



**WHAT'S ON WHERE IN MONAGHAN**  
**NEWSLETTER**

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

Issue 7 April 17th  
2020



Welcome to the 7th edition of our information bulletin, **WOW**.

As you are aware with the current developments regarding COVID-19, there has been further restrictions on travel and work to at least May 5th but there are still a lot of essential services and supports available to people in Co Monaghan, who are providing much needed support .

In our 3rd April edition there are

- Tips on keeping well
- Access to 101 dinners on a budget
- Some good news stories from our Family Resource Centres

We aim to provide continued information over the coming weeks building a more comprehensive resource for parents and families, and would invite you to share any useful resources with us for inclusion. 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 ☺

If you need support the *free* Community Call helpline is  
1 800 804 158



## Monaghan County Council COVID-19 Community Call Helpline



 1 800 804 158

 [covidsupport@monaghancoco.ie](mailto:covidsupport@monaghancoco.ie)

FREE TEXT 'HELP' followed by your name to 50555



# New Covid 19 grant to support community and voluntary agencies

- The Covid19 grant is now open for applications. All applications to be made **online only** at the following link:  
<https://documents.monaghancoco.ie/forms/covid19fund>
- This grant programme is providing grants to groups that are directly involved in the Community Call response to the COVID-19 pandemic.
- It is intended that the majority of the funding allocated to each Local Authority area will be ring-fenced for grants of €1,000 or less for exceptional, once-off costs incurred by community and voluntary groups associated with the Community Call initiative
- **ALL APPLICATIONS ARE TO BE MADE ONLINE BY 5pm Friday 1<sup>st</sup> May, 2020.**

**Monaghan Co. Council will distribute grants on a discretionary basis to those groups/organisations involved in the Community Call COVID-19 response locally.**



# Coronavirus COVID-19



***“No matter what you’re going through,  
let’s stay connected and make it  
through, together”***



**Visit [gov.ie/together](https://www.gov.ie/together)**

**for advice, ideas and support for your physical  
and mental wellbeing, for all of us  
#together**

Visit [hse.ie](https://www.hse.ie) for updated factual  
information and advice or  
call 1850 24 1850

#It's in our hands



Rialtas na hÉireann  
Government of Ireland



# #together

For additional information on Mental Health  
Supports visit

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

Call Samaritans Ireland free 24/7 on 116 123 or  
email [jo@samaritans.ie](mailto:jo@samaritans.ie)



Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our online Stress Control class.

Full schedule of dates can be found here: <https://stresscontrol.org/dates/> Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness - can be found in the 'Free zone'. If you can, please read, and start working on, the booklets in the 'Preparing for the course' section before Session 1.

On the homepage, click on the 'Stress Control 2020' link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the 'Subscribe' button on our YouTube page (free), you will receive notifications when a new session is available. You can also follow this link:

[https://www.youtube.com/playlist?list=PL\\_BKErJ\\_jISQHKFtHPCRmEctDtcNCCowB](https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRmEctDtcNCCowB)

# Launch of New Pieta House service for Cavan/Monaghan



## Pieta Helpline

- A new service from Pieta House has commenced to provide one to one bereavement counselling to people who have been bereaved by suicide, as well as one to one counselling to those experiencing suicidal ideation, who have attempted suicide, or those engaging in self-harm. Grainne can be contacted through the Pieta House Midlands number 090 6424 111
- Please also note that our 24/7 suicide helpline and text service is manned by trained therapists (psychotherapists & counselling psychologists) and is available for anyone in the country. It is free to call or text and is also available for anyone who is concerned about someone.
- To call 1800 247 247 or text the word HELP to 51444

# #Together

## 10 ways to reduce stress



1. Stay connected - keeping in touch with people, and talking about how you feel, can really help
2. Create a routine - if you're at home, getting up, staying active and eating at regular times helps you feel more in control
3. Stay Active - whether you're indoors or can still go out for exercise, move around as much as you can
4. Have a healthy diet - this advice never changes - but eating well really does help your mood
5. Reduce stress - you're not working from home - you're at home, in a crisis, trying to work or homeschool children. There's lots of great ways to reduce stress.







# #Together

## 10 ways to reduce stress

6. Stop scrolling – switch off - it's good to keep informed but try to limit how much news you're following and take a break every day
7. Get creative - try some activities like painting, singing, dance. No one is watching.
8. Help others - see if your neighbours need any help with shopping or medicines
9. For those cocooning – look for supports from the Community Call lines in each area
10. Visit [gov.ie/together](https://gov.ie/together) for more Sources and Services that can help



# #Together ways to reduce stress



It's important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example, you could try to:

exercise regularly, especially walking but keep [within 2 kilometres of your home](#)

keep [regular sleep routines](#)

maintain a [healthy, balanced diet](#)

avoid excess [alcohol](#)

practice [relaxation techniques](#) such as breathing exercises

read a book

search for online exercise or yoga classes, concerts, religious services or guided tours

[improve your mood by doing something creative](#)

# 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



Male Advice Line  
Advice & Support for Male Victims of Domestic Abuse

National Male Advice Line Mon & Weds 10am-6pm,  
Tue & Thu 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](mailto: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

station or Dial 999

in an emergency situation contact your local Garda

# Still here National ad campaign

- The Department of Justice and Equality have launched a **STILL HERE Campaign** for people who are suffering Domestic Abuse at this time - <https://www.stillhere.ie/>
- We also know that stress can increase the chance of violence in homes when there is a history of domestic abuse.
- It is important that you know you are not alone – domestic and sexual violence support services from State agencies and the voluntary sector have been adapted and increased to ensure they remain available to support you, even during the restrictions which are now in place due to Covid-19.
- **Restrictions on movement do not apply to a person escaping from a risk of harm or seeking to access essential services. In other words, the 2km rule will not apply to you**





# Online support for young people and families



## Useful Online Family Resources



Spunout is a youth info website:  
[www.spunout.ie](http://www.spunout.ie)



Jigsaw Online, mental health information for over 12s and parents/guardians:  
[www.jigsawonline.ie](http://www.jigsawonline.ie)



Yourmentalhealth.ie has mental health information



Teenline - Free 24/7 service for teenagers: 1800 833 634



Bodywhys website has information and resources for those with an eating disorder and their family. HSE Eating Disorders Self Care App also available:  
[www.bodywhys.ie](http://www.bodywhys.ie).



Call . Chat . Text

Childline - Free 24 hour counseling service for children and young people up to 19 years of age: 1800 66 66 66



Samaritans- Confidential support to those in crisis: 116 123



Parentline - Support and guidance for parents: 1890 92 72 77



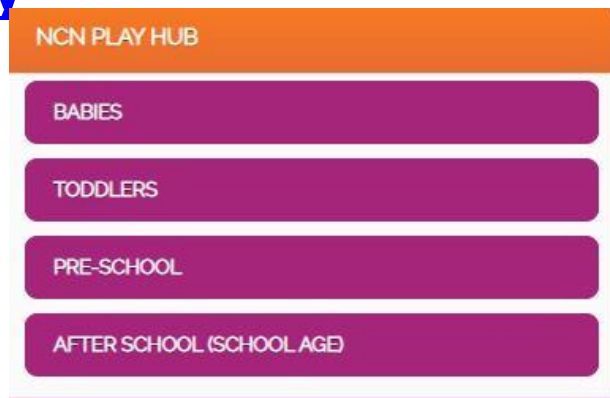
YoungMinds - Mental Health resources:  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

# National Childhood Network launch new Play Hub



FROM BABIES TO AFTERSCHOOLERS  
A RANGE OF ACTIVITIES AND TIPS

<https://www.ncn.ie/index.php/play>



Welcome to NCN's Play Hub

This Facebook page is about sharing ideas and suggestions on play activities with parents of children from birth -15 years. We hope throughout each week to share information, photographs and videos from our own play resources but also from other sources including parents, grandparents, early years, school age childcare providers, other agencies that we work with as well as anyone else with good play activities to share.

There are some brilliant play ideas circulating on social media, sometimes though it's hard to have the time or the energy to go through all the information that is available. Often it's hard to remember where and when you saw a useful play post. Using this new Facebook page and the NCN website [www.ncn.ie](http://www.ncn.ie) we have created a useful Play Hub that many can contribute to and parents can dip into for ideas. Feel free to share your own ideas, photographs or video clips with us.



## 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)

## ISPCC Monaghan resilience support project

The ISPCC has a newly begun Resilience Support Service in Monaghan offering 1 to 1 therapeutic support to young people, made possible through the Healthy Ireland Fund Monaghan CYPSC and Monaghan Co Council.

Our new Resilience Support Worker is Audrey Rabbitte and she can be contacted via email on

[Audrey.Rabbitte@ispcc.ie](mailto:Audrey.Rabbitte@ispcc.ie).

This service will take referrals from all community and voluntary services as well as directly from families of children and young people that may need emotional and behavioural support for issues that are affecting them.

Any new referrals to this service can currently be emailed to Audrey at [Audrey.Rabbitte@ispcc.ie](mailto:Audrey.Rabbitte@ispcc.ie)

All work in this project is resilience based support work utilising trauma informed care, developing tailor-made intervention plans to best suit the strengths and need of the young person.



# CHILD ABUSE: Recognise & Report



Social isolation due to **COVID-19** makes it harder for authorities to **identify child abuse cases**. That's why it's important for essential workers with potential access to family homes to be able to recognise signs of abuse and know where to report their concerns.

## Types of abuse:

### Neglect

- Lack of care or supervision
- Child deprived of food, clothing, hygiene, safety, mental stimulation, etc.

### Physical

- Child is deliberately physically hurt or is at risk of being physically hurt
- E.g.: Shaking child, using excessive force

### Emotional

- Child's need for affection, approval, security are not met
- E.g.: Excessive punishment, exposure to domestic violence

### Sexual

- Child is used for someone else's sexual gratification/arousal

## Possible signs of abuse:

### Neglect

- Child says no one is at home to provide care
- Is being cared for by an inappropriate adult
- Is often dirty/has severe body odour
- Lacks enough/appropriate clothing for weather
- Lacks medical or dental care
- Lacks enough food/water
- Begs or steals food/money
- Abuses alcohol/drugs

### Physical

- Child has unexplained injuries (burns, bites, bruises, black eyes, broken bones)
- Reports injury by parent/caregiver
- Is scared of parents/caregivers
- Shrinks when approached by adults
- Is scared/anxious, depressed, withdrawn, aggressive
- Abuses animals/pets

### Emotional

- Child shows extreme behaviours (is too passive/aggressive or too submissive/demanding)
- Acts too old or too young for their age (e.g. is parenting other children or often rocking/banging head)
- Expresses depressive/suicidal thoughts

### Sexual

- Child has difficulty walking/sitting
- Has bleeding, bruising, swelling around private parts
- Attaches very quickly to strangers/new adults
- Shows unusual, sophisticated sexual knowledge or behaviour
- Reports nightmares/bedwetting
- Observes/shares sexual images online
- Parent/caregiver observes/shares sexual images online in presence of children

## WHEN to report:

### You should report abuse when:

- You witness an incident/sign (outlined above) consistent with abuse
- A child says or indicates in some other way that they've been abused
- An adult or child admits that they've committed abuse
- Another person shares that they've witnessed or know about a child being abused

## HOW to report:

- You can report your concerns in person, by phone, or by email to **the local Tusla Children and Family Services centre in the area where the child lives**.
- You can choose to keep your report **anonymous**.
- You should contact Tusla even if you're unsure about reporting; they will talk to you and decide what to do.
- If a child is in immediate danger, contact the Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie)

CONTACTS  
[www.tusla.ie](http://www.tusla.ie)

**TUSLA**

Our Children's Services are based upon an 'Threshold' Child and Family Agency

**If child is in immediate danger, contact the Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie)**

Monaghan DPC  
049 4369800

## You are legally protected:

The Protection for Persons Reporting Child Abuse Act 1998 protects you when reporting suspected child abuse to Tusla or an Garda Síochána IF you believe your report is true and your report is not malicious.

If you want to discuss or report a concern about the welfare of a child please contact  
Tusla Monaghan  
0494369800  
If a child is in immediate danger please contact the Gardaí on 112/999



## DÓCHAS FOR WOMEN

20 Years of encouraging and  
empowering women to participate  
in the community and society



Although the doors are closed, NCCWN - Dochas For Women are still here to support Women in Monaghan,  
We appreciate it is a worrying and lonely time and we are available for phone support or a chat -

ring/text/WhatsApp us to 087 1507056 ,

email us to [dochasforwomen@gmail.com](mailto:dochasforwomen@gmail.com)

send a message via Facebook/Messenger.

If you cant get through just leave a message and we will return your call as soon as possible



An Roinn Dlí agus Cárta  
agus Comhionannais  
Department of Justice  
and Equality





The ISPCC Monaghan centre is currently closed to the public. However, all staff are currently working and offering ISPCC services remotely. This will be reviewed on a regular basis.

2. All staff have work mobiles which are on during working hours. The contacts for Monaghan are **Georgina Lannin on 087 149 7060** , **Janice Niblock 087 146 5259** and **Mari Markey 087 212 7518** . All staff also have access to work emails through our remote access system.

3. All clients and their families open to our service currently receive regular weekly contact via phone and video links to maintain the support and intervention work developed to date.

4. All staff are contactable on their work phones which any potential referrer can contact during working hours to discuss cases, concerns or referrals.

5. There is an ISPCC national support line service which Monaghan users can contact also.

This service is for parents and young people to call regarding any concerns they might have.

The contact number changes daily and can be found on the ISPCC website, [www.ispcc.ie](http://www.ispcc.ie)

# Fantastic downloadable recipe book from MABS

101<sup>+</sup>  
SQUARE  
MEALS

Contents & Introduction
Breakfasts
Sauces, Stocks & Soups
Mince Dishes
Beef / Lamb / Pork
Fish
Chicken
Vegetarian
Light Meals
Weaning
Young People
Cooking for One
Breads, Buns & Cakes



## Stephan's homemade garlic butter

**Garlic herb butter ( makes 390 g )** ( or without butter it serves as pesto )

**Prep 10 – 15 min./ Cooking 10-15 min**

200 g salted semi soft butter

100 g cold olive oil

50 g peeled garlic

40 g fresh mixed herbs ( parsley, rosemary, thyme, basil, sage, e.g.)

### Preparation

Cut butter into cubes

Place herbs, garlic and oil in food processor until smooth (stick blender works also, might take a bit longer)

Place all ingredients in mixing bowl, insert whisk, first slow until all is combined, then full speed for approximately 10 min or until mixture has trebled in size ( fluffy )

Storage in tub in fridge, pipe it on greaseproof paper, and once frozen place in tub, or roll it in greaseproof paper and place it in the freezer. ( I'm sure you will work it out )

### Tip

This butter can be used in loads of ways add to vegetables, mix into a sauce at the end, place on top of a meat/fish/vegetarian - dish

When making the pesto add a little more olive oil

[https://www.mabs.ie/downloads/publications/101\\_Square\\_Meals\\_Cookbook\\_Feb\\_2015.pdf](https://www.mabs.ie/downloads/publications/101_Square_Meals_Cookbook_Feb_2015.pdf)



## CoH-Sync Community Health Project – Cavan/Monaghan

Although we are being asked to stay at home, we must continue to look after our health and wellbeing.

Our Community Health Project Workers are available via phone to anyone who is seeking help or support during this time across Cavan or Monaghan.

The CoH-Sync project aims to support people and communities to improve their health and wellbeing through goal setting and signposting.

To get in touch please contact **Caoimhe** on **(087)7189396** or email [crudden@midl.ie](mailto:crudden@midl.ie)



**ALONE**

Supporting older people  
to age at home

COVID-19/ CORONAVIRUS  
HELPLINE FOR OLDER PEOPLE

**0818 222 024**

TO VOLUNTEER YOUR HELP, VISIT

**www.alone.ie**



If you need support, or would like to make a referral, please  
call our national phone line:

Alone Helpline for Older people **0818 222 024**

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

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

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

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



# MONAGHAN INTEGRATED DEVELOPMENT

## Supporting Growth and Opportunity



### Legal Structures for Social Enterprises

MID is hosting a FREE on-line interactive workshop for pre-start-up social enterprises and unincorporated local community groups who are thinking of forming a CLG or a Co-operative;

Date: Thursday 23rd April

Time: 7.30pm-9pm

Platform: Zoom

How to register: Send an email to [jclarke@midl.ie](mailto:jclarke@midl.ie) (before 5pm on Tuesday 21st April) expressing your interest

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



Rialtas na hÉireann  
Government of Ireland

*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"*



# Teach na Daoine supporting the community



Packie Kelly working with the local Gardaí to get food hampers to families



Easter Bunny Helpers



Interagency working Tusla , Family Resource centres and an Garda Síochána working together to support families, and older people cocooning in the community.





# Services Teach na Daoine offer



Are you self-isolating or Cocooning?

Teachna daoine Family Resource Centre Monaghan Town understands that many within the community might be worried about self-isolation /Cocooning and may not be in a position to go out.

We at Teachna daoine FRC are here to help

- Providing support to our Elderly and Vulnerable in the local areas
- Activities packs for families
- Providing phone/online counselling, psychotherapy,
- Providing delivery service 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

Offering phone calls of support/company to people who need it.

**Teachna daoine 047 71398**

**Monaghan County Council Community call Freephone number 1 800 804 158**

## Clones Family Resource centre



During this time of crisis in our land in  
**Clones FRC** is offering the following support:

### **Free Counselling Service Now Available by Phone.**

At this time of worry, anxiety and uncertainty for us all, Clones FRC is offering a free counselling service by phone if you feel the need of support in your life right now. Please call **Angela on 086 1785710** for to make an appointment. All our counsellors / psychotherapists are fully registered and professionally qualified.

Supported by Tusla.



Angela Graham takes delivery of toy and activity packs for families in need in the Clones area funded through Children and Young People's Services CYPSC and reallocation of grants through Teach naDaoine FRC

To download some really useful resources from Inclusion Ireland go to  
<http://www.inclusionireland.ie/sites/default/files/attach/news-item/1804/hse-health-passport-people-intellectual-disability-2.pdf>



**Inclusion Ireland Easy to Read**  
**How to Wash your Hands**



	Step 1. Wet your hands and apply Soap.
	Step 2. Rub your hands together until the Soap becomes foam.
	Step 3. Clean between your fingers, thumbs and nails.
	Step 4. Wash hands for at least 20 seconds.
	Step 5. Rinse hands with warm water.
	Step 6. Dry hands with a clean paper towel.

## HSE Health Passport



For people with an intellectual disability in contact with a healthcare setting



Your Health Passport will help to let healthcare staff know all about your abilities and needs.

This will help them give you better care when you are in a healthcare setting.

## ADHD Ireland

ADHD Ireland provided support, information and resources for young people and adults with ADHD, and their carers and families

Telephone **01 874 8349** (from 9am to 5:30pm Monday to Friday)

Visit [www.adhdireland.ie](http://www.adhdireland.ie) or email [info@adhdireland.ie](mailto:info@adhdireland.ie) for more information



# Hubzine by the rural hub Virginia Cavan



<http://hubzine.eu/4/mobile/index.html>





# an post

**If you are worried about a family member or a neighbour and you cannot visit them but want to ensure they are safe then you can register for their local postman/woman to call to check on them. All you need is to register their Eircode.**

**<https://www.anpost.com/Community-Support/Request-a-Check-In>**



**Download this fab simple plan from Tusla incase you or another care giver are sick and need to nominate someone to help out with childcare**



## Emergency Family Plan

### IMPORTANT

This booklet is for parents/carers to think about who could offer support in the event the primary carer is unable to provide care during COVID 19

Family Name

Developed by ..... Parent/Carer

Elircode .....

Date.....

[https://www.cypsc.ie/\\_fileupload/Documents/Resources/Cavan%20Monaghan/Family%20emergency%20plan.pdf](https://www.cypsc.ie/_fileupload/Documents/Resources/Cavan%20Monaghan/Family%20emergency%20plan.pdf)

# New weekly online groups with CAMRY



## NEW WEEKLY ONLINE GROUPS

Text/Watsapp or Email to receive link

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

info@camry.ie | www.camry.ie

**087 219 3904**

049 436 4065

*we will*  
**STAND  
TOGETHER**

*by not*  
**STANDING  
TOGETHER**



#StopTheSpread #SocialDistancing #WashYourHands

## BeLong To Youth Services

## The 2019 School Climate Survey **Key Findings**

The experiences of lesbian, gay,  
bisexual and trans young people  
in Ireland's schools.

<https://belongto.org/wp-content/uploads/2019/11/Key-Findings-School-Climate-Survey-2019-1-1.pdf>

**WOW!**



Monaghan U3A and Border Bounce Gymnastics club are running a free online fitness class on weekdays at 9.30 a.m. and all are welcome to join.

Contact Brendan Lillis [Brendan.lillis@gmail.com](mailto:Brendan.lillis@gmail.com) to get the link





# 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](mailto:collette.deeney@tusla.ie) or 087 349 4714

To all our frontline staff in the  
statutory community and voluntary  
sector who are working day and night  
to keep us safe.



## WOW will publish weekly to provide information during COVID 19



Some friendly guidance to those who are submitting information to **WOW**:

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions, unless requested or if your event takes place sooner.
5. WOW will be issued every month. Please send your articles for inclusion by wed of every week
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if WOW has helped your service, event or activity in any way.
9. We would like to take this opportunity to thank all of our members for their ongoing commitment and look forward to seeing you all when our related meetings and activities start up again.

Stay safe everyone 😊



## WHAT'S ON WHERE IN MONAGHAN

