

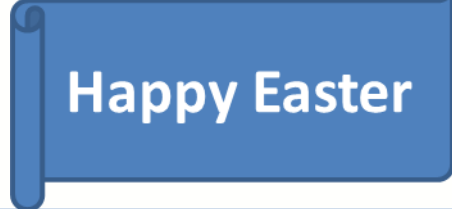


**WHAT'S ON WHERE IN MONAGHAN**

**NEWSLETTER**

Issue 6 April 9th 2020

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



Welcome to the 6th 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 2nd April edition there are

- Information on local agencies and services ,including the new community response helpline
- links to health guidance to stay well in these challenging times for both your physical and mental wellbeing
- Some ideas for activities at home, including the exciting launch of the National Childhood Networks play hub
- Good news on local community initiative s that are happening

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 ☺

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



Riailtas na hÉireann  
Government of Ireland

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



ALONE's dedicated referral line for professionals is now open. This line is specifically for professionals in Local Authorities, Local Development Companies, Hospitals, Primary care services, the HSE, GP's, members of PPI'S and other community services to refer older people into ALONE.



**Dedicated Referral Line Number**

**01 223 3632**

**Monday – Friday 8am – 8pm**

**Saturday – Sunday 9am – 5pm**

The purpose of the phone line is to provide a referral pathway from Local Authorities, the HSE, GP's and other community services back into ALONE. The phone line is operational seven days a week, Monday - Friday 8am - 8pm, Saturday – Sunday 9am – 5pm. This number is not for general public distribution, it is specifically for professionals who wish to make a referral, all older people should continue to phone their dedicated local authority number or ALONE's national support line number 0818 222 024.

Currently we are referring new requests for practical support as they come in to our National Support line to each Local Authority. As local authorities are coordinating the delivery of practical supports, we are still seeing an increase in referrals coming through to us to address other support needs. The establishment of this dedicated referral line provides Local Authorities, the HSE, GP's and other community organisations with a point of contact back into ALONE to avoid going through the national support line number.

Referrals can be made to ALONE's daily telephone service, this service will proactively call older people who would like daily contact and reassurance and we will also identify through these calls any additional needs that may emerge for them.

# 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.

**Childline**  
Listens to Children  
**1800 666 666**



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](http://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](http://www.childline.ie) 10-4pm**



# ISPCC Monaghan



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)



**Family Resource centres in Monaghan for a list of services they offer including free counselling during COVID 19 check out previous WOW issues [here](#)**

**Teach Na Daoine Family Resource Centre**

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

**Clones Family Resource centre**

**Contact Angela on 086 1785710**





# Support for Young People in Aftercare

## 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](mailto:Sean.blackwell@tusla.ie)



## 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 9690190**

**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





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.

Go to <http://stresscontrol.org> where you can learn more about the class and get the 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)

# 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,  
Tues & Thurs 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

# 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
-



Hi,

During these worrying times, I am contacting you to let you know that **CARI** is still here, to support parents, carers and professionals with concerns around Child Sexual Abuse and sexualized behaviour in children. It is in these periods of isolation children who are vulnerable may be at most risk. CARI are offering the following supports:

**CARI Helpline** The helpline continues to operate from Monday to Friday from 9.30. to 5.30 at full capacity. Our Helpline staffed by our professional and experienced advisors will support callers with any concerns about child sexual abuse.

**Advice Appointments** Advice appointments play a vital role in protecting children. They are a support that allows parents in the initial stages of disclosure to understand what may be going on and provide the pathway to safety for children.

**Therapy Sessions** We are providing online therapy sessions for children and adolescent clients. This enables us to resource children during this extraordinary time and help lessen their anxiety. We are also linking with parents and carers to ensure they feel supported.

**Online Forum** We are providing an online **CARI CARES Forum** for our online CARI community. We have a private message option on our various social media platforms to ask one of our Therapists for advice.

Many families are now living in high stress home environments which will leave children more vulnerable. Families are experiencing school closure, confinement, isolation and economic vulnerability which will increase the physical and psychological risk to already vulnerable children. Many cases of child sexual abuse relate to the family home. In some cases, children may be now locked down with their abusers. Children and particularly adolescents are having much more online activity. Adults working remotely will have more opportunity to gain access to children online.

**We would appreciate your assistance to help keep children safe please ensure your service users are aware we are here. They can contact our: Helpline on 1890 924567, Open Monday – Friday, 9.30 – 5.30, or [www.cari.ie](http://www.cari.ie) to request a call back from our advisors.**

Kind regards and above all stay safe and healthy

Monica Murphy.

CARI Clinical Director.

Dublin Centre: 01 8308529

Limerick Centre: 061 582224





An Comisiún um Rialáil Físeálaí  
Commission for  
Regulation of Utilities



# COVID- 19 Information for Energy Customers



## COVID-19 CRU Customer Protection Measures

Due to the COVID-19 pandemic, the CRU has already taken a number of measures to protect domestic customers including:

- increasing the emergency credit for gas prepayment meters from €30 to €100.
- issuing a moratorium on disconnections of domestic customers for non-payment. This means that no disconnections of household customers will take place up until April 19 2020, after which time the CRU will further assess the situation. The CRU is continuing to monitor the market at this time and will take action, where appropriate to protect customers.

## COVID-19 Difficulty Paying Your Energy Bill

In the event that you are facing difficulty paying your electricity or gas bill, you should contact your supplier and seek to come to an agreement on a payment plan. The CRU require suppliers to have trained staff in place, who will deal with your case sympathetically. Suppliers must arrange practical payment plans to assist domestic customers who have built up arrears. Any repayment arrangements must take into account the customer's circumstances and must be reasonable and affordable.



## Contacting Suppliers or Network Operators

If customers are having issues in relation to paying bills, they should contact their energy supplier or network operator. You can contact them through their website or by phone.

BE Energy	1800 817 383
Bord Gás Energy - Home Energy	(01) 611 0101
Community Power	(067) 56005
Electric Ireland	1850 372 372
Energia - Home	1850 405 405
ESB Networks	1850 372 757
Flogas	1850 30 68 00 or (041) 9874874
Gas Networks Ireland	1850 200 694
Glow Power	(01) 9609 690
Go Power	(01) 866 5612
Iberdrola	1800 300 370
Naturgy	(01) 884 9400
Panda Power	(01) 829 89 89
Pinergy	0818 363 749
PrePay Power	0818 323 920
SSE Airtricity	1850 8122 20
WaterPower	(029) 50568



More  
power  
to you



## 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](mailto:sosadcarrick@gmail.com)





## **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](mailto: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**



**Mental Health  
Ireland**



**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>**

# 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>



## More parenting supports

- Email  
[parentingmonaghan@gmail.com](mailto:parentingmonaghan@gmail.com)



Call 1890927277 or 01 8733500  
Our helplines are open from Monday  
to Thursday 10am to 9pm and  
Fridays 10am to 4pm.

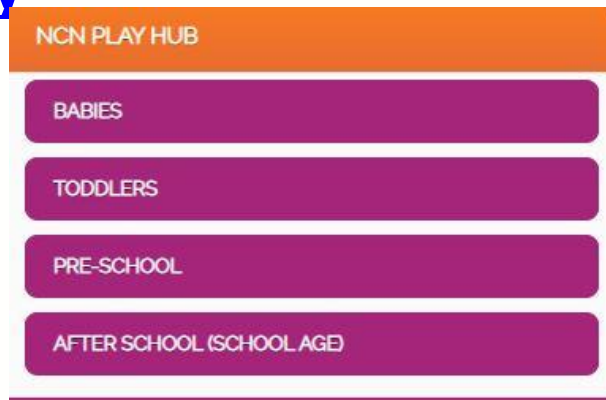
Barnardos Ireland 1800 910 123  
Advice on setting routines and other  
parenting advice  
Mon-Friday 10-2pm

# National Childhood Network launch new Play Hub



FROM BABIES TO AFTERSCHOOLERS  
A RANGE OF ACTIVITIES AND TIPS

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

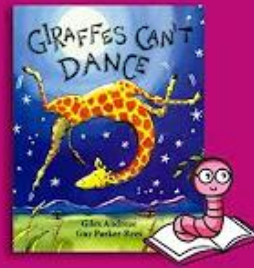


Welcome to NCN's Play Hub

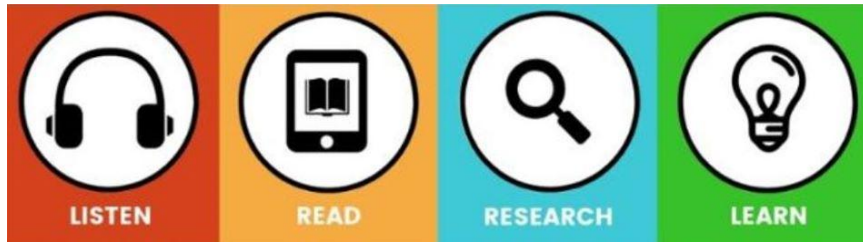
This Facebook page is about sharing ideas and suggestions on play activities with parents of children from birth -15 years. We hope throughout each week to share information, photographs and videos from our own play resources but also from other sources including parents, grandparents, early years, school 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.

Vocabulary  
Building with  
*Giraffes Can't  
Dance*



<https://www.youtube.com/playlist?list=PLAIbqGJPRH1nJiyukLKrgkj3rLpEfGufZ>



<https://betterstart.pobal.ie/Pages/Online-Resources.aspx>

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

And for a look at inclusive play activities

<https://play.aim.gov.ie/aim-play/>

## 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. Big Brother Big Sister Programme (Yvonne McManus, 086 0481992)**
  - **5. Voluntary led clubs and groups (Erica Reade, 086 3880717)**
- The services are currently in daily contact with young people and families in 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/>



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](https://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/>



# 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>



# TEN things you could do today!

**TUSLA**  
An Oibríochas Institiúit um  
Leanaí agus na Tuischán  
Child and Family Agency

- 1 Try these [Easter bakes](#) and [more](#)
- 2 Play the Bugs Bunny [card game](#)
- 3 Complete the Willy Wonka [Sweets Quiz](#)
- 4 Practice hot chocolate science and more [activities](#)
- 5 Have an Easter [Sing along](#) or tell some [Easter Jokes](#)
- 6 Listen to the chocolate cake poem by [Michael Rosen](#)
- 7 Watch the Easter story [cartoon](#) or the [LEGO version](#)
- 8 Listen to [Charlie and the Chocolate Factory](#)
- 9 Create your own easter egg hunt with [Peter Rabbit](#) or write your [own book](#)
- 10 Find out where chocolate [comes from](#) and download [chocolate challenge](#)

# WOW!

Links to all these activities and more on <https://www.cypsc.ie/talking-about-covid-19-with-children-and-young-people/activities-for-children-and-young-people.3101.html>

**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.

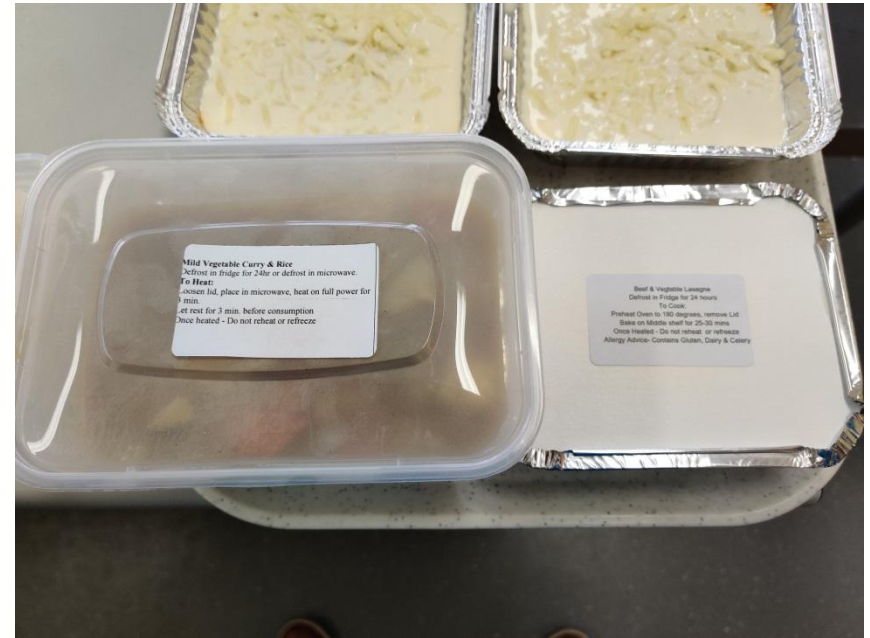
Contact Brendan Lillis [Brendan.lillis@gmail.com](mailto:Brendan.lillis@gmail.com) to get the link

And now for some good news



Stephan Zeltner from Tusla's Castleblayney Well Being Centre

Some of the delish dishes Stephan has been making for families and aftercare young people in need in our community .



All across the community people are responding to the needs of families and young people we would just like to say WOW! and thank you Stephan for your continued hard work

Stephan's recipe for French Toast –got some eggs and bread  
give it a go!



### French toast (serves 2 )

#### Ingredients

1 egg

40 ml milk

¼ - ½ tsp cinnamon

2 slice of brown sliced or sourdough bread ( best if slightly stale, soaks up more mixture )

30 ml coconut oil or butter

#### Preparation

Whisk egg, milk, and cinnamon, or use blender

Dip each slice of bread into egg mixture, allowing bread to soak up some of the mixture.

Melt coconut oil or clarified butter in frying pan, medium heat

Place soaked bread in pan. Fry for approx. 2 min. on each side or until golden brown.

Dry off on some kitchen paper.

Selection of individual toppings, maple syrup, golden syrup, jam, sprinkle sparingly with sugar, compote, berries, bananas

- If prepared without cinnamon, savoury toppings are also an option, eg. Bacon, cheese, avocados, sundried tomatoes, white or black pudding, sausages, ham, onions, sautéed mushrooms



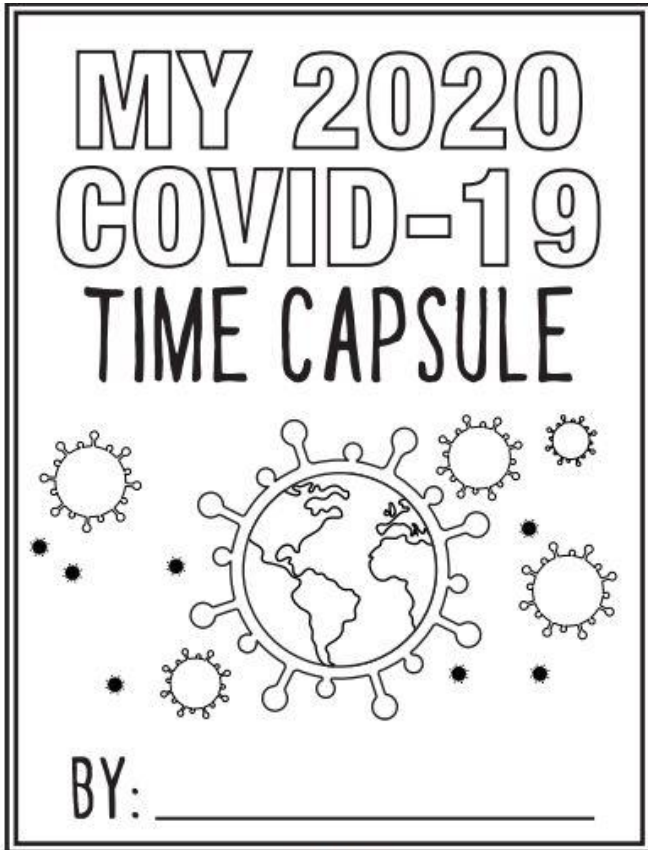
# For more links to information & activities visit the Monaghan CYPSC website Page

<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



We understand that some families may not be able to print off the time capsule resource but if you would like a copy printed for your family please contact Leona [ppn@monaghancoco.ie](mailto:ppn@monaghancoco.ie)

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

