challenging times if you have a concern for yourself, a family member, neighbour or a vulnerable person living alone please don't hesitate to contact us. We are always willing and able to help in whatever way we can.

It is best to contact us by telephone to adhere to social distancing advice and not to be calling into the stations. Remember everybody this too shall pass and better days lie ahead. Our strong community spirit and willingness to help each other will prevail. Here are a few of our telephone numbers that will assist if you need us for anything:

Monaghan Garda Station 047 77240.

Cavan Garda Station 049 4368800.

Bailieboro Garda Station 042 9694570

Carrickmacross Garda Station 042 969019

Download the Komeer App for up to date information in your area

<https://play.google.com/store/apps/details?id=com.komeer.app&hl=en> IE





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

Cavan and Monaghan Rainbow Youth update



@CAMrainbowyouth

we are still here to help
you can contact us directly for assistance
see contact info below

it might not be the support we normally try to offer
but for now, it's what's needed

Stay Safe

info@camry.ie | www.camry.ie

087 219 3904

049 436 4065



#StopTheSpread #SocialDistancing #WashYourHands



Forbairt Chomhtháite Mhuineacháin Theoranta
Monaghan Integrated Development CLG
Supporting Growth and Opportunity



To slow the spread of the virus MID have decided to implement a system of remote working for our employees. We have contingency plans in place to ensure we are operating as normally as possible and all our project officers are contactable via email or on their mobile phones (click here for [staff contact details](#)).

All our [offices](#) are also contactable by phone (9.00am – 5.00pm daily) or by email.

- The Health Service Executive's website is the main source of information: it has the most up to date information on the Coronavirus and it is updated daily.

We know that many people may be feeling a sense of anxiety and stress at this time. In the days and weeks ahead, we will share information and resources to support mental wellbeing and promote resilience during these challenging times. We will use a variety of methods including our website, email and MID's social media channels (Facebook and Twitter).

In relation to Covid-19, social welfare payment application forms can be downloaded [here](#) or will be available in hard copy for collection from any of our offices.

For the duration of this crisis we urge everyone to get their information from reliable sources. Do not fall into the trap of rumour and scaremongering. Our collective efforts are critical. We need to do this together as one community. Everyone has to play their part and help each other. Slowing the spread of this disease protects everyone, but particularly protects those at risk. Corona Virus presents challenges but it will pass and life will return to normal. So follow all the guidelines and stay safe.

Please visit the website for more information <https://www.midl.ie/>

Good Morning Monaghan



- In response to the Covid-19 crisis Monaghan Integrated Development has brought forward the launch of its “Good Morning Monaghan” service. This project aims to reduce loneliness and isolation for older people and others living alone. It will also be able to direct people to other vital services such as food delivery. The project coordinator is Caoimhe Rudden and she can be contacted at 087 7189396 or 042 9749500 E-mail: crudden@midl.ie

Good Morning Monaghan

Phone Call Service for Older People





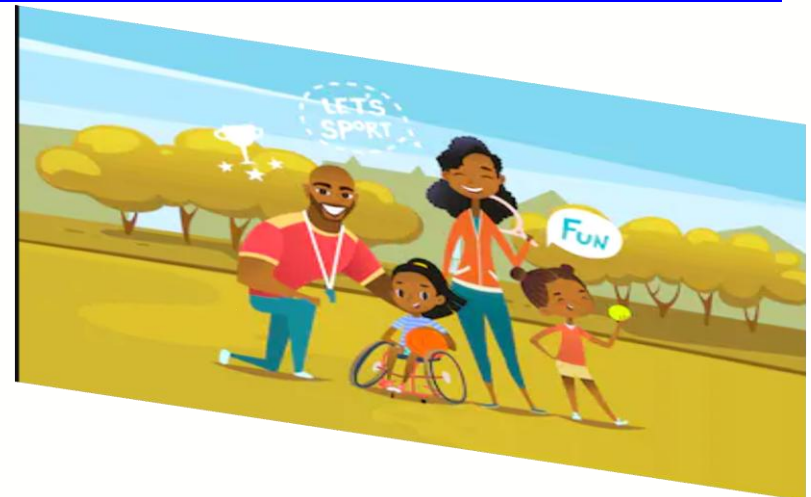
Mental Health Services during Covid-19

A short summary of national CFL partners services during COVID-19 is now available here:

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

This is a difficult time for everyone and it's important to look out for those more vulnerable in our communities, from a physical and psychological perspective.



ALONE

Supporting older people
to age at home



COVID-19/ CORONAVIRUS
HELPLINE FOR OLDER PEOPLE

0818 222 024

TO VOLUNTEER YOUR HELP, VISIT

www.alone.ie

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus) in Ireland.

The supports they are offering include the new national support line and an escalation of our existing outreach and coordinated support- this is the core of ALONE's work.

Staff are available to answer queries regarding COVID-19 (Coronavirus) and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

As the situation develops, as well as advice, information and emotional supports, we will ensure every older person will have access to food, medication, fuel, daily contact, and any other support that may be needed. These supports are free, and available to all older people, including those who have not previously used our services.

We will continue to work alongside Primary Care Teams, Integrated Care Teams and Discharge Teams as we have always done to support any older person who needs support both in their community or to facilitate discharge back into their home.

We will continue to do the work we have always done and we are also in the process of scaling our response to ensure that all Older People across the country receive the support they need at this time.

We are already involved in and supporting Local Crises Teams and we would welcome the opportunity to support and contribute to other Local Crises Team.



Mental Health Services during Covid-19

Update on public messaging:

There is some great content on Minding your Mental Health during Coronavirus.

You can find it [here.](#)

- Advice on managing anxiety
- The importance of maintaining good routines
- Managing mental health during self-isolation
- The importance of social connection through social media
- Advice on how to manage mental health conditions such as OCD.





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.

www.facebook.com/ywimonaghan1



Follow Monaghan Youth Council as the show the positive impact young people are making in the coming weeks

The group will be posting Selfies next week of hobbies they enjoy doing to promote the St. Patricks Mental Health Service Campaign #MindyourSelfie

<https://www.instagram.com/monaghan.cnog/>

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



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: tearmanndvs@eircom.net

If you are in need of support out of these hours
contact Women's Aid National Freephone Helpline
on 1800 341 900

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



Enable Ireland services have been temporarily suspended. You can still make contact with the service by phoning 047-82238 or via e-mail at admin.monaghan@enableireland.ie

Staff will continue to try and support children and families as best they can. This will be done primarily through telephone contact to maintain all efforts at reducing the spread of the Coronavirus.

While services are disrupted, you might find the following information helpful:

Routines:

While the children are off school, it will be useful to establish a timetable and a routine at home. Use pictures for this if needed to show what the timetable for the day is. See sample of daily schedule below which you can edit to suit your home.



Before 9am	Wake Up	Eat breakfast, make your bed, get dressed
9am-10am	Morning Exercise	Go for a walk or a cycle Yoga or indoor workout
10am-11.30am	Academic Time	No electronics Worksheets/book work
11.30am – 12.30am	Creative time	Arts and crafts, Sensory play Music, Cooking/baking
12.30pm	Lunch	
1pm -1.30pm	Chore time	Age appropriate chores e.g. wipe down tables, load the dishwasher, Hoover
1.30 – 3pm	Academic Time	Electronics okay e.g. online educational games
3pm – 4pm	Afternoon Exercise	Play in the garden, Go for a walk or cycle, Yoga or indoor workout
3pm – 5pm	Quiet Time	Reading Puzzles
5pm – 6pm	Dinner Time	
6pm – 8pm	Free Time	Free Play TV
8pm	Bedtime Routine	Baths/showers Wind Down time



Chatterbox is an early intervention service (0-6 years). It is part of Cavan/Monaghan HSE Primary Care Speech and Language Therapy Department. Our goal is to prevent, identify early or minimise Speech, Language and Communication difficulties. Chatterbox works in close partnership with families. We also work alongside those from the statutory, community and voluntary sectors.

How we work has had to change since the outbreak of the coronavirus. However, we also know that the Speech, Language and Communication development in the early years is important and we would like to be able to continue to support parents who may have concerns about their young children's Speech, Language and Communication skills.

Please feel free to contact us if you would like to discuss any concerns you may have about your child's talking and we will be able to give you some verbal and written advice that you can be doing to support your child's Speech, Language and Communication development.

Contact: Elizabeth Downey Senior Speech and Language Therapist
0871040984



Library Monaghan County Council



We offer a huge range of material online. Our Online services require a library card to access but if you aren't a member you can register online at <https://lgma.iii.com/selfreg> then contact us with the temporary account number and Pin so we can activate it. Normally we would ask people to come into the library to verify their ID and address but in light of what's happening we are happy to set people up based on their online registration. (This goes for Council Staff as well as the general public)

Our current online resources include:

- ebooks & eAudiobooks available to download for free via our 'Borrowbox' app
- Newspapers & Children's magazines available through PressReader app
- Magazines available through RB Digital app including computer & gaming magazines, cookery, health, current affairs, craft, entertainment etc so plenty of reading material for all interests!
- Over 500 online courses available through Universal Class
- Language Learning programmes available through Transparent languages

ALL OF THE ABOVE CAN BE ACCESS THROUGH www.monaghan.ie/library/online services

We also offer access to **an online literacy programme** designed specifically for those with Dyslexia, Dyspraxia, ADHD & ASD. It is called **TTRS (Touch-type, read and spell)**. It can be access through our website www.monaghan.ie/library or directly through www.ttrsonline.com
In order to use this you need a unique log-in which will be assigned by library staff.

Library staff are also evaluating websites in order to provide a comprehensive list of reliable resources for use with **home schooling**. We have put this together in the form of a new Webpage which has just been published online at www.monaghan.ie/library/homeschool This page will be added to regularly.

Tips on limiting alcohol use



North Eastern Regional
Drug & Alcohol
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs Task Force has details on all local services providing support via their website link below

- [NE -Taskforce](#)

Also information and support available on

- [Online Drug Support](#)
- [Ask about Alcohol](#)

DON'T GET LOCKED IN

As we prepare to socially distance ourselves, several countries are reporting an increase in home drinking.

Make your health and home life a priority by following these tips..

Choose Alcohol Free Days

Plan at least two alcohol free days during your week. The more alcohol free days the better!

Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.

Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm

Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.

Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.

Help is Out There

Making changes can be hard. Contact the HSE support line ~1800 469 459 – if you need help or support in reducing your alcohol use.

alcohol forum +353 74 9125596 / www.alcoholforum.org

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and reassurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a reassuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Covid 19 : What to do if we are concerned

*Prepared by HSE Heads of Psychology Services
06.03.2020*



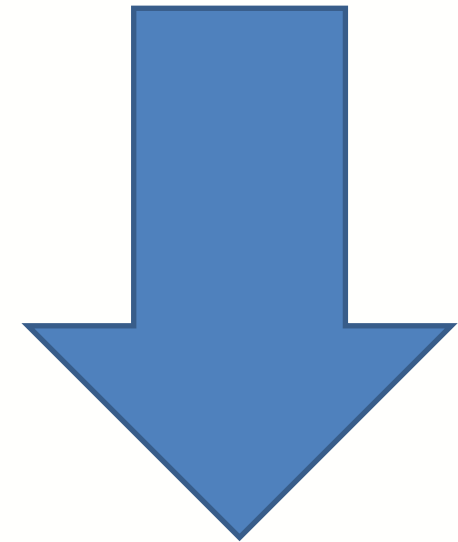
- Main Facts to consider
- Protecting ourselves from Covid-19
- How we might be affected emotionally
- How to manage our worry
- Helping Children to understand
- Ways of Managing our Worry: Breathing Exercises

Main Facts to consider

- Not everyone will be infected by the virus.
- Many of those infected experience mild symptoms.
- Children are less likely to be affected
- Older people and those with existing health conditions such as Diabetes, Heart Problems and Respiratory problems are the most vulnerable.
- Estimates for the mortality rate vary a little, but it is mostly thought to be 2% or less.
- The means of transmission has to be fully identified: contact with an infected person seems necessary.
- If we have a specific concern check the HSE Website for information on www.HSE.ie (WWW.HSE.IE) or www.HPSC.ie where there are regular updates relating to COVID-19 in Ireland.
- If we have a concern that we might be infected it's best to phone our GP for advice



For all links to documents right click on the link and click **open hyperlink**



<https://www.cypsc.ie/talking-about-covid-19-with-children-and-young-people/resources-for-parents.3086.html>



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Please see link to Covid-19 Virus information and updates
with multilingual posters



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



Tips to keep calm and carry on!

Tips for parents

- Remember to Press the Pause button, this can be when the children are arguing, when you feel stressed, worried and have no support.
- Parents to remember to take time (however small amount to themselves) this will help them to cope and refocus
- Be kind, firstly to yourself and then others
- Watch some comedy programs as with all this Corona virus talk, it can get you down
- Have a daily list of jobs/chores for the children (age dependent), small achievable tasks such as hanging out the washing, tidying through DVDs ...remember do not worry if the clothes are not hung up properly... see this as an achievement
- Put on some music, dance around with the children or by yourself, be silly. As the saying goes “dance like no one is watching you”



Free Colouring Books Downloadable From Cultural Institutions
From February 7, 2020, libraries, archives, and other cultural institutions around the world are sharing free colouring sheets and books based on materials in their collections. Please download, print, and share your favourites!

Visit <http://library.nyam.org/colorourcollections/>



For support for children
with additional needs



Autism NI www.autism.org



Why do I have to stay at
home?



Special Education Support service

- Council for Special Education
- <https://ncse.ie/>
- Online parent resources -
<https://ncse.ie/online-resources-for-parents>
- *Education and entertainment
resources for children*
- <https://sites.google.com/cyber-safeireland.org/csi-stuck-at-home/home>



Lists of websites for activities

- Dublin Zoo webcams <https://www.dublinozoo.ie/animals/animal-webcams/>
- Explore the surface of Mars on the Curiosity Rover.
<https://accessmars.withgoogle.com/>
- Indoor Activities for busy toddlers
https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0AwghzxgnhwOajc4auX6o12_xw
- Play games and learn all about animals
<https://switchzoo.com/>
- Travel to Paris to see amazing works of art at The Louvre <https://www.louvre.fr/en/visites-en-ligne>



Tips to keep our little ones occupied

- Geography and animals <https://kids.nationalgeographic.com/>
- Math practice from counting to algebra and geometry <http://www.mathscore.com/>
- Fave kids books read by famous people <https://www.storylineonline.net/>
- Crafts, activities, mazes, join the dots etc, <https://www.allkidsnetwork.com/>
- Voice based learning... learn through Alexa <https://bamboolearning.com/resources>
- Fun games, recipes, crafts, activities <https://www.highlightskids.com/>
- Math as a fun part of your daily family routine <http://bedtimemath.org/>



Tips to keep our little ones occupied

- Digital archive of history <https://www.bunkhistory.org/>
- 35,000 pages of online content on the cultures and countries of the world. <https://www.countryreports.org/>
- Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customised to any student's needs including creating flashcards for other subjects. <https://dogonalogbooks.com/printables/>
- Movement and mindfulness videos created by child development experts. <https://www.gonoodle.com/>
- Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly. 2nd grade through college. <https://www.mathcelebrity.com/online-math-tutor.php>



Tips to keep our little ones occupied

- Free videos from around the world <https://www.projectexplorer.org/>
- Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout. <https://app.sworkit.com/collections/kids-workouts>
- Online digital coloring pages <https://www.thecolor.com/>
- Phonics worksheets for kids <https://www.funfonix.com/>
- Free stories online ages 3-12 <https://www.freechildrenstories.com/>
- National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- leffect.com/



Tips to keep our little ones occupied

- Coding with Star Wars <https://code.org/starwars>
- Tons and tons and tons of games some learning some just fun
<https://www.crazygames.com/>
- Crafts, projects, science, recipes for young children <https://www.funology.com/>
- Online photograph jigsaw puzzles You can set the pieces from 6-1000+
<https://www.jigsawexplorer.com/>
- Toddler and preschool age ideas <https://preschoolinspirations.com/>



To download the '*Playing with stuff around the home*' briefing sheet
click here:

<https://www.playboard.org/wp-content/uploads/2019/02/Play-Matters-Playing-With-Stuff-Around-The-Home-Briefing-Sheet-6.pdf>

Play Matters

Playing with stuff around the home



Have you ever watched a child receive a beautiful shop bought toy which they eagerly open, look at and explore and then proceed to play with the cardboard box or wrapping that it came in? That cardboard box can become anything, a den for a dinosaur, a garage for cars, something to put things in and out off or a hat or helmet!

With a little imagination cardboard boxes (both big and small) will transport a child into a world of fun...

Good quality play need not cost anything except time.

Your home, your garden, the outdoor environment are all full of 'stuff' that can be used for play. Often babies and children will play with whatever is available to them. An old handbag, Mum or Dads shoes, a bunch of keys, old fabric to make a den, pots and pans, a bucket,... the list is endless! It is not always necessary to purchase shop bought toys – often homemade/found resources will hold endless fascination and fun.

See the Play Matters **Playing with stuff around the home** briefing sheet which you can circulate amongst parents, contacts and social media.



Please see below a link to NEPS resources developed to support children/young people when schools are closed during the Covid-19, which are available on the DES homepage.

<https://www.education.ie/en/The-Department/Announcements/information-for-schools-preschools-and-third-level-institutions-on-the-coronavirus.html#15>

Also please note our contact details:

NEPS Cavan Office: 0494325430

Email: Neps_NE@education.gov.ie



The Little Gnome Who Had to Stay Home

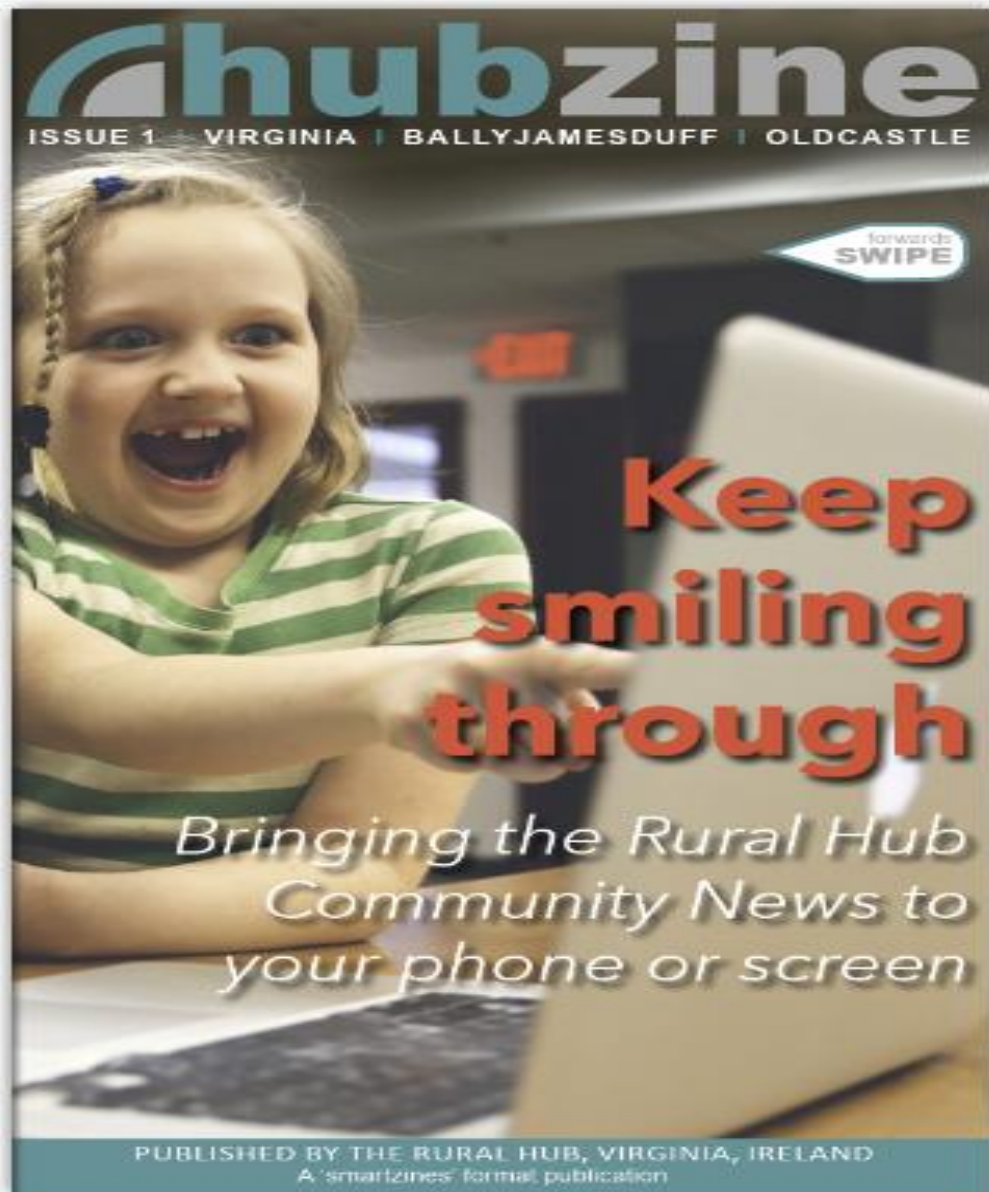
By Susan Perrow - March 2020

You can access the PDF with the story by clicking here:

<https://static1.squarespace.com/static/50172dddc4aa4b249addc626/t/5e718a5806c2956228214d35/1584499290400/The+Little+Gnome+Who+Had+To+Stay+Home.pdf>

This story was written for use with young children (suggested ages 3-5 years) who are required to stay home during the current C-19 pandemic, or who have had their freedom severely modified (e.g. perhaps they can attend school but can't attend special assemblies, festivals, parties or events). The song at the end has been left open for teachers and parents to create more verses with ideas from the children. The story can be changed/edited to suit different situations – e.g. mother tree could be father tree or grandmother or grandfather tree, or you may want to omit the part about 'gnome school'. The main character could also be changed (e.g. instead of using a gnome the story could be about a mouse stuck in his little house, or a bird that must stay and rest in the nest).

[Talking to Children and Young People about COVID-19 \(Coronavirus\) - Advice for Parents and Schools](#)



Please see the link for the Rural hub "hubzine" for some good news stories with you for the current times.

<http://hubzine.eu/mobile/index.htm>



A List of Businesses who are offering a Local Delivery Service to help their customers during the COVID 19 Virus time.

Food & Newsagents

SuperValu	042	9661387
SuperValu	042	9661623
Matildas Bakery	042	9661604
Homebake Café	042	9664644
Birdy's Newsagents	042	9661633
Cassidy Service Station Top	042	9661527
Londis Ardee Road	042	9664692
Cloughvalley Stores	087 2427240	9661521
Seans Deli	042	9663271
Keegans Newsagents	042	9661475
Walsh's Shop	085	1235980
Justins Filling Station (M'Cloone)	042	9667400
Sunnyside Filling Station (Shercock)	042	9669721

Pharmacy's

Carrick Pharmacy	042	9692552
McGuire's Pharmacy	042	9690690
Eakins Pharmacy	042	9661245
Connolly Pharmacy	042	9661217

Florists

Ann's Florist	042	9661492
Church View Flowers	042	9664544



WOW!

Daisy	042	9690899
Evelanns Boutique	042	9664456
Hand Footwear	042	9661676
Uptown Girl	042	9664210
Martha Kingham	042	9743742
Steeles Menswear	042	9673886
TW Menswear	042	9661592

House & Home		
Gifts n Things	042	9663802
McVeighs Hardware	042	9663644
Howell Jewellers	042	9661545
School Office Supplies	042	9661791
Crock o Gold	042	9661702
McAllister Home and Garden	042	9692661
O'Rourkes Oil	042	9661372
Sineads Place Gift & Hardware	042	9661534
Marron Electric	042	9662333
Shutterbugs Photography	042	9664335
JDS Pets	042	9663895
Farney Antiques	087	0875858
The Ivy Skin and Lazer	042	9690364
Unique hair Design	042	9690618
Farney Print	042	9661487
Monaghan Electric	042	966 3322
Carrick Micro Maintenance	042	966 1445
Birdy Oil	042	966 4222



The Post Office, Lidl and Aldi have special hours for OAPs, please contact them for more details.

Helpful telephone numbers:

ALONE Support line: 0818 222 024 from 8am-8pm | Senior Line can be contacted on 1800 80 45 91

HSE – 1850 24 1850 | Samaritans – 116 123 | NE DOC 1850 777 911

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

[https://www.cypsc.ie/local-
resources/talking-about-covid-19-with-
children-and-young-people.3085.html](https://www.cypsc.ie/local-resources/talking-about-covid-19-with-children-and-young-people.3085.html)

WOW!

The screenshot shows the CYPSC (Cavan Monaghan Youth Services Centre) website. At the top, there's a navigation bar with links: Home, Our Services, About Us, Links, and Contact. Below this is a search bar with the text "Find a service near you:" and fields for "Type of service", "Select Location", "Select Age", and "Enter keywords", followed by a "Go" button. The main content area is titled "Our Services" and lists various services in colored boxes: Physical health & Disability, Counselling & Therapy, Education & Childcare, Youth Services & Activities for young people, Support Services, Information & Advice, and General Services. There's also a "Crisis Services" section with a red background and a white 'i' icon, stating "If you need urgent help now. Click here for a list of crisis services". Below this is an "About This Website" section. On the right side, there's a map of the Cavan Monaghan area with a red pin, and a "View Larger Map" button. Below the map is a "Top Requested Services" section with a list of services: Youth services, Counselling, Childcare, Support groups, Citizens information, Family support, Alcohol education, Mental health, Psychology, Housing, Occupational Therapy, and Physical health. A vertical "Feedback?" button is on the right edge of the map area. At the bottom, there's a section titled "Want to be listed in our directory?" with a list of requirements for services and a button that says "Click here to request registration of your service".

If you haven't already registered your service and contact details you can do so by visiting www.cavanmonaghanservices.ie and click on the box at the bottom to register.



Our doors may not be open right now but

WE'RE STILL HERE AND WE STILL CARE

Hope's foodbank is available for anyone facing difficulty during this time, especially the elderly and vulnerable.

We will be operating the foodbank by appointment only or alternatively we can arrange a delivery, taking all necessary precautions to ensure your safety and wellbeing.

TEXT US ON:

083 361 6839

You can also message us via our social media pages or email foodbank@coronajesus.ie. We will be in touch!



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 the 18th of each month.
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 😊



WHAT'S ON WHERE IN MONAGHAN

