



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER

UP COMING EVENTS NEAR YOU.....

Issue 18
August 28th 2020



Welcome to the 18th edition of our electronic information bulletin, **WOW**.

In our Fri 28th August edition we have ;

- Back to school tips for all age groups
- New cookery course from Caoimhe at Monaghan Integrated Development & partners
- Listings of supports and services in your area for wellbeing and your mental health

While we are back to socialising in smaller gatherings we have reached the milestone of schools reopening and this edition features the many supports and advice around supporting your child's/ren's return to school.

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 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 ☺



Online Free Cookery Programme



Are you looking for some cooking inspiration?
Would you like to cook healthy, nutritious meals?

Beginning in September, Monaghan Integrated Development are delivering a 6 week online free cookery course

What's included?

- Free recipe book containing delicious HSE approved meals
- Step by step videos from a trained chef
- A personalised health action plan
- Support from trained Community Health Facilitators
- Certificate of participation on completion



To register contact Caoimhe by
emailing crudden@midl.ie or
call 0877189396

Limited spaces
available!



Building a
Better Health
Service
Seirbhís Sláinte
Níos Fearr
& Foirte



Southern Health
and Social Care Trust



Community
Health
Sync
Project

5-day lunchbox planner

We often end up putting the same things in the lunchbox everyday. Keeping lunchbox contents varied makes lunch more enjoyable. The following planner shows you some examples of snacks and lunch items.

Monday

1 medium wholemeal bread roll with tomato and cheese



Handful of carrot sticks



Pot of low-fat yoghurt



Tuesday

Small pitta bread with tuna and sweetcorn



½ wholemeal scone



Wednesday

2 tablespoons of pasta with 1 tablespoon of tomatoes and vegetables



2 crackers with low-fat cheddar cheese



Thursday

2 slices of wholemeal bread with cooked ham and lettuce



Slices of pepper, cucumber, sugar snap peas or mangetout



Yoghurt



Friday

Tortilla wrap with chicken, sliced peppers and lettuce



Small tub of stewed fruit



6 cherry tomatoes



Remember:

1. Use low-fat spread, low-fat mayonnaise or relish instead of full-fat options
2. Smaller portions for smaller children

<https://www.healthpromotion.ie/hp-files/docs/HAL00885.pdf>

Ideas for healthy snacks and lunches are only a click away

Healthy eating policy (Lower in sugar and fat)

Many schools are Health Promoting Schools and have developed healthy eating policies that encourage parents and children not to put certain foods in the lunchbox such as chocolate, crisps and sweets.

To learn more about Health Promoting Schools, please visit Health Promotion and Improvement.

<https://healthpromotion.ie/health/schools>

For healthy snack ideas

www.safefood.eu

Tasty, healthy lunches

Check out the **safefood** website for easy ways to choose a balanced nutritious and tasty lunch for your children each day.

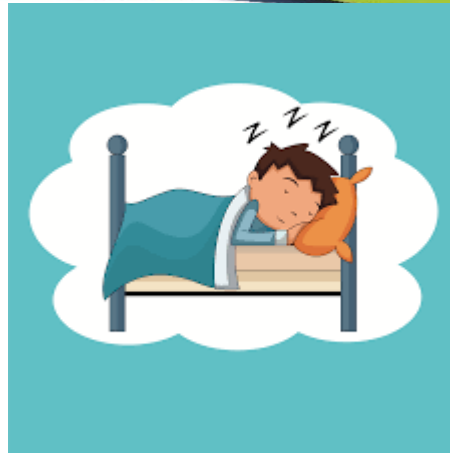
www.safefood.eu/whatisahealthylunch



www.safefood.eu
HELPLINE
NI 0800 085 1683
ROI 1850 40 4567

Publication date: January 2018 • Review date: January 2020 • Order code: HPM00885

START campaign helps parents to get bedtime back on track



To help get bedtime back on track, Dr Colman Noctor offers the following sleep advice to parents:

- **Consistent bedtimes are at the heart of the routine to provide regularity and predictability that over time will help a child to self-regulate.**
- **Reduce screen time and sugary foods and drinks in the hours leading up to bedtime.**
- **Encourage physical activity and fruit and vegetables during the day.**
- **Encourage relaxation skills and wind down activities.**
- **Value sleep time within the family culture.**
- **To watch a short video from Dr Colman Noctor please click [here](#)**



virtual

connect
café

Hello!

Wed 2nd Sept @
2p.m on Zoom:

<https://us02web.zoom.us/j/84608796062>

Connect together while apart

The poster features a blue background with a pattern of white speech bubbles. At the top, the word 'virtual' is written in a white, sans-serif font. Below it, two white speech bubbles are shown, each containing a black silhouette of a person's head in profile, facing each other. The text 'connect café' is written in a bold, black, sans-serif font between the two speech bubbles. In the center, a large yellow speech bubble contains the word 'Hello!' in a white, handwritten-style font. To the left of the yellow bubble, the text 'Wed 2nd Sept @ 2p.m on Zoom:' is written in a white, sans-serif font. To the right, the Zoom link is provided in a white, sans-serif font. At the bottom, the phrase 'Connect together while apart' is written in a white, sans-serif font.

Virtual Connect Café will be on
Wed 2nd Sept

@ 2 p.m

We will gather for a friendly chat
about

'Technology & our Wellbeing'

Bring your own cuppa and invite a
friend

See you then at this link:

<https://us02web.zoom.us/j/84608796062>





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?

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. 02918712, Charities Regulatory Authority No. 20042026
Company Registration No. A02780 (Republic of Ireland)



Connecting for Life
Cavan and Monaghan



Connecting for Life
Cavan and Monaghan

If you are feeling low or
distressed, please just talk
about it with someone ...

EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP
OR NORTH EAST
DOCTOR ON CALL
1850 777 911

GARDAI /
EMERGENCY
SERVICES
999 / 112

THE SAMARITANS
116 123
TEXT 087 260 9090
EMAIL:
jo@samaritans.org

DOMESTIC
VIOLENCE SERVICE
WOMEN'S AID
NATIONAL
HELPLINE
1800 341 900

24/7 SUICIDE
HELPLINE
1800 247 247
TEXT: 'HELP' TO
51444
(PIETA HOUSE)

AWARE
SUPPORT LINE
1800 80 48 48
Email:
supportmail@aware.ie

NATIONAL RAPE
CRISIS 24/7
HELPLINE
1800 778 888
Email:
counselling@rcc.ie

CHILDLINE
1800 666 666
TEXT: 'TALK' TO
50101

FARM AND
RURAL STRESS
HELPLINE
1800 742 645

OTHER SUPPORTS:

TEARMANN DOMESTIC
ABUSE SERVICE
047 72311
tearmann@vsi.ie
www.tearmann.net

NATIONAL
LGBT
HELPLINE
1890 929 539

MABS
(Money Advice
& Budgeting Service)
Helpline
0761 072 000

MENTALHEALTH
IRELAND
www.mentalhealthireland.ie

SHINE
086 852 5422
Supporting People Affected
by Mental Ill Health
northeast@shine.ie
www.shine.ie

ONLINE
COUNSELLING
www.turn2me.org

GROW
INFO LINE:
1890 474 474
Supporting those experiencing
mental health problems

PARENT LINE
1890 927 277
www.parentline.ie

PLEASE TAKE A PHOTO OF THIS POSTER



Please scan the code to
download the Connecting
for Life Cavan Monaghan
Suicide Prevention Plan



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Learn about mental health and how to
support yourself and those you love:
www.yourmentalhealth.ie



For reliable up to date advice visit

<https://www.hpsc.ie/>

Who Should Wear a Cloth Face Covering?

When you are attending children's health services, wearing a cloth face covering is one way to help limit the spread of COVID-19



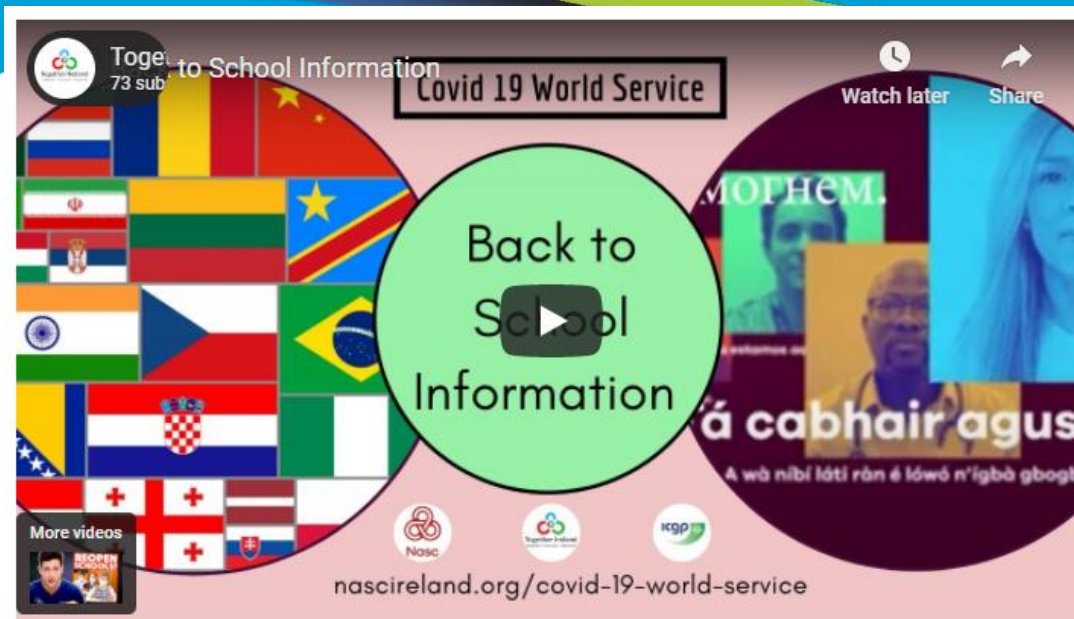
Who should wear a cloth face covering?

- ✓ Children over 13 years old (or those who are clinically advised)
- ✓ Anyone who cannot keep a safe social distance.



Who should not wear a cloth face covering?

- ✗ Children under 13 years old (unless clinically advised)
- ✗ Anyone with breathing or developmental problems



Covid 19 World Service is a joint initiative of Nasc and Together Ireland. In addition to our public health videos voiced by doctors in over 30 languages, we have added video messaging for parents of children returning to school in August/September 2020. These videos were voiced by education professionals including teachers and SNAs working in Ireland and the messaging has been approved by the Irish College of GPs.

You can view these **Back to School** videos in Albanian, Amharic, Arabic, Cantonese, Catalan, Croatian, Czech, English, French, Georgian, Greek, Irish, Italian, Hindi, Hungarian, Kurdish Sorani, Latvian, Lingala, Lithuanian, Polish, Portuguese, Romanian, Russian, Serbian, Slovak, Spanish, Tamil, Ukranian and Yoruba. Click on the language links below to watch the video in your preferred language.

<https://nascireland.org/covid-19-world-service>



National Educational Psychological Service advice & resources for the return to school

Schools are re-opening and school staff are looking forward to welcoming children and young people back again. This will be a time of change with new routines in school in order to keep everyone safe. In these times of change some stress or anxiety is a normal response. The resources provided below are designed to support school communities during this period.

Wellbeing Webinars and **Toolkits** for Primary and Post-primary Schools have been developed by NEPS psychologists to support the wellbeing of school communities. These resources are available at:

<https://www.gov.ie/en/publication/0722b-wellbeing-resources/>
[Relaxation techniques \(text\)](#) and [Relaxation techniques \(podcast\)](#)

Supporting Wellbeing in the School Community: ([NEPS/JCT Webinar](#))

Further resources to support schools in planning and preparing for the return to school are available at www.gov.ie/backtoschool



Parents

- NEPS psychologists have developed guidance for parents to support children who are transitioning to primary and post primary school:
- Guidance for Parents/Guardians of Children Transitioning from Pre-school to Primary School is available to download [here](#) and as a [podcast](#).
- Guidance for Parents/Guardians Supporting Children Moving from 6th Class during COVID-19 School Closures is available [here](#).

NEPS - Key Messages

- Stay Active & Connected
- <https://youtu.be/9nZVcDcvVLc>
- Stay Responsible & Informed
- <https://youtu.be/pBLW06d5Sc4>
- Stay Positive & Calm
- <https://youtu.be/UIK9L68hETU>



Great short video clips for all ages
and parents on the return to school

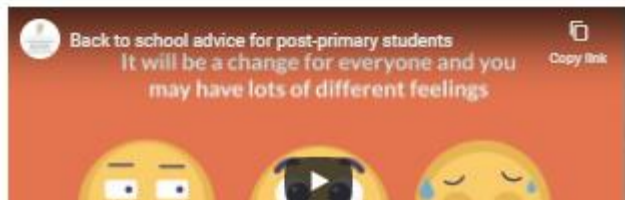
<https://www.gov.ie/en/campaigns/a128d-back-to-school/?referrer=http://www.gov.ie/backtoschool/>



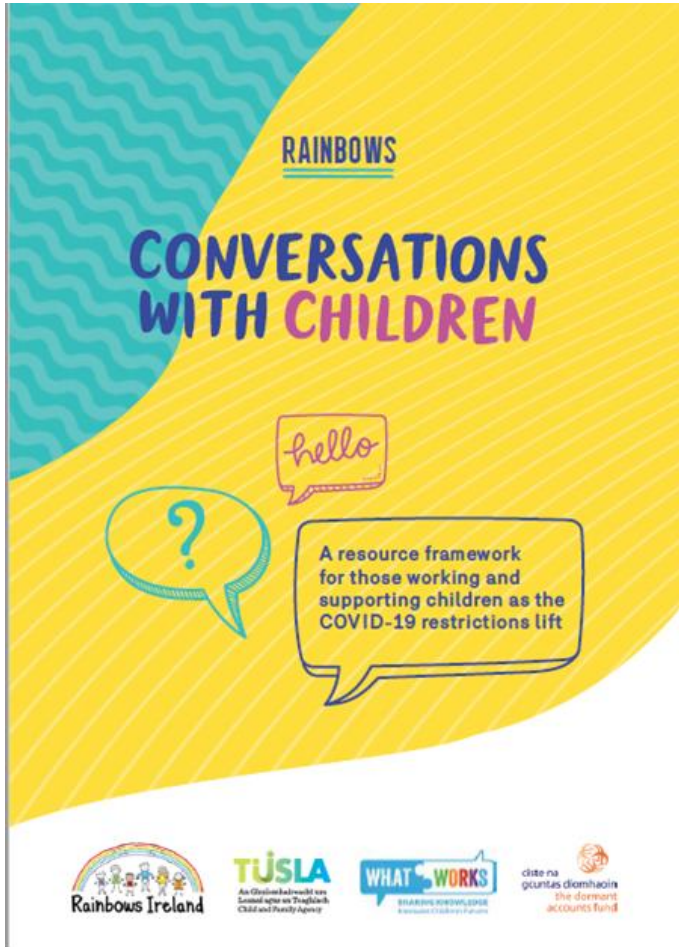
Back to school advice for 3rd to 6th class



Back to school advice for post-primary students



Rainbows Ireland has developed a resource framework to support children on their return to school.



Fantastic resource for teachers and support workers to use with primary school children allowing them to explore and acknowledge the many emotions children may feel after lockdown missing their friends and their new normal school experience.

To download this free pdf

Click on this link below

<https://www.rainbowsireland.ie/download-pdf/>

Guidance for Parents as Your Child Returns to Childcare

1. Keep Calm



When parents are feeling anxious, children can notice this and begin to feel stressed themselves. Take the time to check in with your own feelings.

2. Communicate



Keep in regular contact with your child's caregivers and let them know how home life is going. Talk to your child about their day and listen attentively to what they say.

3. Be Understanding



Each child's response to returning to childcare will be different. Some will be excited while others may be irritable or clingy. Their behaviour will be connected to how they are feeling. It is important to look beyond behaviour so you can support your child to manage and express their feelings.

4. Be Responsive



Changes in children's behaviour is a normal reaction to changes in routine. Respond with gentle, safe and loving limits. If your child's behaviour is worrying you or they are still showing signs of stress after a few weeks, seek guidance from your childcare provider or other appropriate professional (GP or a Parenting Adviser).

5. Slow Down



You and your child may be feeling tired as you adjust to a new routine. Make time for rest, relaxation and play. Include lots of cuddles, walks and enjoyable activities in the evenings and at the weekend.

6. Remember



A few months is a long time in a young child's life. Settling back into childcare after a long absence may take several weeks. Working with your childcare provider or childminder will help to make this an easier time for you and your child.



© 2019 NUI Galway



An Roinn Leanaí agus Gnothaí Oige
Department of Children and Youth Affairs



https://www.youtube.com/watch?v=W7Ht22s_y7wU&feature=youtu.be

For more information on the Early Years learning and development visit www.firstfivegov.ie

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 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 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 or call 042 9755126



WOW!

Monaghan Women's Virtual Mini Marathon



National Learning Network

Investing in People. Changing Perspectives

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

OW!

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

087-4595505 / 047-83671

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



Not sure what to do after Covid 19?

National Learning Network supports you to follow a learning journey that leads to QQI certification as well as the development of confidence, resilience and self-belief. We work with you to achieve your educational, vocational and personal goals. National Learning Network are here for you whenever you are ready to take the next step.

Visit www.nln.ie to find out more

National Learning Network can help you.

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

National Learning Network

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

Courses
Enrolling
Now:

- 'Employer Based Training'-
QQI Level 4
- 'Freshstart'-
QQI Level 3

Contact Us:
monaghan@nl.n.ie
087- 4595505



cmetb

Bord Oideachais agus Oiliúna
an Chabháin agus Mhuineacháin
Cavan and Monaghan
Education and Training Board

Felix's Story



"My name is Felix. I **work** in Wright's Quarry on a part time basis and I **enjoy** this very much.

Before I came to **National Learning Network Monaghan** I was doing nothing. I was at home all day with my brother, too much time to be thinking!! Everyone needs a **purpose**.

National Learning Network worked for me. In my first year in **Freshstart** I made **friends** and bonded with people. I learned how to use a **computer**. I worked at **my own pace** and achieved **certification**.

In 2018/19 I joined the **Employer Based Training** course and got a work placement in Wright's Quarry. When I finished training they offered me a job. I am **much happier** to be working.

I would recommend NLN to anyone who is **in a rut** needs a bit of **extra help** in getting out of the house"

WOW!

National Learning Network
Investing in People, Changing Perspectives

Skills 4 Life

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!](#)



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**.

WE'RE STILL HERE YOUTH SERVICES

During COVID it is easy to feel alone but a listening ear and support is only a click or call away

10am – 10pm
7 Days per Week

Youth Work Ireland
Cavan Monaghan

Speak to qualified Youth
Workers Instantly

Facebook - Youth Work Ireland Cavan Monaghan

Snap - @youthcafe

Call 087 136 0132

Instagram YWI_CM



If you or someone
you know is in
immediate
danger call 999





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 available to contact by phone on Call 0429668992 0860459168
- 24 hours a day, 7 days per week.
- Email: sosadcarrick@gmail.com



**IRISH
PHARMACY
UNION**
The voice of
community pharmacy



DIFFERENCE BETWEEN COVID-19, FLU AND COLD SYMPTOMS

 Symptoms	 COVID-19 Symptoms range from mild to severe	 Flu Abrupt onset of symptoms	 Cold Gradual onset of symptoms
Fever or chills	Common	Common	Rare
Cough	Common (usually dry)	Common (usually dry)	Mild
Shortness of breath	Common	No	No
Lost or changed sense of smell or taste	Common	Rare	Rare
Fatigue	Common	Common	Sometimes
Aches and pains	Common	Common	Common
Sore throat	Sometimes	Sometimes	Common
Headaches	Sometimes	Common	Rare
Runny or Stuffy Nose	Sometimes	Sometimes	Common
Feeling sick or vomiting	Rare	Sometimes	No
Diarrhoea	Rare	Sometimes in children	No
Sneezing	No	No	Common

Source: www2.hse.ie/conditions/coronavirus/symptoms.html

www.ipu.ie





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



With thanks to Cliodhna 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 for more information where information and quiz sheets can be found and downloaded.

**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

