



WHAT'S ON WHERE IN MONAGHAN

NEWSLETTER

Issue 5 April 3rd 2020

UP COMING EVENTS NEAR YOU.....



Welcome to the 5th 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 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 first April edition there are

- links to health guidance to stay well in these challenging times for both your physical and mental wellbeing
- Information on local agencies and services ,including the new community response helpline
- Some ideas for activities at home, including the exciting launch of a new virtual play hub

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.

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 😊

New Covid 19 Community Response Helpline launched

1800 804 158

The helpline is open 7 days a week from 8am -8pm

**Text HELP Followed by your name to 50555
(Free text)**



A dedicated community support helpline has been established to assist at risk members of the public in accessing non-emergency and non-medical supports and advice through the current public health emergency. The Freephone confidential phone line service is being established by the new COVID 19 Monaghan Community Response Forum which includes over a dozen agencies and organisations. The role of the Forum is to ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities.

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

Please have your eircode if possible <https://www.eircode.ie/>

We need your details



Who

- Monaghan County Council are trying to identify what is currently happening across the county by all the volunteers. Any information gathered with your permission will be passed on to the COVID 19 Response Forum

Why

- If a person in your area has no access to a hot meal or no way of collecting their prescription then we will be able to pass on your details to the Response Forum. In this way supports can be coordinated
- Thank you in advance for your time in taking the survey
- <https://www.surveymonkey.com/r/ZFMV6TX>



The HSE and Department of Health have produced an Easy Read version of the Public Information Guide on Covid 19 (Coronavirus)

The Easy Read version will help those who sometimes find content hard to read, understand or act on. Staff working with vulnerable groups such as some, people with an intellectual disability, members of the Travelling community, homeless people or asylum seekers can order copies and share them with your service users by whatever possible means.

[You can download or order copies here](#): Click on “Order Publications” and if you log in as a health professional you can order multiple copies. If you need any assistance with your order contact norma.deasy@hse.ie

[The Easy Read is also available to download here along with the original information guide which has been translated into many languages and is available as an audio guide.](#)



Signs and Symptoms



Symptoms

- Symptoms of coronavirus It can take up to 14 days for symptoms of coronavirus to appear.
- The main symptoms to look out for are:
[a cough](#) - this can be any kind of cough, not just dry
shortness of breath
breathing difficulties
[fever \(high temperature - 38 degrees Celsius or above\)](#) or
chills
- If you develop symptoms you will need to [self-isolate](#) and phone your GP. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test.
- **For people who get infected with coronavirus**
80% will have mild illness and make a full recovery within a few weeks
14% will have a more severe illness
6% will have a critical illness
- For Factual up to date information visit
- <https://www.hpsc.ie/>
- <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/>

Stay at home

- Coronavirus is spread in sneeze or cough droplets. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth.
- It's important to wash your hands properly and often. To help stop the spread of coronavirus (COVID-19) you may need to either restrict your movements or self-isolate.
- Restricted movements means avoiding contact with other people and social situations as much as possible. You will need to do this if you are a [close contact](#) of a confirmed case of coronavirus and you are still well.

Self-isolation means staying indoors and completely avoiding contact with other people. You will need to do this if you have [symptoms of coronavirus](#).

- [Read more about restricted movements and self-isolation](#)
- Children and coronavirus
- Encourage your child to [wash their hands](#) regularly and properly.
- Follow this advice [to prevent your child from catching or spreading viral infections](#).
- Read this for information on how to [care for a child in self-isolation](#).

Pets and coronavirus

- There is **no** evidence that pets such as cats and dogs can catch or spread coronavirus.



A Covid19 Message From Cavan Monaghan Garda Division

The Gardai all over the Cavan Monaghan Garda Division wish to advise our communities out there of the following:

In these challenging times if you have a concern for yourself, a family member, neighbour or a vulnerable person living alone please don't hesitate to contact us. We are always willing and able to help in whatever way we can.

It is best to contact us by telephone to adhere to social distancing advice and not to be calling into the stations. Remember everybody this too shall pass and better days lie ahead. Our strong community spirit and willingness to help each other will prevail. Here are a few of our telephone numbers that will assist if you need us for anything:

Monaghan Garda Station 047 77240.

Cavan Garda Station 049 4368800.

Bailieboro Garda Station 042 9694570

Carrickmacross Garda Station 042 969019

Download the Komeer App for up to date information in your area

<https://play.google.com/store/apps/details?id=com.komeer.app&hl=en> IE





Aftercare drop in service details

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

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

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

Childline
Listens to Children
1800 666 666

ISPC
Childline

Always here for every child
and young person.

CHAT ONLINE Childline.ie <small>(10am - 4pm daily)</small>	CALL 1800 66 66 66 <small>(24 hours)</small>	TEXT 50101 <small>(10am - 4pm daily)</small>
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Free. Confidential. Non-Judgmental.

WOW!

Childline phone, text and online is continuing as normal and staff are signposting their service users to the service should they need additional support.

www.childline.ie

Our Support Line continues to be available to parents who need support. Please feel free to share this number with your colleagues and team should they be getting calls from Parents who are worried or anxious about their children.

The number is 01 6767960.

Text 50101 10am -4pm daily

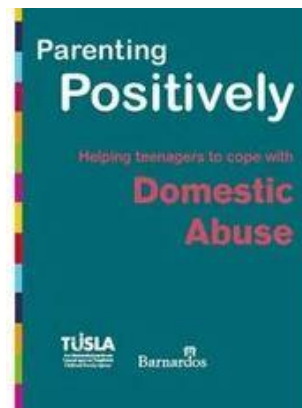
1800 66 66 66 24hours

Chat online www.childline.ie 10-4pm

RECOGNISING THE SIGNS OF DOMESTIC VIOLENCE /ABUSE



Barnardos have produced a number of books about domestic violence for children teens and parents [click here](#) to access the free downloads



Women's Aid listening believing supporting
<https://www.womensaid.ie/help/domesticviolence.html>

- Domestic violence is where one person uses abuse to control and assert power over their partner in an intimate relationship. It can be physical abuse, emotional abuse, sexual abuse or financial abuse. In the majority of cases it is perpetrated by men and experienced by women. Any woman can be affected and it can happen in any home. There may be [warning signs](#) that your relationship is abusive.

During the Current Situation with COVID – 19

Tearmann Staff are available

Monday – Friday 9.am- 4pm on :

085-8102433

087-3654101

087-3654279

Or

Email: tearmann dvs@eircom.net

If you are in need of support out of these hours
contact Women's Aid National Freephone Helpline
on 1800 341 900

In an emergency situation contact your local Garda
Station or Dial 999



If you are a deaf or hard of hearing woman experiencing domestic violence, we can help you. The Women's Aid [National Freephone Helpline](#) can offer support to deaf or hard of hearing women through our text service. Text us on 087 959 7980 **8am to 8pm, 7 days a week.**

We will text you back

All texts are treated in the strictest confidence
We will support you face to face by using an interpreter

The interpreter can be someone you feel comfortable with or Women's Aid can arrange an interpreter through the [Irish Deaf Society](#).
Click [here](#) for information in Irish Sign Language on domestic violence for deaf and hard of hearing women.



Community Counselling Support

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.





Teach na nDaoine



Teach na Daoine Family Resource Centre understands that many of you might be worried about self-isolation and maybe fearful of going out.

We at Teach na nDaoine FRC are here to help

Teach na nDaoine Emergency Assist Group

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

Phone Lines open 8am to 7 pm 7 days week 047-71398

List of supports

- Providing support to our Elderly and Vulnerable in the local areas
- Activities packs for families
- Providing phone free/online counselling, psychotherapy,
- Providing delivery service 2 Days a week for people who are afraid or unable to leave the house
- Family Therapy & Adolescent Therapy
- Phone assistances with technology, emails etc.
- Printing, photocopying services still available by phone/email.
- Providing online/phone family support
- Boredom Busters page website for families will be launched shortly
-
- Teachnadaoine Family Resource Centre
-
-
- **047-71398**
- Email info@teachnadaoine.com

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
-



**Mental Health
Ireland**



As a result of the COVID 19 pandemic and subsequent national response, we have all found ourselves thrown into a very new landscape and I'm sure like many, you are working very hard and creatively to continue to support the people you serve in particularly challenging circumstances.

Across Cavan & Monaghan there is a strong network of community, voluntary and statutory agencies who under normal circumstances meet regularly through various committees, e.g. Connecting for Life, Healthy Monaghan/Cavan, ARI etc.

While our own individual organisations offer us support at this time, it seems that there could be value in developing a

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

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

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

The outcomes from this will hopefully be:

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

Additional support from peers in similar situations;

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

Maintain the inter-agency network during this time.

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

Follow this link for some fantastic resources

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

Cavan and Monaghan Rainbow Youth update



@CAMrainbowyouth

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

it might not be the support we normally try to offer
but for now, it's what's needed
Stay Safe

info@camry.ie | www.camry.ie

087 219 3904

049 436 4065



#StopTheSpread #SocialDistancing #WashYourHands



The best-known, six-stripe version of the rainbow **pride flag** was established in 1979, and still assigns a **meaning** to each **color**: red for life, orange for healing, **yellow** for sunlight, green for nature, blue for harmony and purple for spirit



COVID-19 update

Turas is currently open and accepting referrals.

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

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

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

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

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

Nicki and the Turas team

Support for parents



Fantastic new resource compiled by the
Genesis Programme Louth

<https://flyingstart.ie/wp-content/uploads/2020/03/Supporting-Parents-and-Families-through-the-coming-days-and-weeks-resource-pack.pdf>



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



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More parenting supports

- Email parentingmonaghan@gmail.com



parentline

Call 1890927277 or 01 8733500

Our helplines are open from Monday to Thursday 10am to 9pm and Fridays 10am to 4pm.

Barnardos Ireland 1800 910 123

Advice on setting routines and other parenting advice

Mon-Friday 10-2pm

Foróige – Monaghan Projects and Services – Response to CV-19



- **1. Monaghan Neighbourhood Youth Project, DJE, Pobal, DAF (Siobhan Collins, 086 0209181)**
 - **2. Amplify Youth Project, Peace funded/SEUPB (Aaron Rudden, 086 4135544)**
 - **3. Youth Education Training Initiative, IFI (Edel Cox 086 0137440; Regina Gillick, 086 0352256)**
 - **4. Integrated Youth and Family Project, Tusla (Eithne Daly, 086 6017532)**
 - **5. Big Brother Big Sister Programme (Yvonne McManus, 086 0481992)**
 - **6. Voluntary led clubs and groups (Erica Reade, 086 3880717)**
- The services are currently in daily contact with young people and families referred to the service including weekends. Service opening hours vary and are based on the need and availability of young people and families.
 - Contact is primarily remote using phone calls, text messaging, video calls and video conferencing (example ZOOM and Whatsapp)

Follow Foróige's campaign over the next few weeks to help young people stay positive and connected
<https://www.facebook.com/monaghan.foroige/>



Forbairt Chomhtháite Mhuineacháin Theoranta
Monaghan Integrated Development CLG
Supporting Growth and Opportunity



To slow the spread of the virus MID have decided to implement a system of remote working for our employees. We have contingency plans in place to ensure we are operating as normally as possible and all our project officers are contactable via email or on their mobile phones (click here for [staff contact details](#)).

All our [offices](#) are also contactable by phone (9.00am – 5.00pm daily) or by email.

- The Health Service Executive's website is the main source of information: it has the most up to date information on the Coronavirus and it is updated daily.

We know that many people may be feeling a sense of anxiety and stress at this time. In the days and weeks ahead, we will share information and resources to support mental wellbeing and promote resilience during these challenging times. We will use a variety of methods including our website, email and MID's social media channels (Facebook and Twitter).

In relation to Covid-19, social welfare payment application forms can be downloaded [here](#) or will be available in hard copy for collection from any of our offices.

For the duration of this crisis we urge everyone to get their information from reliable sources. Do not fall into the trap of rumour and scaremongering. Our collective efforts are critical. We need to do this together as one community. Everyone has to play their part and help each other. Slowing the spread of this disease protects everyone, but particularly protects those at risk. Corona Virus presents challenges but it will pass and life will return to normal. So follow all the guidelines and stay safe.

Please visit the website for more information <https://www.midl.ie/>

Good Morning Monaghan



- In response to the Covid-19 crisis Monaghan Integrated Development has brought forward the launch of its “Good Morning Monaghan” service. This project aims to reduce loneliness and isolation for older people and others living alone. It will also be able to direct people to other vital services such as food delivery. The project coordinator is Caoimhe Rudden and she can be contacted at 087 7189396 or 042 9749500 E-mail: crudden@midl.ie

Good Morning Monaghan

Phone Call Service for Older People





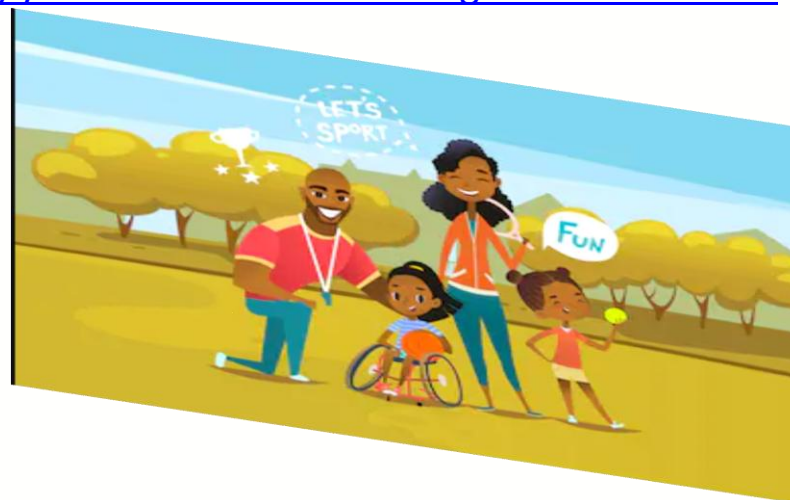
Mental Health Services during Covid-19

A short summary of national CFL partners services during COVID-19 is now available here:

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

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

This is a difficult time for everyone and it's important to look out for those more vulnerable in our communities, from a physical and psychological perspective.



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

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus) in Ireland.

The supports they are offering include the new national support line and an escalation of our existing outreach and coordinated support- this is the core of ALONE's work.

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.

We are already involved in and supporting Local Crises Teams and we would welcome the opportunity to support and contribute to other Local Crises Team.



Mental Health Services during Covid-19

Update on public messaging:

There is some great content on Minding your Mental Health during Coronavirus. You can find it

[here.](#)

- Advice on managing anxiety
- The importance of maintaining good routines
- Managing mental health during self-isolation
- The importance of social connection through social media
- Advice on how to manage mental health conditions such as OCD.

The Your Mental Health information line Freephone: **1800 111 888** is a phone service members of the public can call any time of the day. It is not a counselling service, but an information line to help point people to the correct mental health service for their needs.



Mental Health Ireland

- **Mental Health Support's**
- Cavan & Monaghan Mental Health Engagement & Recovery Communications Committee in collaboration with Mental Health Ireland host the Cavan Monaghan Wellbeing & Recovery Social Media pages. The pages are used to share local and national information related to services, supports and recovery oriented information.
- [Cavan—Monaghan Well Being Facebook Page](#)
- [Cavan—Monghan Well Being Twitter Page](#)
- [Mental Health Ireland Website](#)



sosad

Save our Sons and Daughters

- Sosad are continuing to offer support during the Covid 19 situation.
- They are available to contact by phone on Call 0429668992 0860459168
- 24 hours a day, 7 days per week.
- Email: sosadcarrick@gmail.com



Youth Work Ireland
Cavan Monaghan

“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 workers 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.

www.facebook.com/ywimonaghan1



Follow Monaghan Youth Council as the show the positive impact young people are making in the coming weeks
The group will be posting Selfies next week of hobbies they enjoy doing to promote the St. Patricks Mental Health Service Campaign #MindyourSelfie

<https://www.instagram.com/monaghan.cnog/>

<https://www.facebook.com/MonaghanComhairlenanOg/>



Library Monaghan County Council



We offer a huge range of material online. Our Online services require a library card to access but if you aren't a member you can register online at <https://lgma.iii.com/selfreg> then contact us with the temporary account number and Pin so we can activate it. Normally we would ask people to come into the library to verify their ID and address but in light of what's happening we are happy to set people up based on their online registration. (This goes for Council Staff as well as the general public)

Our current online resources include:

- ebooks & eAudiobooks available to download for free via our 'Borrowbox' app
- Newspapers & Children's magazines available through PressReader app
- Magazines available through RB Digital app including computer & gaming magazines, cookery, health, current affairs, craft, entertainment etc so plenty of reading material for all interests!
- Over 500 online courses available through Universal Class
- Language Learning programmes available through Transparent languages

ALL OF THE ABOVE CAN BE ACCESS THROUGH www.monaghan.ie/library/onlineservices

We also offer access to **an online literacy programme** designed specifically for those with Dyslexia, Dyspraxia, ADHD & ASD. It is called **TTRS (Touch-type, read and spell)**. It can be access through our website www.monaghan.ie/library or directly through www.ttrsonline.com In order to use this you need a unique log-in which will be assigned by library staff.

Library staff are also evaluating websites in order to provide a comprehensive list of reliable resources for use with **home schooling**. We have put this together in the form of a new Webpage which has just been published online at www.monaghan.ie/library/homeschool This page will be added to regularly.



Enable Ireland services have been temporarily suspended. You can still make contact with the service by phoning 047-82238 or via e-mail at admin.monaghan@enableireland.ie

Staff will continue to try and support children and families as best they can. This will be done primarily through telephone contact to maintain all efforts at reducing the spread of the Coronavirus.

While services are disrupted, you might find the following information helpful:

Routines:

While the children are off school, it will be useful to establish a timetable and a routine at home. Use pictures for this if needed to show what the timetable for the day is. See sample of daily schedule below which you can edit to suit your home.

Chatterbox



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

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



Covid 19 : What to do if we are concerned

Prepared by HSE Heads of Psychology Services
06.03.2020



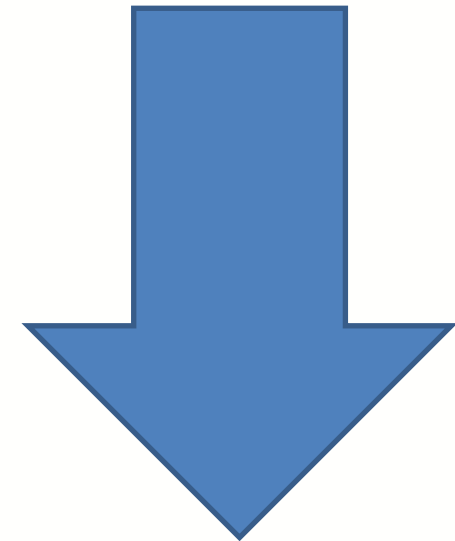
- Main Facts to consider
- Protecting ourselves from Covid-19
- How we might be affected emotionally
- How to manage our worry
- Helping Children to understand
- Ways of Managing our Worry: Breathing Exercises

Main Facts to consider

- Not everyone will be infected by the virus.
- Many of those infected experience mild symptoms.
- Children are less likely to be affected
- Older people and those with existing health conditions such as Diabetes, Heart Problems and Respiratory problems are the most vulnerable.
- Estimates for the mortality rate vary a little, but it is mostly thought to be 2% or less.
- The means of transmission has to be fully identified: contact with an infected person seems necessary.
- If we have a specific concern check the HSE Website for information on www.HSE.ie (WWW.HSE.IE) or www.HPSC.ie where there are regular updates relating to COVID-19 in Ireland.
- If we have a concern that we might be infected it's best to phone our GP for advice



For all links to documents right click on the link and click **open hyperlink**



<https://www.cypsc.ie/talking-about-covid-19-with-children-and-young-people/resources-for-parents.3086.html>

WOW!



Please see below a link to NEPS resources developed to support children/young people when schools are closed during the Covid-19, which are available on the DES homepage.

<https://www.education.ie/en/The-Department/Announcements/information-for-schools-preschools-and-third-level-institutions-on-the-coronavirus.html#15>

Also please note our contact details:

NEPS Cavan Office: 0494325430

Email: Neps_NE@education.gov.ie

WOW!

A List of Businesses who are offering a Local Delivery Service to help their customers during the COVID 19 Virus time.

Food & Newsagents		
SuperValu	042	9661387
SuperValu	042	9661623
Matildas Bakery	042	9661604
Homebake Café	042	9664644
Birdy's Newsagents	042	9661633
Cassidy Service Station Top	042	9661527
Londis Ardee Road	042	9664692
Cloughvalley Stores	087 2427240	9661521
Seans Deli	042	9663271
Keegans Newsagents	042	9661475
Walsh's Shop	085	1235980
Justins Filling Station (M'Cloone)	042	9667400
Sunnyside Filling Station (Shercock)	042	9669721
Pharmacy's		
Carrick Pharmacy	042	9692552
McGuire's Pharmacy	042	9690690
Eakins Pharmacy	042	9661245
Connolly Pharmacy	042	9661217
Florists		
Ann's Florist	042	9661492
Church View Flowers	042	9664544



WOW!

Daisy	042	9690899
Evelanns Boutique	042	9664456
Hand Footwear	042	9661676
Uptown Girl	042	9664210
Martha Kingham	042	9743742
Steeles Menswear	042	9673886
TW Menswear	042	9661592

House & Home

Gifts n Things	042	9663802
McVeighs Hardware	042	9663644
Howell Jewellers	042	9661545
School Office Supplies	042	9661791
Crock o Gold	042	9661702
McAllister Home and Garden	042	9692661
O'Rourkes Oil	042	9661372
Sineads Place Gift & Hardware	042	9661534
Marron Electric	042	9662333
Shutterbugs Photography	042	9664335
JDS Pets	042	9663895
Farney Antiques	087	0875858
The Ivy Skin and Lazer	042	9690364
Unique hair Design	042	9690818
Farney Print	042	9661487
Monaghan Electric	042	966 3322
Carrick Micro Maintenance	042	966 1445
Birdy Oil	042	966 4222

The Post Office, Lidl and Aldi have special hours for OAPs, please contact them for more details.

Helpful telephone numbers:

ALONE Support line: 0818 222 024 from 8am-8pm | Senior Line can be contacted on 1800 80 45 91

HSE – 1850 24 1850 | Samaritans – 116 123 | NE DOC 1850 777 911



HOPE
STOREHOUSE



Our doors may not be open right now but

WE'RE STILL HERE AND WE STILL CARE

Hope's foodbank is available for anyone facing difficulty during this time, especially the elderly and vulnerable.

We will be operating the foodbank by appointment only or alternatively we can arrange a delivery, taking all necessary precautions to ensure your safety and wellbeing.

TEXT US ON:

083 361 6839

You can also message us via our social media pages or email foodbank@crownjesus.ie. We will be in touch!



More ideas for young people



Teens

- A good directory of services from the people at [Spunout](#)
- Some great resources for [Creative Teens](#)
- Activities, resources and ideas from the [Everyman Theatre](#)
- Get the imagination going with some great [creative writing ideas](#) or [creative bursts](#)
- How about opening up to a world of books by joining the [library online](#)
- Fun with [numbers](#) for all ages

For the Artist in you

- [Spontaneous Art Therapy Activities for Teens - The Art of Emotional Healing by Shelley Klammer](#)
- 2. Altered Magazine Photo Defacing photographs is a fun activity for teens. This can be a therapeutic and humorous art exercise that does not require drawing or painting skills.
- www.expressiveartworkshops.com
- [Animation Classes | Start for Free Today | Skillshare](#)
- Find premium online animation classes taught by the world's best animators. Learn about 3D animations, hand lettering gifs and more! Get started for free today.
- www.skillshare.com

Some activities for Children and Young People and Adults!



- <https://www.worldofdavidwalliams.com/elevenses/>
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- <https://www.jamieoliver.com/features/6-brilliant-recipes-to-get-kids-cooking/>
- Story time with David Walliams
- Work out with Joe Wicks
- Cook with Jamie Oliver



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

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 the 18th of each month.
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 😊



WOW!

WHAT'S ON WHERE IN MONAGHAN

