



WHAT'S ON WHERE IN MONAGHAN

NEWSLETTER

Issue 16 July 24th 2020

UP COMING EVENTS NEAR YOU.....



Welcome to the 16th edition of our electronic information bulletin, **WOW**.

In our 24th July edition we have ;

- A message from new Cathaoirleach Monaghan County Council Colm Carthy
- Everything you need to know re masks wearing and fitting
- New summer programmes from Foroige
- Play Packs from Monaghan Sports Partnership Co Co 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 [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 😊

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 Roinn 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

angela@blce.ie

davina@blce.ie



**BAWN LATTON
COMMUNITY
EMPLOYMENT SCHEME**

042-9742021

EMAIL: john@blce.ie

angela@blce.ie

davina@blce.ie



cyclingireland GEARING UP SKILLS

Gearing Up Skills is an action packed fun youth bike skills programme.

Learn top tips and tricks to develop and improve your skills. Fun weekly skills sessions will be brought to you by video.

Free online programme

- Learn the basics of bike maintenance
- Learn new skills and challenge yourself each week with various skills activities.
- For ages 14 and under
 - Starts 29th July
- Just need a bike and a helmet
- Cycling Ireland coaches will support and guide you
 - For more information go to

www.cyclingireland.ie/page/programmes/gearing-up-skills

Get confident, get creative and show us your skills!



www.cyclingireland.ie/page/programmes/gearing-up-skills



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](#)



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?



This year National Play Day was celebrated under the programme of Let's Play Ireland, a government-led initiative aimed at promoting play for all children living in Ireland during the COVID-19 emergency.

Local Authorities are supported by the Department to promote and celebrate National Play Day by creating playful opportunities for children all across the country.

In Monaghan, we are delighted that National Play Day funding will be used to supplement play packs we are putting together for a number of families in our County. The staff of MSP have been busy collating the packs for this purpose and we can't wait to share them with you!

MSP staff pictured below with Director of Services, Monaghan County Council, Patricia Monahan.

Check out National Play Day video

<https://youtu.be/VNcoUZ5RCtg>

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

Message from new
Cathairleach
Monaghan Co. Co.
Colm Carthy



chairde,

Táim ag tnúth le beith ag obair leat sa bhliain atá amach roimhainn í mo post nua mar Cathairleach.

It has been a great privilege to have represented the people of Co. Monaghan over the last 6 years; it was a proud moment last year to have been elected by the people of the Carrickmacross-Castleblaney Municipal District and, it is a huge honour to be selected by the members to take on the role of Cathairleach of Monaghan County Council.

Monaghan County Council has a role to play in offering solidarity and practical support. We also need to continue our work with those people in county Monaghan who faced disadvantage and hardships prior to Covid-19.

There have been many negatives over the last few months, but one thing has been clear; in this period of emergency, the Irish people, and, to be parochial, the people of Co. Monaghan, have stepped up to the plate.

In my capacity as the Mayor of Monaghan I will be working more closely with the Executive and I know that I will be supported by our CE Eamon O'Sullivan, his Directors of Service and his staff; I also hope to work with the county councillors and community groups in each Municipal District for the benefit of our whole county.

To the people of Co. Monaghan, I want to say this – we have come through difficult times in the past and I know that there is a lot of uncertainty at present. But I am confident that as we continue to work together, to help each other and look after our neighbours and friends, we will persevere.

I heard a great quote recently by Coretta Scott King - "The greatness of a community is most accurately measured by the compassionate actions of its members."

Let's keep that in mind as together we face the challenges and seize the opportunities ahead.

Ar scáth a chéile a mhaireann na daoine. (Under the shelter of each other, people survive.)

Go raibh míle maith agaibh

Invitations to the Cathairleach to preside at public/community events can be forwarded to the following email address: cathairleach@monaghancoco.ie



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](#).

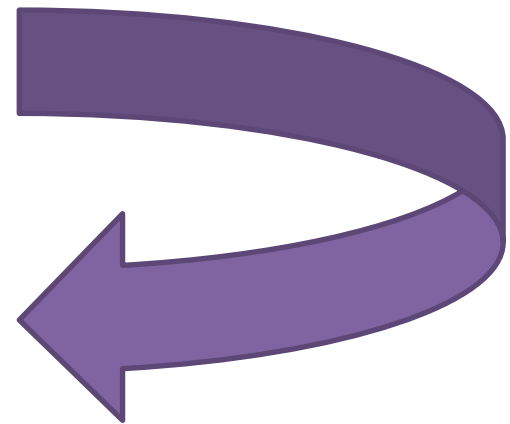
If you have any questions, please

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



WOW!

LATE NIGHT SOCCER
RETURNS





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.

WELLÓIGE

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



WOW!





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

COVID-19

HAND HYGIENE BEFORE
AND AFTER USING A MASK



Safe use of Masks

THE MASK YOU NEED

DO: REMEMBER TO WEAR THE CORRECT MASK FOR THE TASK:

Wear Surgical mask:
for droplet precautions,
or
when providing care
within 2 meters of any patient,
or
when working within 2 meters
of another healthcare worker for
more than 15 minutes.



Only wear FFP2 (Fit Checked)
or FFP3 mask (Fit Tested)
for aerosol generating
procedures.



WEARING THE MASK

DO: Wear your mask so it comes
all the way up, close to the
bridge of your nose, and all the
way down under your chin.



DO: Press the metal band so
that it conforms to the bridge of
your nose.



DO: Tighten the loops or ties
so it's snug around your face,
without gaps. If there are
strings, tie them high on top of
the head to get a good fit.



DO NOT:

Wear the mask
below your nose.



DO NOT:

Leave your chin
exposed.



DO NOT:

Wear your mask
loosely with gaps on
the sides.



DO NOT:

Wear your mask so
it covers just the tip
of your nose.



DO NOT:

Push your mask
under your chin to
rest on your neck.



ONCE YOU HAVE ADJUSTED YOUR MASK TO THE CORRECT POSITION, FOLLOW THESE TIPS TO STAY SAFE:

- ALWAYS change your mask when you answer the telephone or you take a drink/break.
- ALWAYS change mask when leaving a cohort area or exiting a single patient isolation room.
- ALWAYS wash your hands before and after handling a mask.
- ALWAYS change mask if it is dirty, wet or damaged.
- NEVER fidget with your mask when it's on.
- NEVER store your mask in your pocket.

REMOVING THE MASK

Use the ties or ear
loops to take the
mask off.

Do not touch the
front of the mask
when you take it
off.



DISPOSING OF THE MASK

Dispose of mask properly in a bin as ordinary
household waste unless you were caring for
a person with COVID-19. If you are disposing
a mask after contact with a person who has
a COVID-19 infection or suspected COVID-19,
please follow these disposal instructions.
Place the mask in a healthcare risk waste bin.

IF HEALTHCARE RISK WASTE SERVICE IS NOT AVAILABLE:

The mask, along with any
other PPE used when treating
a person with COVID-19 or
suspected COVID-19, needs to
be double-bagged and stored
for 72hrs in a secure location,
then put in the domestic waste.



To download this poster
Click [here](#)

Check out this catchy two meters
social distancing song for children
below

<https://www.youtube.com/watch?v=3nQgTywKmvQ>

Funding Opportunity



An Roinn Forbartha
Tuisithe agus Pobail
Department of Rural and
Community Development



MONAGHAN LOCAL COMMUNITY DEVELOPMENT COMMITTEE (LCDC) COMMUNITY ENHANCEMENT PROGRAMME 2020

Monaghan Local Community Development Committee (LCDC) announces the launch of the Community Enhancement Programme for 2020. Projects or elements of project of a capital nature may be funded.

Organisations eligible for funding include:

- Any not-for-profit community or voluntary group can apply.
- Commercial organisations and individuals are not eligible for funding.

Those not eligible for funding include:

- Commercial organisations, individuals and for-profit organisations.

The following is a non-exhaustive list of capital projects that could receive funding under the programme:

- Development/renovation of community centres
- Once off maintenance of premises. This does not include regular routine maintenance
- Community amenities
- Development of youth clubs or facilities
- Development of sports/recreation facilities
- Improvements to town parks and common areas and spaces
- CCTV equipment
- Public realm improvements
- Streetscaping
- Development of play/recreation spaces
- Energy efficiency type projects
- Purchase of equipment
- Adaptations or equipment needed as a result of COVID-19

Note: Requests for assistance usually exceed the funds available. Applicants should be aware that the Programme is likely to be oversubscribed. Therefore, all applications fulfilling the conditions may not be successful or may be for a lesser amount.

Monaghan Local Community Development Committee (LCDC) announces the launch of Community Enhancement Programme 2020.

Types of projects include Development/renovation of community centres

Once off maintenance of premises

Development of youth clubs/facilities

Development of sports/recreation facilities

CCTV equipment

Development of play/recreation spaces

Energy efficiency projects

Purchase of equipment

This is an online application process only and hard copy applications will not be accepted. Closing date for receipt of applications is 12noon Monday 7th September 2020.

For any queries please email cep2020@monaghancoco.ie or contact 047 73720/047 73717/047 73707

For further information please see attached advert placed in this weeks Northern Standard.

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

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.

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 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



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>

National Learning Network

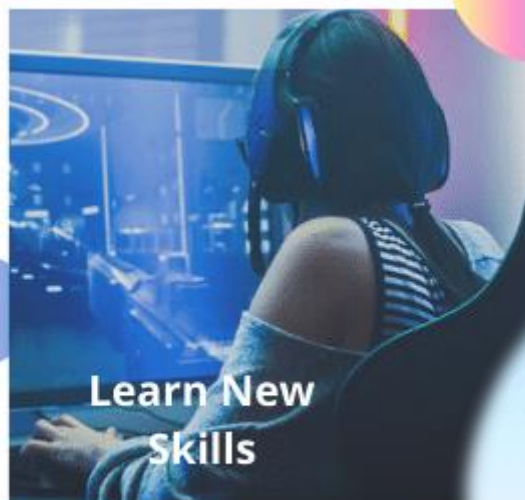
Empowering People, Changing Perspectives

Skills 4 Life

Contact us on

087-2198735

monaghan@nlm.ie



Learn New
Skills

WOW!



Develop
and
Grow



Learn at a pace that suits you



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/>

Twitter@CypscMon

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



WHAT'S ON WHERE IN MONAGHAN

