



**WHAT'S ON WHERE IN MONAGHAN**

**NEWSLETTER**

Issue 17 August 14th 2020

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



Welcome to the 17th edition of our electronic information bulletin, **WOW**.

In our 14<sup>th</sup> August edition we have ;

- Lots of ways to stay active from Monaghan Sports Partnership
- Creative Fridays Master classes for young people
- A new suicide bereavement support group started in Cavan
- Free LÁMH courses and an introduction to what Lámh is from Monaghan Comhairle na nÓg
- Funding opportunities and lots more .....

We aim to provide continued information every two weeks building a more comprehensive resource for parents and families, and would invite you to share any useful resources or details of summer camps with us for inclusion. Previous editions of WOW can be accessed on the [www.cypsc.ie](http://www.cypsc.ie) website [here](#)  
Please also feel free to share the attached information with those who might be interested in the details contained and, as always, your feedback is much appreciated.

Stay safe everyone 😊



# NATURE WALKS

Get outdoors and get moving!

**FREE**

**GROUP WALKS  
& FLEXIBILITY  
EXERCISES**

**6 WEEK PROGRAMME**  
Beginners welcome

**ROSSMORE PARK, MONAGHAN**

Meeting point - main car park

**10.00am** Open age group (adults only)

**11.00am** Over 60s and vulnerable adults

Register online at <https://monaghansportspartnerhip.eventbrite.ie>

Limited numbers - Pre-registration strictly applies. All walks will be conducted with social distancing in mind and within current Government / HSE guidelines for outdoor group activity

For further information or enquiries please contact:

Paul Carragher at [pcarragher2@monaghancoco.ie](mailto:pcarragher2@monaghancoco.ie) or 087 9425725

- Starting Monday 17th August
- Separate group walks available every

**MONDAY &  
THURSDAY**



# NATURE WALKS

Get outdoors and get moving!

**FREE**

**GROUP WALKS  
& FLEXIBILITY  
EXERCISES**

**6 WEEK PROGRAMME**  
Beginners welcome

**LOUGH MUCKNO, CASTLEBLAYNEY**

Meeting point - car park beside playground

**10.00am** Open age group (adults only)

**11.00am** Over 60s and vulnerable adults

- Starting Tuesday 18th August
- Separate group walks available every

**TUESDAY &  
THURSDAY**

Register online at <https://monaghansportspartnerhip.eventbrite.ie>

Limited numbers - Pre-registration strictly applies. All walks will be conducted with social distancing in mind and within current Government / HSE guidelines for outdoor group activity

For further information or enquiries please contact:

Paul Carragher at [pcarragher2@monaghancoco.ie](mailto:pcarragher2@monaghancoco.ie) or 087 9425725





# MONAGHAN WOMEN'S VIRTUAL MINI MARATHON

Be part of something  
special this September!

**Walk-Jog-Run**  
5km/10km

To celebrate the European  
Week of Sport and the 20x20  
Women in Sport Campaign,  
we are inviting females  
from all over Monaghan  
to take part in our first  
ever Women's Virtual  
Mini Marathon!

Entry Fee:  
5km €5  
10km €10

COMPLETE YOUR CHALLENGE ON A  
DATE/TIME THAT SUITS YOU BETWEEN  
23rd-30th SEPTEMBER 2020

Registration is open! Closing date for entries is Friday 21st August 2020

Limited places available! All participants receive a special edition t-shirt and finishers medal.  
All proceeds from this initiative will go to Monaghan Cancer Societies. \*Terms & Conditions apply.

Register online at <https://monaghansportspartnerhip.eventbrite.ie>  
For information email [info@monaghansports.ie](mailto:info@monaghansports.ie) or call 042 9755126



# WOW!

## Monaghan Women's Virtual Mini Marathon



# Child Care



ARE YOU INTERESTED IN WORKING IN A  
CHILD CARE CENTER

-CHILDCARE POSITIONS AVAILABLE IN  
YOUR LOCAL AREA

IF SO COMMUNITY EMPLOYMENT MAY BE AN OPTION  
FOR YOU!!!!

PLEASE CONTACT CE SUPERVISORS ON 0429742021



An Boiún Gnóthaí Fostaíochta  
agus Cosmaíre Sóisialaí  
Department of Employment Affairs  
and Social Protection

IN RECEIPT OF SOCIAL  
WELFARE PAYMENT FOR  
1 YEAR

WORK EXPERIENCE  
19.5 HOURS PER WEEK

MUST BE OVER 21  
YEARS OLD

TRAINING GIVEN  
LOCALLY

BAWN LATTON  
COMMUNITY  
EMPLOYMENT SCHEME

042-9742021

EMAIL: [john@blce.ie](mailto:john@blce.ie)

[angela@blce.ie](mailto:angela@blce.ie)

[davina@blce.ie](mailto:davina@blce.ie)



**BAWN LATTON  
COMMUNITY  
EMPLOYMENT SCHEME**

**042-9742021**

EMAIL: [john@blce.ie](mailto:john@blce.ie)

[angela@blce.ie](mailto:angela@blce.ie)

[davina@blce.ie](mailto:davina@blce.ie)



# Suicide and Self-Harm Crisis Service

## Suicide Bereavement Service



### Free counselling with fully qualified therapists

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

**Monaghan Outreach Service**  
Castleblayney, Co Monaghan

**Cavan Outreach Service**  
Cavan Town, Co. Cavan

**090 642 4111**

Call to book an appointment

**24/7 HELPLINE**  
**1800 247 247**

**pieta.ie**



Charity Registration No. 0075875, Charities Regulatory Authority No. 20040026  
Company Registration No. 400780 (Republic of Ireland)





text about it

50808

## **Do you need someone to talk to right now?**

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808.**

If your life is in imminent danger, please call 999.

We can help with urgent issues such as:

- Suicidal thoughts
- Self-harm
- Anxiety, panic or stress
- Depression or sadness
- Isolation or loneliness
- Relationship challenges
- Abuse or assault
- Bullying

## **Get help now**

**For free 24/7 support in a crisis, text HELLO to 50808.**

If your life is at imminent risk, call 999 for emergency help.

[TEXT 50808](#)

**Do you need someone to talk to right now?**

## **Cavan Semi-Colon Project Suicide Bereavement Support Group**

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

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

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

We are meeting in **Crover House Hotel**  
on the following dates:

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

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

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

Wednesday 9th December 2020,

Special Remembrance event, 7.30 p.m.—9.00 p.m.

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

Programme Co-ordinator on 049 4336070

or 087 695 1865 or email: [hleahy@cclld.ie](mailto:hleahy@cclld.ie)





# WOW!

## LET'S PLAY Monaghan Family Fun ACTIVITIES

LOTS OF FUN  
CHALLENGES INSIDE!

MONAGHAN  
SPORTS PARTNERSHIP  
SPORT IRELAND

Let's get  
active  
FOR AT LEAST 60  
MINUTES EVERYDAY



Healthy  
Monaghan



Monaghan Sports Partnership in conjunction with partners have developed a Family Fun Games & Activities Booklet under an initiative called 'Let's Play Monaghan'. The booklet was funded through the Healthy Ireland Fund and provides a variety of games and activities for the family to play at home during this time of limited interactions. The games and activities chosen are adaptable to different age groups and abilities and encourage creative, imaginative, active, independent, group and social play.

The printed booklet is accompanied by a play pack of equipment to encourage children to play and become more physically active through play and the packs will be distributed to targeted families in Monaghan. These packs were supported by funding from Healthy Ireland Fund and also funding from National Play Day.

The booklet will also be available for anyone to download [here](#)

For more information on Monaghan Sports Partnership visit [www.monaghansports.ie](http://www.monaghansports.ie)

National Learning Network

Investing in People. Changing Perspectives

**Free training to  
help you get a job**

**NOW!**

## Courses enrolling now:

- *Employer Based Training* - supports students to acquire practical skills with a company in an area of their choice.
- *Fresh Start* - an opportunity to make a new beginning and get back on track

Contact us:

[monaghan@nln.ie](mailto:monaghan@nln.ie)

087-4595505 / 047-83671

**Personalised  
supports and  
on-the-job  
training**



**emetb**

Bord Oideachais agus Oiliúna  
an Chlabháin agus Mhúlneacháin  
Cavan and Monaghan  
Education and Training Board

National Learning Network

Investing in People, Changing Perspectives

**Skills  
4  
Life**

## 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 4595505  
for more information





Supporting older people  
to age at home



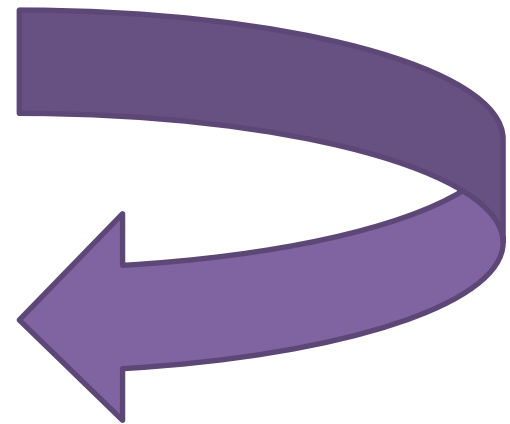
## **Befriending and Support Volunteers Wanted in Co. Monaghan**

The ALONE Support & Befriending service provides companionship to older people who would like extra social contact through a weekly visit. Volunteers can also help with practical supports such as helping access information, filling out forms and with phone calls. The Support & Befriending service is designed to help alleviate the negative impacts loneliness has on mental and physical health. Find out more & apply online at <https://bit.ly/3gObkvg>

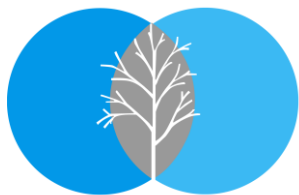


**WOW!**

LATE NIGHT SOCCER  
RETURNS







# 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 18th August 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



## SUPPORTING YOUR CHILD'S EMOTIONAL WELL-BEING ON THEIR RETURN TO EARLY LEARNING AND CARE

As Early Learning and Care settings reopen, you might be thinking about your child's return to preschool, childminder or crèche. You may be looking forward to getting back to some kind of normality, but for your child the many weeks on pause will have become their new normal. There might be worries and concerns about the return to childcare and early learning. Many families have experienced and continue to experience stressful events and situations that may have been physically exhausting and emotionally draining on all members of the family.

We know you want the best for your child. Below are some guidelines that may help you support your child through this important time.

### Keep calm

When parents are feeling anxious, children can notice this and begin to feel stressed too. Take the time to check in with yourself. How are you currently feeling about your child's return to childcare? This may feel like quite a stressful time for many reasons. If these feelings are overwhelming, try pausing and taking a few deep breaths. If you can be mindful, and stay calm, you will be better able to remain connected to what your child's needs are and be more able to respond to them. When you are calm you are more able to see the reasons behind your child's behaviour and respond to the needs and feelings that are behind the behaviour. Ask yourself 'What is my child feeling?' and 'What does my child need?' Keep in tune with your own feelings and what you need too.

This is one simple exercise that you might find helpful:

- Pause
- Focus on your breath
- Breathe in slowly, right down into your tummy, then exhale completely
- Take 5 more slow breaths, being aware of each breath in and each breath out



After several of these breaths, you will find that your heart rate has slowed down, your breathing is deeper and you feel calmer. It will relax your body and allow you to feel calmer and think more clearly.

If possible, get support from your family and friends. Chat with other parents about how you and they are feeling. Try to keep up any hobbies or activities that bring you peace or that you enjoy. There are lots of great mindfulness resources and ideas on the internet that you might like to try. Having good, clear information and knowing what to expect can also help you to stay calm. You will find information and resources in the links at the end of this guide.

CHY 6015/RCN 20010027



Joe Bonine General  
1990 Gougha O'Leary  
Department of Children  
and Youth Affairs



- For the full pdf document on supporting your child's transition to or back to preschool please click [here](#)
- Barnardos are offering a number of their childlinks and booklets as free ebooks including selecting a quality school age service for their child
- The quality of the school age service a child attends is extremely important. Research shows that it can impact on children's behaviour, their feelings and attitudes, their wellbeing, their learning and development, their school performance and their friendships and relationships.
- [This free ebook](#) will help parents to identify a quality school age service for their child that will enhance the child's wellbeing and support them to live to their full potential.





Available in Co's Donegal, Sligo, Leitrim,  
Cavan and Monaghan

### Who is it for?

- Living Well is for you if:
- You are an adult (over 18) living with a long-term health condition or with depression (it is common to be living with more than one such condition)

### OR

- You are a **carer** for someone with a long-term health condition

To register for the free programme contact:

**087 3314159**

**087 3964307**

### Examples of long-term health conditions are:

Diabetes	Multiple Sclerosis
Asthma	Parkinson's disease
COPD	Fibromyalgia
Heart conditions	Crohn's/colitis/IBS
Stroke	Depression
Etc	

The Programme teaches tools to manage these problems, whatever your health condition. These tools include:

Pain and fatigue management

Coping with difficult emotions and feelings of depression

Relaxation and breathing techniques

Exercise appropriate to your ability

Healthy eating

Managing medication

Action planning and setting realistic goals

Problem solving and decision making

Communicating with family, friends and healthcare team

# CREATIVE FRIDAYS MASTERCLASS SERIES

**WOW!**

A WEEKLY SERIES OF CREATIVE MASTERCLASSES FOR  
YOUNG PEOPLE - LIVE AT 10AM ON YOUTUBE EVERY FRIDAY  
ON THE CAVAN MONAGHAN CREATIVE CHANNEL!

**July 31st** Transforming with Words

Poetry with Heather Brett (9+)

**August 7th** Musical Sea Voyage

Music Generation cavan monaghan (Pre-schoolers)

**August 14th** Lights, Camera, Action!

Filmmaking with Glenn Mahony of Sky Rocket Media (12+)

**August 21st** Musical Adventures with Elfin the Pigeon

With Thomas Johnston of ceol connected (3+)

**August 28th** Finding Your Feet

An introduction to Drama with Mary Farrelly (all ages)

#CREATIVEFRIDAYS  
#CREATIVECOMMUNITIES  
#CREATIVEIRELAND

Clár Éire Ildánach  
Creative Ireland  
Programme  
2017-2022





# Funding Opportunity



## THANK YOU FUND

Every year, the Thank You Fund gives back to local Irish non-profit organisations, helping them fund projects that matter to their communities.



### The Thank You Fund 2020 is open!

Learn everything you need to know about this year's Thank You Fund and application process.

[Read more](#)

Find out more about the COCA-COLA thank you fund [here](#)



### The Thank You Fund: Apply here!

Head this way to apply for life-changing funding as part of the 2020 Coca-Cola Thank You Fund

[Apply now](#)

[The Coca-Cola Thank You Fund 2020 applications now open](#)

[How To Apply To The Coca-Cola Thank You Fund](#)

[Coca-Cola Thank You Fund FAQs](#)

[Thank You Fund: The 2019 winners revealed!](#)

LGBTI+ YOUTH SERVICE  
GRANT SCHEME 2020

# One-off Grants for LGBTI+ Youth Services

Application Form available from  
**youthservices@cmetb.ie** or  
**049 4331044**

**Closing Date- 28th August 2020**



An Roinn Leanaí  
agus Gnóthaí Óige  
Department of Children  
and Youth Affairs



**cmetb**  
Boord Oideachais agus Oiliúna  
an Chathair agus Mhúinteacháin  
Cavan and Monaghan  
Education and Training Board



Cavan & Monaghan Rainbow Youth is an LGBT+ service for young people aged 12-24 years. Our LGBTi+ Youth Development Worker provides training, information and support to young people, caregivers, and educators. If you would like more information please call 0872193904, or email [info@camry.ie](mailto:info@camry.ie).



**HEAR THE  
INNOVATIVE IDEAS  
THROWN INTO  
THE POT  
FROM LOCAL  
GROUPS.**

**VOTE FOR  
YOUR FAVOURITE IDEA TO  
SEE THEM WIN A GRANT  
AND THEIR  
PROJECT COME  
TO LIFE.**

**HOSTED BY  
STREATYARD  
WITH  
MUSIC  
STREET  
FOOD  
AND  
BANTER  
28TH AUG  
5PM**



**FOR FREE BOOKING  
AND FREE TACO VOUCHER**

**[HTTPS://MONAGHANSOUP2020.EVENTBRITE.IE/](https://monaghansoup2020.eventbrite.ie/)  
BOOKING ESSENTIAL**

**MONAGHAN  
SOUP NIGHT**

**FOR MORE INFO CONTACT:**

**087 6738835  
[jorourke@midl.ie](mailto:jorourke@midl.ie)**

**DONATIONS WELCOME TO  
CROCUS MONAGHAN**

Email:  
[jorourke@midl.ie](mailto:jorourke@midl.ie)  
Call/text/WhatsApp :  
0876738835

"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"



Community groups will be given the opportunity to do a 3 minute pitch on their project idea and also exhibit a display of their ideas. The wider community will be invited to attend the Soup event and will vote and the group with the majority votes will be given a grant from SICAP (Social Inclusion Community Activation Programme). They will also be invited to give feedback on pitches and displays of ideas.

# Mental Health & Family Caring: Supporting the Supporters

FREE

A five week online programme for family carers and supporters of people with mental health challenges.

## Explore:

Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Family Carers Ireland are supporting requests for respite where possible for course participants. See registration page for more details

Register using the Eventbrite link on [www.familycarers.ie](http://www.familycarers.ie)

## Morning or Afternoon Option Available

**Morning:** Weds, 11am to 1pm,  
12th August – 9th September  
Closing date for registrations  
29th July

**Afternoon:** Weds, 2pm – 4pm,  
19th August – 16th September  
Closing date for registrations  
5th August



# WOW!

Participants can register here:

<https://www.eventbrite.ie/e/mental-health-family-caring-supporting-the-supporters-tickets-113378939460>

For more information about the programme please contact [training@mentalhealthireland.ie](mailto:training@mentalhealthireland.ie).

Places are very limited so please consider if you are in a position to commit to the five weeks. If you cannot commit to the five weeks, please consider a shorter course or workshop with Family Carers Ireland. We currently run a short workshop *Five Ways to Wellbeing during Tough Times*. Please go to [www.familycarers.ie](http://www.familycarers.ie) to find out about other workshops and courses.





## Mental Health Ireland

- **Mental Health Support's**
- Cavan & Monaghan Mental Health Engagement & Recovery Communications Committee in collaboration with Mental Health Ireland host the Cavan Monaghan Wellbeing & Recovery Social Media pages. The pages are used to share local and national information related to services, supports and recovery oriented information.
- [Cavan—Monaghan Well Being Facebook Page](#)
- [Cavan—Monaghan Well Being Twitter Page](#)
- [Mental Health Ireland Website](#)



# sosad

Save our Sons and Daughters

- 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)



[Monaghan Comhairle na nÓg](#)

Search for  
@MonaghanComhairlenanOg  
To see the video

This year, members of Monaghan Comhairle na nÓg have been working on the topic of Inclusion and disabilities. Over the course of 'Lockdown' members of the group took part in learning some Lámh, this is a "manual sign system used by children and adults with intellectual disability and communication needs in Ireland". The first half of the following video explains Lámh in more depth, the second half is a message for Lámh uses in Ireland



# If you would like to learn LÁMH

The Lámh Team are currently working remotely. Due to this, please note that there may be a delay in responding to general queries.

Thank you for your patience during this time.

**FREE ACCESS TO  
LÁMH SIGNS ONLINE  
UNTIL ~~31 MAY 2020~~**

**EXTENDED UNTIL END OF AUG 2020**

**USE CODE:  
lovelamh**



Please follow these steps to get free access to Lámh Signs Online:

Go to [www.lamhsigns.org](http://www.lamhsigns.org)

Click on Apply for Membership

Enter the code: **lovelamh**

Fill in your name and email

Check your emails to get the link to create your own password

Login and see all signs.

With the current STAY AT HOME measures in place, Lámh is offering free and open access to Lámh Signs Online until the end of August 2020. This resource has videos of all 580+ Lámh signs, including timely signs like Wash Hands, Space, Hot, Clean, and Doctor. #lovelamh #ShareTheLamh #LamhSignsOnline



**Councillor Colm Carthy meeting Ruth Madden at Largy College, Clones - Ruth recently won the Gold Award in Physical and Engineering at the Hong Kong Global Youth Science and Technology Bowl.**

**It was a great achievement for Ruth, her family, Largy College (well done to Sharon and her staff), Cavan & Monaghan ETB, Clones and the whole of Co. Monaghan and one that we should all be very proud of.**





**Watch: Trauma and Transitions  
Webinar-Supporting Children  
and Young People in the  
Context of Covid-19 [here](#)**



With thanks to Clíodhna Mahoney for sharing This webinar was co-hosted by Dublin City North CYPSC and Barnardos, to address some of the concerns for our young people in transitioning through phases of change and the impact of Covid-19. The keynote speakers and panellists included UK and Irish based psychotherapists, psychiatrist and trauma consultant. With grateful thanks to our speakers: Siobhán McGee, Christina Enright. Emerald Jane Turner, and Dr. Clare Short; and to Dublin City North CYPSC BOBF Programme Fund and Safe and Protected from Harm Subgroup for sponsoring the event.



## *Complete* **THE MONAGHAN QUEST**



Now is the perfect time to discover the gems on your own doorstep, and Monaghan Tourism is giving you the incentive to do just that with the **Monaghan Quest**. Answer a series of questions covering heritage sites, outdoor spaces and attractions throughout the county and win prizes in the form of Town Vouchers for the town of your choice.

Visit [www.monaghtourism.com](http://www.monaghtourism.com) for more information where information and quiz sheets can be found and downloaded.

## Message from Covid-19 Stakeholder Communications Support and updates



### Face coverings

The importance of wearing face coverings came into sharp focus last week . By law you have to wear a face covering when you use public transport, and since Monday 10<sup>th</sup> August the wearing of face coverings has also mandatory in shops and shopping centres. With this in mind we thought it might be timely to share with you some simple messages you can help to pass on.

This [video](#) is a really great explainer for anyone looking for advice on how to wear a mask, you can click [here](#) for all of the up to date information on when a mask should be worn as well as lots of other helpful information.

Face coverings offer a higher level of protection from infection, however, face shields (including Perspex shield and similar) are acceptable forms of face coverings as they may be preferable for people with communications difficulties.

### Public Health Information:

For the most up to date information and advice on Coronavirus, please go to:

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>,

<https://www2.hse.ie/coronavirus/> and

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>

Clinical and professional guidance relating to COVID-19 is available on <http://www.hpsc.ie> where you'll find up to date guidance for healthcare settings and non-clinical settings.



## Good Morning Monaghan

### Phone Call Service for Older People



Good Morning Monaghan is a free phone call service, which aims to provide security and friendship to elderly people living in Co. Monaghan. The service operates 5 days per week; Mon-Friday and our team of friendly callers are on hand to chat to members of the community who may need it.

#### **Who is it for?**

The service is available to:

Older people or individuals who may feel lonely, isolated and vulnerable.

People with chronic illness.

Anyone who cannot engage in an active way in the wider community.

#### **How does it work?**

Your friendly caller will chat to you about your day and will check on how you are feeling. You decide how often you wish to receive calls.

If you do not answer the phone after several attempts, the caller will phone a member of your family, neighbour or friend to check that you are ok.

If you need other services (such as grocery deliveries during the Covid-19 crisis, we will provide assistance to you on this).

#### **How to apply**

You can register by completing the below application form or contact Caoimhe ccrudden@midl.ie on or 0877189396

**WOW publishes bi weekly to provide information for  
Monaghan services supports and communities**



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 fortnight. Please send your articles for inclusion by the Wed before publication
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people or is a private for profit enterprise .
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 ☺**



# 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/>

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to contact the CYPSC Coordinator [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie) or 087 349 4714





## WHAT'S ON WHERE IN MONAGHAN

