



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER
UP COMING EVENTS NEAR YOU.....

Issue 8 April 24th
2020

please email any of your events to collette.deeney@tusla.ie



Welcome to the 8th 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 4th April edition there are

- Launch of new Childline therapeutic service for Castleblayney and Carrickmacross
- Support with your SUSI application from YWI
- Fun competition for the alternative Olympics

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 😊

WOW!

PROTECTING AGAINST INFECTION AND TOXIC STRESS

Losing a job would be stressful normally. So would having to homeschool at the drop of a hat. But these things are even more stressful when there's a dangerous virus in the world. It's important for all of us to stay away from others *physically*. This will help keep the virus from spreading in our communities. But it's also very important to stay connected to people we care about. This is true for children *and* adults.



Video chatting with a friend or loved one is a good example. Or saying 'hello' to a neighbor who's more than six feet away. These connections can make the stress feel easier to bear.



Taking a minute to close your eyes and breathe in and out can also help. That's because slow breathing tells your body's stress system to ease up a bit. This can help you respond better at even the most difficult times.

When we as adults feel better, it can help us connect better with the children we care for. This connection can help protect all of us, adults *and* kids, from the effects of stress. It also supports kids' healthy growth





“Be Young, Be You, Belong”

Youth Work Ireland Cavan Monaghan will be operating all social media platforms from 10am-10pm 7 days a week.

Youth worker's will be offering 1-2-1 supports on zoom to young people as well as group sessions on zoom to keep in touch with young people and to provide support to young people and allow for a safe, supervised space in which young people can socialise.

Our project workers will continue to link in with young people and offer supports throughout this time.

Keep an eye on our Facebook page **'YouthWork Ireland Cavan Monaghan'** for more information, times of meetings and to get in touch.

New Website Goes Live

We are delighted to see our new website go live this week. We will be working on it over the coming weeks and then officially launching it at our 2020 AGM. Head over to **ywimonaghan.ie** to see what we're doing and meet our team.

Programmes

We are busy running loads of amazing programmes for young people through our online platforms which have been amazingly popular such as cookery, dance & fitness and much more besides. If you want to get involved or find out more contact us through our Facebook page to see what you'd like to take part in.

SUSI Grant Support - Youth Information

This week the SUSI (Student Universal Support Ireland) grant process opened. Our specialist trained youth workers will be on hand throughout the coming weeks to help young people with their application. Check out our Facebook Page for more details.

YOUTH WORK IRELAND CAVAN MONAGHAN

YOUTH INFORMATION SERVICE

SUSI GRANT SUPPORT



GET HELP WITH YOUR
APPLICATION FROM
PROFESSIONAL YOUTH
WORKERS 5 DAYS A WEEK

MONDAY - FRIDAY 2PM-6PM

**MON - WED (ZOOM & PHONE)
& THURS - FRI (PHONE)**

CONTACT US TO BOOK AN
APPOINTMENT

Contact 0879057598 Mon - Wed

Contact 0877187945 Wed - Fri



Youth Work Ireland
Cavan Monaghan

Contact our

Youth Information Team

Monday – Friday

2pm-6pm

for support with your SUSI
(Student Universal Support
Ireland) Application



WOW!

Comfy on
the couch?



**COMPETITION TIME
THE ALTERNATIVE
OLYMPICS 2020
CHECK OUT THE
MONAGHAN CYPSC
FACEBOOK PAGE FOR
MORE INFO**

**FUN COMPETITION FOR YOUNG
SHOWCASE YOUR OLYMPIC
TALENT OR TEACH YOUR PET A
NEW TRICK RECORD IT AND
SEND IT TO WHATTSAPP
0873494714
FULL TERMS AND CONDITIONS
ON
[HTTPS://WWW.FACEBOOK.CO
M/CYPSCMON/](https://www.facebook.com/cypscmon/)**

vouchers



**Bit of
CRAIC**



TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

New Childline therapeutic Support service



Childline Therapeutic Support Service

The purpose of the ISPCC Childline Therapeutic Support Service is to build psychological resilience among young people and to increase the capacity of families to care for their children through an integrated programme of support.

The ISPCC Resilience Support Worker provides a free, one-to-one child-centred service for children and young people and parents/carers in their own home or place of their choosing.

WHO IS THE SERVICE FOR ?

In the area of South Monaghan, the Childline Therapeutic Support Service works with young people under 18 years of age and their parents/ carers.

Referrals are welcomed from professionals, parents and young people who maybe experiencing one or more of the following difficulties:

- Behavioural, emotional and social difficulties
- Social anxiety
- Poor coping skills and poor decision making skills
- Experience of, or engaging in bullying behaviours
- Dealing with loss, bereavement or parental separation
- Family breakdown and transition into care
- Relationship difficulties and problems relating to others
- Issues related to complex family experiences (substance misuse , mental health difficulties)

**PLEASE CONTACT US
FOR MORE INFORMATION**

ISPCC Monaghan

YWCA Building

North Road

Monaghan ■

Audrey Rabbitte ,
Resilience Support Worker

Mobilie: 087 3603742

Audrey.Rabbitte@ispcc.ie



JOBS CLUB

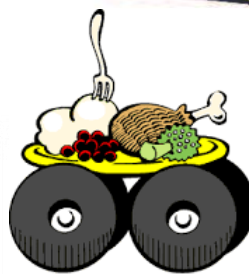
Jobs Club are offering a 3-morning online training programme from 10am-11.30am during the COVID-19 pandemic

Jobs Club includes:
Job Searching
Cover Letter Writing
C.V. Preparation
Interview Techniques
Mock Interview

**To find out more about the Jobs Club
Please contact: Teresa McCahey on 042-9748090
or e-mail : jobsclub@midl.ie**



An Roinn Gnóthaí Fostaíochta
agus Coimre Sóisialaí
Department of Employment Affairs
and Social Protection



**MEALS
ON
WHEELS**



Carrickmacross Meal on Wheels

If you are over 65 years of age or cannot get out of the house due to disability or illness, please contact us for a range of meal options delivered straight to your door for €5.00 per meal.

We also accept referrals from public health nurses, GP's, health professionals, existing meals on wheels, SVP and other charities.

For further information or to avail of the support, please contact **Regina Byrne** in Monaghan Integrated Development

Tel: 087 3612584 **Email:** rbyrne@midl.ie

Deliveries will be organised through volunteers or local suppliers.

"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"



EUROPEAN UNION
Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland





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

WORKING TOGETHER TO PREVENT SUICIDE

WARNING SIGNS



BEHAVIOUR

- Isolation
- Sudden changes in mood or behaviour
- Abusing drugs or alcohol
- A suicide attempt or act of self-harm
- Difficulties in school or work
- Dropping out of activities
- Sleeping or eating difficulties
- High-risk activities such as driving a car at high speed



FEELINGS

- Depression
- Helplessness
- Feeling life is meaningless
- Hopelessness
- Failure



THOUGHTS

- Gloomy, negative thoughts
- Unable to solve problems
- Very self-critical
- Saying things like
 - 'I won't be needing these things anymore'
 - 'I can't do anything right'
 - 'I just can't take it anymore'
 - 'All of my problems will end soon'



PHYSICAL SIGNS

- Neglecting appearance
- Neglecting personal hygiene, or clothing
- Persistent physical complaints like chronic pain
- Weight loss or weight gain due to appetite loss or pain
- Tired or finding it difficult to concentrate

WOW!

DOS & DON'TS

when responding to people experiencing suicidal thoughts

Dos

- Listen, show empathy, and be calm
- Be supportive and caring
- Ask a direct question about suicide if you feel there is a threat
- Take all threats seriously and assess the degree of risk
- Explore possibilities other than suicide with the person
- Take action, tell others, get professional help
- Remove the means, if possible
- If the risk is high, stay with the person

Don'ts

- Ignore the situation
- Be shocked or embarrassed and panic
- Say that everything will be all right
- Challenge the person to go ahead
- Make the problem appear trivial
- Give false assurances
- Promise confidentiality
- Leave the person alone





Support helplines



Pieta counselling & helpline

- 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**

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

please email any of your events to

please email any of your events to: ciara.markey@tusla.ie

collette.deeney@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie



Local services here for you

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: tearmanndvs@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

- **COVID-19 and Domestic Abuse: When Home is not the Safest Place**



Information on services and supports for victims of domestic abuse is available on the website, www.stillhere.ie. In an emergency, people should call the Gardai on 999 or 112.



**ÎȚI ESTE TEAMĂ DE CINEVA APROPIAT? VREUN
MEMBRU AL FAMILIEI SAU PARTENERUL TĂU TE FACE
SĂ SUFERI? PENTRU ABUZUL DOMESTIC NU EXISTĂ
NICI O SCUZĂ!**

Violența domestică este orice formă de violență sau control care se petrece într-o familie sau în casă și de obicei înseamnă una sau toate aceste forme de abuz: emoțional, verbal, sexual, fizic și financiar – limitarea sau controlul accesului la resurse necesare

**NU ESTI SINGUR/Ă!
EXISTĂ SPRIJN**

NUMERE DE TELEFON UTILE:

Woman's Aid Servicii în diferite limbi	1 800 341 900
AOIBHNEAS Refugiu pentru femei și copii	(01) 867 0701
Sonas Linia de asistență telefonică	(01) 866 2015
Saoirse Refugiu pentru femei	(01) 463 0000
Centrul de asistență în caz de viol	1 800 778 888
Politie	999 sau 112



please email any of your events to
collette.deeney@tusla.ie



**Бойтесь вы от кого то ближе с вами?
Ваш партнер или кто то в семье причиняет вам боль?
Нет оправданием для насилия в семье!**

Домашнее насилие является любая форма насилия или контроля, происходит в семье или дома обстановке и, как правило, включает в себя некоторые или все из следующих: эмоциональная, словесного, финансово - отрицание или контроля над необходимости, сексуального и физического насилия.

**ВЫ НЕ ОДИНОК!
ПОДДЕРЖКА ДОСТУПНА**

Телефон доверия

Woman's Aid Многоязычный служба	1 800 341 900
AOIBHNEAS Женщины и дети Убежище	(01) 867 0701
Sonas Горячая линия	(01) 866 2015
Saoirse Женская Убежище	(01) 463 0000
Изнасилование кризисный центр	1 800 778 888
Полиция	999 или же 112



Get your service listed for free on our new website: www.cavanmonaghanservices.ie



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

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



Monaghan County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of
vulnerable members of our community



Call 1 800 804 158

Email covidsupport@monaghancoco.ie



Rialtas na hÉireann
Government of Ireland

Are you out of work due to COVID 19?

The Local Employment Service Can advise and support you with information on:

1. COVID-19 Pandemic Unemployment Payment
2. Available Employment opportunities
3. Updating your CV by email
4. Client queries
5. Employer queries
6. Online courses



We are here - please ring
or email your local office

Monaghan - 5 North Rd, Monaghan
Phone 047 72191, email emurphy@midl.ie

Ballybay - 34 Birch Court, Main Street, Ballybay
Phone - 042 974 8090, email oduffy@midl.ie

Castleblayney - 9 Drumilard Business Park
Phone 042 9749500, email sfarrell@midl.ie

Clones - McCurtain Street, Clones
Phone - 047 52994, email amccague@midl.ie

Carrickmacross - The Workhouse, Shercock Rd
Carrickmacross Phone- 042 9664051, email
ldonnelly@midl.ie

The service is free and confidential



An Roinn Gnóthaí Fostaíochta
agus Coimirce Sóisialaí
Department of Employment Affairs
and Social Protection



Coronavirus COVID-19

 **Coronavirus COVID-19**
Public Health Advice

*"No matter what you're going through,
let's stay connected and make it
through, together"*



Visit gov.ie/together

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

Visit hse.ie for updated factual
information and advice or
call 1850 24 1850

HSE's in our hands

#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





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



**Community
Health
Sync
Project**

Child Protection is everyone's business

TUSLA are concerned about vulnerable children within our communities during the current COVID 19 pandemic. The children and young people currently engaged within the Social Work child protection teams represent the most vulnerable to neglect and/or abuse in our communities during this time. Situations of increased domestic violence and substance misuse are expected as families cope with the added pressure of being confined in their homes, job losses, mental health complexities and children unable to attend school. Social isolation due to COVID-19 makes it harder for authorities to identify child abuse cases.

That's why it is 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.

For information on how to recognise child abuse [here](#)

For details on reporting [here](#)

You should contact your local Tusla even if you're unsure about reporting; they will talk to you and decide what to do 049 4369800

If a child is in immediate danger, contact the Gardaí at 112/999 or www.garda.ie Remember keeping children safe is everyone's business

Tips on limiting alcohol use



North Eastern Regional
Drug & Alcohol
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs Task Force has details on all local services providing support via their website link below

- [NE -Taskforce](#)

Also information and support available on

- [Online Drug Support](#)
- [Ask about Alcohol](#)

DON'T GET LOCKED IN

As we prepare to socially distance ourselves, several countries are reporting an increase in home drinking.

Make your health and home life a priority by following these tips..





Choose Alcohol Free Days

Plan at least two alcohol free days during your week. The more alcohol free days the better!



Don't Stockpile

Don't stockpile alcohol in your home - plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



Keep it Late

It can be tempting to drink earlier when you are at home during the day - try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' - e.g. No alcohol in our house until after 10pm



Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



Help is Out There

Making changes can be hard. Contact the HSE support line -1800 459 459 - if you need help or support in reducing your alcohol use.

 **alcohol forum** +353 74 9125596 / www.alcoholforum.org

National Childhood Network launch new Play Hub



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

Packed with lots of good ideas for play and videos on fun!!!!



Many thanks to Denise and the team at National Childhood Network for 100 hardcopies of their fab book packed with play ideas for families in need who can't access the online version

Bircher Muesli (1 portion) 30 g wafer oats

100 ml coconut milk or almond milk/ or whole milk

2 g mixed ground seeds (E.g. chia, sunflower, pumpkin, and
seeds)

10 g non dairy probiotic yogurt/or dairy

100 g grated/sliced apple with skin

1/2 tsp ground cinnamon

Preparation

Soak all dry ingredients with milk and yoghurt over night (soaking over
night reduces phytates which impair iron, zinc and calcium absorption)

In the morning add the apple (variation of this recipe, add nuts, berries
other fruit like banana, kiwi, pears, fruit yoghurt)

If possible, use organic ingredients (they have a higher nutrient
content)

Tip: Add some more liquid and blended for a smoothie



Healthy
Eating
with
Stephan

Chatterbox



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

WOW!

Chatterbox is an early intervention service (0-6 years). It is part of Cavan/Monaghan HSE Primary Care Speech and Language Therapy Department. Our goal is to prevent, identify early or minimise Speech, Language and Communication difficulties. Chatterbox works in close partnership with families. We also work alongside those from the statutory, community and voluntary sectors.

How we work has had to change since the outbreak of the coronavirus. However, we also know that the Speech, Language and Communication development in the early years is important and we would like to be able to continue to support parents who may have concerns about their young children's Speech, Language and Communication skills.

Please feel free to contact us if you would like to discuss any concerns you may have about your child's talking and we will be able to give you some verbal and written advice that you can be doing to support your child's Speech, Language and Communication development.

Contact: Elizabeth Downey Senior Speech and Language Therapist
0871040984



Parents Centre

- *Parents Centre* contains information for parents and provides links to a wide range of trusted and high quality online resources including learning, parenting and information on supports for parents. It is easy to navigate and will help parents access the information and support they need quickly. It will be updated as new resources and information for parents are developed
<https://www.gov.ie/en/campaigns/parents-centre/>

Let's play Ireland

- Minister Zappone also launched an initiative for children- [Let's Play Ireland](https://www.gov.ie/en/campaigns/lets-play-ireland/) - a gov.ie resource to support children and young people's play during this time.
- *Let's Play Ireland* is an online portal on Gov.ie, providing access to a range of play resources for children. The Department of Children and Youth Affairs has worked with key experts across various sectors, Early Years, Education, Health, Local Authorities, Academic Partners in UCC and Mary Immaculate College, Creative Ireland, Tusla and others, in order to develop this resource.
- <https://www.gov.ie/en/campaigns/lets-play-ireland/>

please email any of your events to



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



As always 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



please email any of your events to collette.deeney@tusla.ie