



WHAT'S ON WHERE IN MONAGHAN

NEWSLETTER

Issue 15 July 10th 2020

UP COMING EVENTS NEAR YOU.....



Welcome to the 15th edition of our electronic information bulletin, **WOW**.

In our 10th July edition we have ;

- The latest Summer edition from The Genesis Programme in Louth comprising of support and advice for keeping your family safe and supported through the summer. There are lots of practical ideas for places to visit and low cost & No cost summer activities for families in our summer of staycation!!
- New summer programmes from Foroige
- New UBU initiatives from Youth Work Ireland
- National play day initiatives

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 or details of summer camps with us for inclusion. 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 ☺



Supporting Parents and Families through **SUMMER 2020**



For the most up to date information on COVID-19, please visit the HSE website at <http://www.hse.ie>

Congrats to the Genesis programme Louth who have put together this 62 page document with ideas for activities and places to visit over the summer as well as being packed with lots of tips on well-being

So now you know what to look at when you hear “I’m bored there’s nothing to do!!!”

Download the full document with hyperlinks [here](#)



LET'S PLAY Monaghan Family Fun ACTIVITIES

LOTS OF FUN
CHALLENGES INSIDE!



Let's get
active
FOR AT LEAST 60
MINUTES EVERYDAY



Healthy
Monaghan

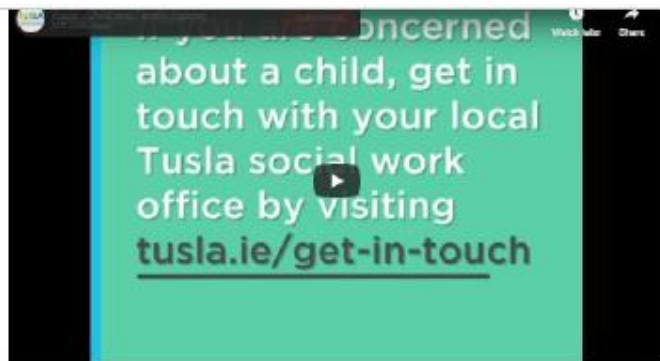


Monaghan Sports Partnership in conjunction with partners have developed a Family Fun Games & Activities Booklet under an initiative called 'Let's Play Monaghan'. The booklet was funded through the Healthy Ireland Fund and provides a variety of games and activities for the family to play at home during 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 from Friday 17th July at www.monaghansports.ie

This site provides information about services for children, young people and families, including those with additional needs. You will also be able to see the changes we have made so that we can continue to support you in this time.



<https://www.gov.ie/en/campaigns/42dcb-supporting-children/>

<https://www.gov.ie/en/campaigns/42dcb-supporting-children/>



Support for Young People in Aftercare



Aftercare drop in service details

Monaghan: Teach na Daoine, Oriel Way, Monaghan, H18 D218 Each Thursday from 3pm to 5pm, contact number 087 3410594

Cavan: Teach Oscail, 31 Church St, Abbeyland, Cavan, H12 H049, Each Wednesday from 3pm to 5pm, contact number 087 3903894.

A face book page has been set up for all aftercare service users, current and previous in Cavan Monaghan. It is called 'Moving on Cavan Monaghan' and is available at <https://www.facebook.com/groups/644018566158239/> . It is a platform for professionals and groups to communicate directly with the community. If any professional or community group wants to become a member please look up the link or email Sean.blackwell@tusla.ie

**SPEECH -
LANGUAGE
THERAPY**



Chatterbox is an early intervention Speech and Language Therapy service. Parents are free to contact us and we will provide you with information and ideas of activities that you can be doing to support your child's Speech, Language and Communication development.

Elizabeth Downey Senior Speech and Language Therapist

0871040984



Development Perspectives: Capacity Building Seminars for Refugees' Service Providers
Development Perspectives is pleased to invite you to register to our upcoming capacity building seminars for refugees' service providers. The seminars are organized as part of the STIRE project.

Please find below information on dates & seminars' themes:

Topic: Socio-cultural awareness - Thursday 16th July. Time: 14.00 to 17.00hs

Topic: Getting to know your local context - Tuesday 21st July. Time: 14.00 to 17.00hs

Topic: Communication & managing stress - Wednesday 29th July. Time: 14.00 to 17.00hs

The seminars are free of cost. We invite anyone who is interested in taking part to complete its details on the following [registration form](#).

If you have any questions, please

contact: maria@developmentperspectives.ie / paul@developmentperspectives.ie

Domestic Violence Supports

If someone is in immediate danger 24hrs/7days **Gardaí 112 or 999**



National Freephone Helpline 24hrs/7days
Language Interpretation Service 24hrs/7days
Women's Aid Online Chat Mon/Wed/Fri 7-10pm
For Deaf and Hard of Hearing Women 8am-8pm/7days

1800 341 900
1800 341 900
WomensAid.ie
Text 087 959 7980



For up to date online information about local domestic violence support services and refuges

Safelreland.ie



National Male Advice Line Mon & Weds 10am-6pm,
Tues & Thurs 12-8pm Fri Sat Sun 2pm-6pm

1800 816 588



tearmann
DOMESTIC ABUSE SERVICE

During the Current Situation with COVID – 19

Tearmann Staff are available

Monday – Friday 9.am- 4pm on :

085-8102433

087-3654101

087-3654279

Or

Email: tearmann dvs@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



To mark national play day on Sat the 4th of July, 150 sensory play packs were provided by Monaghan Children and Young People's Services (CYPSC) and Monaghan Integrated Development (MID) supported through the Social Inclusion and Community Activation Programme (SICAP). The packs will go to targeted families who are engaged with Children's Disability Services in Monaghan.

The theme for this year was playful communities and playful homes and we hope that these packs will bring a little fun and smiles to the children and parents who receive them. They include sensory items like fidget toys, bells, puppets, play dough and bubbles. The toys for the packs were compiled with guidance from Sathees Chandra, Senior Occupational Therapist Children's Disability services, pictured here with Collette Deeney CYPSC Coordinator.

Picture above Regina Byrne Monaghan Integrated Development and Collette Deeney CYPSC with some of the sensory play packs funded through CYPSC and the Social Inclusion and Community Activation programme. Unfortunately our representative from the Disability Network, Fiona Duffy, is missing from the picture. An inconsiderate driver parked too close to her car in the Disability parking bay and blocked her transfer access, thus preventing her from attending for the photo. We appeal to all drivers to please respect Disabled Parking spaces and leave room for a driver to open their doors fully to transfer to a wheelchair.

Recovery College



WRAP Level 1 (4 Week Course)

14th July

12:30am - 3:00pm

5 Ways to Wellbeing

3:30pm - 4:00pm

Mindful Sleep

15th July

4:00pm - 4:30pm

Managing Setbacks

16th July

11:00am - 11:30am

Practicing Self Care

17th July

12:30pm - 1:00pm

Interested in a course?
Get in touch and register
today

Tel ROI: 086 6069480

NI (028) 7186 5149

email:

recoverycollegewest@west
eritrust.hscni.net



July 2020 marks the official introduction of the *'UBU, Your Place Your Space'*. *The National Youth Service Funding Scheme works in conjunction with local service providers, who offer young people a dedicated 'place' and a 'space' in their local community.*

Cavan and Monaghan Education and Training Board (CMETB) in partnership with **Youth Work Ireland** and **The Irish Society for the Prevention of Cruelty to Children (ISPCC)** have officially received the 'Green Light' for four youth service projects to enter the new UBU, Your Place Your Space funding scheme that will serve young people throughout a number of communities in the Cavan and Monaghan region.

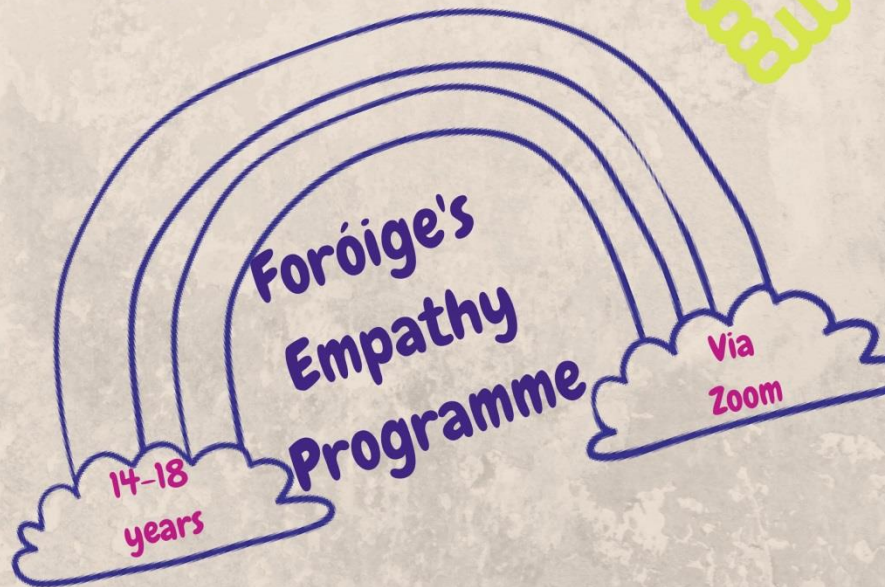
Under the UBU scheme youth services will assist young people aged between 10 and 24 years old who are experiencing marginalisation or are disadvantaged or vulnerable. The initiative provides a diverse range of services such as small/large group activities, outreach, trips away, events, direct support and one to one assistance.

The four projects locally for Cavan and Monaghan will each be facilitated by local youth service providers; **Bounce Back West Cavan, Bounce Back South East, Include and Monaghan ISPCC.**

empowering youth
enriching communities

foróige

Thursdays
1:30pm - 3:30pm
6 week programme
No charge to participate



GET INVOLVED!



To register click [here](#)

For more detail contact Erica Reade



Foróige is running three fantastically fun summer camps for young people.

The Summer Camps will focus on promoting young people's health and wellbeing and will introduce young people to tools that will help them make better decisions about their health.

SUMMER CAMPS

> 13th July - 15th July 11:00am - 14:00pm
Open to 10-12 year olds

> 20th July - 22nd July 11:00am - 14:00pm
Open to 12-14 year olds

> 27th July - 29th July 11:00am - 14:00pm
Open to 10-14 year olds

- Each Wellóige camp will take place in Monaghan town at local venues.
- Lunch is provided.
- All camps will be run in accordance with Covid-19 Government Guidelines.
- Places are limited so please apply early.
- The closing date for applications is the 8th July 2020.

Please register via the link
<https://forms.gle/AUCauMf4g7w97gEL6>

or you can contact Slobhan on 086 0209181
or Ciara on 086 2078110

One Child €15
Family €25

FITTER
HEALTHIER
HAPPIER

Enabling young people
to take charge of their
health & well being





Turas is currently open and accepting referrals.

Turas is a Dundalk based community addiction service providing free one-to-one, group and other supports to people both active in addiction and those in recovery.

If you are currently struggling with an addiction or are in recovery from an addiction and fearful of a relapse please contact us and we can provide regular support to you.

Please call 042 9338221 or email info@turascounselling.ie to get support.

One of our team will be in touch within 24 hours to offer you a telephone assessment.

All of our supports are currently being offered over the phone.

Nicki and the Turas team



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—Monghan 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



**Mental Health
Ireland**



Peer Support Forum for Community Based Workers for the inter-agency network that exists. Those who are actively supporting others need to be supported too!

The proposal is to offer a **'Weekly Video Call Check-In'** for community based workers during this time of national emergency. **This will be held on Tuesday mornings at 10 a.m. and facilitated by Miffy Hoad with the hopes that we will have a special guest speaker each week offering some tips and insights to the group.**

As a participant you will be invited to share your challenges and successes of working remotely, what's helping and what you need to do more of.

The outcomes from this will hopefully be:

Reduce some of the isolation of community based staff working remotely;

Additional support from peers in similar situations;

Inspire each other with ideas for self-care and coping strategies;

Maintain the inter-agency network during this time.

If you are interested in being part of this initiative, please respond to **miffy@mentalhealthireland.ie with your name and email address. You will then receive an invite to the weekly event on Zoom.** /

Follow this link for some fantastic resources

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



Survey on Drug Related Intimidation and Violence

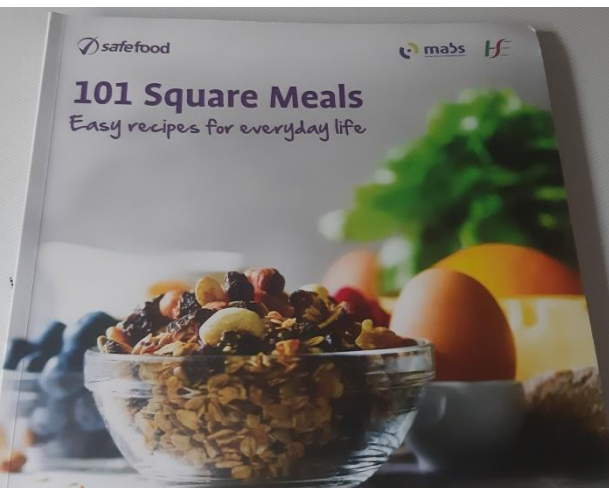
DRIVE (Drug Related Intimidation & Violence Engagement) is a new initiative under Strand 3 of the funding that was announced last year. It is focussed on supporting communities that are impacted by Drug Related Intimidation and Violence.

Please take 5 minutes to input your experience of whether there is drug related intimidation and violence in Monaghan

The link for the survey is -
<https://www.surveymonkey.com/r/5RLYFC8>

Thanks to MABS We have a limited number of hard copy cookbooks for anyone who has no access to downloading the cookery book below please contact collette.deeney@tusla.ie

https://www.mabs.ie/downloads/publications/101_Square_Meals_2018.pdf



Chicken and vegetable casserole

Serve with boiled potatoes or rice

Ingredients

- › 4 chicken portions
- › 3 large carrots
- › 2 onions
- › 2 celery stalks
- › 6 mushrooms
- › 1 low-salt chicken stock cube dissolved in 275 ml of boiling water.
- › 2 dessertspoons of lemon juice
- › ½ dessertspoon of mixed herbs
- › pinch of salt if desired
- › pepper
- › 20 g of frozen peas

Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Wash, peel and chop carrots, onion, celery and mushrooms.
3. Place chicken portions in a casserole dish with all the vegetables.
4. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
5. Bake for 1–1½ hours or until chicken is cooked.
6. Serve with baked potatoes or rice.

Any vegetables can be used instead of mushrooms and carrots. Pick according to availability, choice and cost.



Serves
4 adults

Preparation time
15 minutes

Cooking time
1 hour 30 minutes

Utensils needed
Casserole dish
Chopping board
Chopping knife
Vegetable peeler
Measuring jug

Communication survey for Mental Health Service Users,
Family (Adult Services)



As part of our on-going engagement work with service users family members and carers, we are carrying out a communications survey in relation to people's experience during the COVID- 19 pandemic. We are inviting all Mental Health Service Users Family Members and Carers to participate in the survey which is available via the below link:

<https://www.surveymonkey.com/r/8WSWRTG>

Hardcopies are also available on request by contacting Debbie Murphy via phone on 0872865346 or via email at debbie.murphy5@hse.ie .

If anyone would like support or further information please do not hesitate to contact Debbie Murphy. Closing date for communication survey to be complete is Wednesday 29th July 2020.

Thank you.

National Learning Network
Empowering in People, Changing Perspectives

Skills 4 Life

Contact us on
087-2198735

monaghan@nl.n.ie



Learn New
Skills

WOW!



Develop
and
Grow



Learn at a pace that suits you





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
-
- Teachnaoine Family Resource Centre
-
-
- 047-71398
- Email info@teachnaoine.com



PARENTING SUPPORT

National & Local Supports & Services for you



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

 **Parenting Monaghan**
 0429749500


 www.onefamily.ie
 Online & Phone Supports with variety of parenting supports
 Helpline:
 1890 662 212

My Contact numbers


parentline
 1890 927 277


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


CYPSC
 CHILD & YOUNG PEOPLE'S SERVICES COMMITTEES
 Monaghan

TUSLA An Ghníomhaireacht um Leanaí agus an Teaghlach
 Child and Family Agency

PREVENTION, PARTNERSHIP AND FAMILY SUPPORT PROGRAMME

0429795623

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

Parents Summer Camp

7 July

Taking Time Out for Me!

The importance of self care for parents.

Aoife Ryan
Insight Matter

14 July

Parenting Teens

Bringing up responsible and happy teenagers

John Sharry
Parents Plus

15 July

Recognising our Trauma

What has covid-19 done to families and how we can move past this.

Marguerite Woods
IBRIO Development
Worker in SAOL

22 July

Meditation in the Home

Calming self can calm those around us

John Peelo
Neighbourhood Youth Project

29 July

Back to School

How do I prepare for children going back?

Anne Staunton
Rainbows Ireland

E- Learning at One Family

We have 3 courses to choose from, with additional support from our Parenting Team on request. Sign up online today through our website.

Email gkelly@onefamily.ie to book your FREE Zoom session



One Family summer camps email gkelly@onefamily.ie



An online talk for parents on 14th July

Parenting Teenagers: Bringing up responsible and happy teenagers

One Family and Parents Plus are delighted to host a special online parenting talk that is free to attend

by Dr John Sharry

Tuesday 14th July 11am – 12:15pm including (Q&A)

Talk Description

Based on his best selling book 'Parenting teenagers', John will present a practical approach to parenting that allows you to

- Manage the most common challenges of the teenage years
- Maintain a warm connected relationship with your teenager
- Encourage them to grow up to be responsible and well-adjusted adults.

Dr John Sharry is a social worker and family psychotherapist and founder of the Parents Plus Charity. He is co-developer of the award winning [Parents Plus Adolescents Programme](#), and the best selling author of fourteen positive psychology and self-help book for families including [Positive Parenting](#), and [Parenting Teenagers](#).

Attendance is free, but places are limited you must book in advance by sending your name and email to gkelly@onefamily.ie. A zoom link will be sent to your email 15 minutes before the talk starts.



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

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

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

Twitter@CypscMon

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

WOW 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 ☺



WOW!

WHAT'S ON WHERE IN MONAGHAN

