



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER

UP COMING EVENTS NEAR YOU.....

Issue 25
18/12/2020



Welcome to the 25th edition of our electronic information bulletin, **WOW**. In this final edition of 2020 we would like to thank all the frontline workers from our voluntary community and statutory sector who have worked relentlessly to support children young people and families. I hope you all have a chance to be with your own families and the man in the red suit delivers all you need 😊

- **Keep Well section on Monaghan County Council website packed with information and ideas on keeping healthy and active and some local podcasts**
- **New cross border project Our Generation**
- **New programmes for the New Year with the CoH-Sync Health Project Caoimhe at MID**

Thanks for your continued support to share this electronic newsletter and please contact us should you wish to promote any online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.

Myself, Ciara, and all at CYPSC , Tusla, and the Child and Family Support Networks would like to wish you all a Happy and Healthy New Year 😊





<p>Put Christmas tree up and decorate</p> 	<p>Visit Santa</p> 	<p>Watch a Christmas movie</p> 	<p>Listen to Christmas music</p> 
<p>Build a gingerbread house</p> 	<p>Make paper chains</p> 	<p>Post-Christmas cards</p> 	<p>Bake cookies</p> 
<p>Paint a Christmas picture</p> 	<p>Read a Christmas story</p> 	<p>Play a board game</p> 	<p>Have a candy can hunt in the garden</p> 
<p>Go for a walk and see all the Christmas lights</p> 	<p>Bake snowman top hats</p> 	<p>Make baubles for the Christmas tree</p> 	<p>Write letter to Santa</p> 

WOW!



Autism NI
Northern Ireland's Autism Charity

Self-Care at Christmas

Watch a Christmas movie	Listen to Christmas music	Go for a walk and see the Christmas lights	Visit friends and family (either in person or via Zoom)
Start a journal	Invite a friend over	Read a book	Bake a cake or cookies
Have a relaxing bath	Spend time colouring	Play a board game with family	Have a takeaway night
Do Yoga/Pilates	Try mindfulness/light your favourite candle	Go for a walk in a forest park	Do a word search



Tips on how to cope with Christmas from Autism NI [here](#)



THIS CHRISTMAS

**HAVE YOU A SPARE CHAIR
OR A DINNER TO SHARE?**

**Monaghan Age Friendly Programme is encouraging people to
REACH OUT TO SOMEONE WHO MAY BE ALONE THIS CHRISTMAS**

COVID 19 has impacted our lives so much. Travel restrictions and other public health guidelines will mean some people won't get home to spend Christmas with their families. Is there someone in your community who won't get to see their family this Christmas? Would you share Christmas dinner with a neighbour who may be alone this Christmas?

WHY NOT...

- Invite someone to join you & your family for dinner?
- Or deliver a Christmas dinner to their home?

DON'T BE AFRAID TO..

- Make a phone call
- Drop an invitation in the door

KEEP WELL



This initiative is part of
Monaghan Integrated Development Befriending services.
Tel: 087 0656793 Alone Ireland 0818 222024





Music Generation Cavan / Monaghan and Monaghan County Council Present

A Christmas Childhood

A virtual Christmas concert from the Patrick Kavanagh Centre featuring Musicians from Music Generation Cavan / Monaghan and children from partner schools. Premieres on Monday 21st December at 8pm on the Music Generation Cavan / Monaghan YouTube channel.



**Music
Generation**

Music Generation is Ireland's National Music Education Programme. A Music Network Initiative, co-funded by U2, The Ireland Funds, The Department of Education and Skills and Local Music Education Partnerships



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills



cmetb
Cavan Monaghan Education and Training Board



Comhairle Contae
an Chabháin
Cavan
County Council

**PATRICK
KAVANAGH
CENTRE**

WOW!



Check out the new part of Monaghan County Council website packed with info on keeping well

<https://monaghan.ie/keep-well/>

02:00pm - 04:00pm	Alcohol & The Rights of the Child - Webinar	16	17	18	19	20	21	22
November 26, 2020	Thursday	23	24	25	26	27	28	29
07:00pm - 09:00pm	PRESENTING: A free series of webinars for young people, families & communities as we explore overcoming adversity with our incredible guest speakers	30	07:00pm	02:00pm	07:00pm			
			10:30am					05:00pm



Keeping active

Keeping active – keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.



Switching off

Switching off – switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.



Minding your mood

Mind your mood – equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need.

KEEP WELL IN YOUR COMMUNITY



Rialtas na hÉireann
Government of Ireland



NEW: Wellbeing Campaign Together – Gov.ie

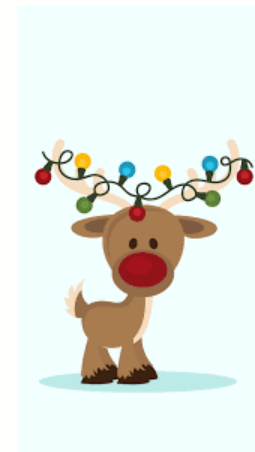
ISL Translation on Healthy Ireland website – Wellbeing Campaign Together

Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.

<https://www.gov.ie/en/campaigns/healthy-ireland/?referrer=http://www.gov.ie/healthyireland/>

Keep an eye here for ISL translation on each category in the next few days

- ◆ Eat well
- ◆ Think well
- ◆ Be well
- ◆ Policies
- ◆ Supports
- ◆ Get involved



CYPSC are pleased to be a partner in Government's "Keep Well" Campaign to promote national resilience over the Winter months
More info [here](#) and <https://monaghan.ie/keep-well/>



Help is at hand for your emotional well-being and mental health during COVID-19

If you are experiencing distress or are worried about someone, please contact your GP, or out of hours North East Doc on Call, or go to your local Emergency Department

HE Seirbhís Stáinte
Níos Fearr
á Forbairt Building a
Better Health
Service

yourmentalhealth.ie
Information | Support | Services



24 hours a day

7 days a week

Cavan General Hospital E.D.

Emergency Support

Call: (049) 437 6000

Emergency Services

Emergency Support

Call: 112 or 999

North East Doctor on Call

Urgent out of hours GP Care. 6pm - 8 am, Mon - Fri and 24 hrs at weekends

Call: 1850 777 911

Pieta House

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

Call Free: 1800 247 247 / Text HELP to 51444
www.pieta.ie

Samaritans

Emotional Support Service

Freephone: 116 123 or email: jo@samaritans.ie

Text 50808

Free 24/7 anonymous messaging service for people in crisis

Text YMH to 50808, anytime day or night / www.text50808.ie

Mobile Apps

These mobile apps can help you manage anxiety and stress

Clear Fear

ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions

Get it in the App Store or on Google Play

Headspace

Headspace teaches meditation and easy to use mindfulness skills

Get it in the App Store or on Google Play

Mindshift

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play

Supports for young people

BeLonG To

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

Call: 01 670 6223 / email: info@belongto.org

Childline

Confidential phone and text support for children and young people up to 18yrs

Call Free: 1800 666 666 (24/7)
Free text 50101 or chat online at childline.ie

Jigsaw

Mental health support and advice for young people aged 12-25 years

Call Free: 1800 544 729 / www.jigsaw.ie

Spunout

Youth information website created by young people, for young people aged 16-25 years

www.spunout.ie

Teenline

National active listening service for children and young people up to 18 years

Call Free: 1800 833 634 Free (24/7) / www.teenline.ie





Counselling and other supports

ALONE

Covid-19 dedicated support line for older people

Call: 0818 222 024 (8am to 8pm Monday to Friday) www.alone.ie

Aware Helpline

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

Call Free: 1800 804 848 (10am-10pm) / www.aware.ie

Bereavement

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)
www.bereaved.ie / www.childhoodbereavement.ie

Cavan Community Call Helpline

Helpline to assist at risk members of the public in accessing non-emergency and non-medical supports during Covid crisis

Call Free: 1800 300 404 (9 am-5 pm, Mon-Fri, voicemail facility)
Text: 087 095 1376

Grow

Mental Health Recovery and Peer support

Call: 1890 474 474 / email: info@grow.ie

HSE - Drugs & Alcohol line

Drugs and Alcohol information and support

Call Free: 1800 459 459 (9.30am - 5.30pm)

LGBT Ireland

National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends

Call: 1890 929 539 / email: info@lgbt.ie

MABS

Money Advice and Budgeting Service

Call: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie

Men's Aid

For men experiencing domestic abuse and violence

Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: hello@mensaid.ie
Male Advice Line: Freephone number: 1800 816 588

Mental Health Ireland

Information and support for people who experience mental health difficulties

Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / mentalhealthireland.ie

Monaghan Community Call Helpline

Helpline to assist at risk members of the public in accessing non-emergency and non-medical supports during Covid crisis

Call Free: 1800 804 158 (9 am-5 pm, Mon- Fri, voicemail facility)
Text HELP followed by your name to 50555

Online Counselling

Peer support and counselling

www.turn2me.ie / www.mymind.org

Pieta House (Cavan Monaghan)

Free therapeutic support for those in suicidal distress or those who engage in self harm

Call: 0818 111 126 / www.pieta.ie

SeniorLine

Confidential listening service for older people

Call Free: 1800 804 591 (10am to 10pm daily)

Sexual Violence Helpline

For men and women - experiencing sexual violence

Call Free: 1800 778 888

Shine

Supporting people affected by mental ill-health

Call: (086) 852 5422

Suicide Bereavement Liaison Officer

Practical help, advice and support to persons bereaved by suicide

Call: (085) 870 6591

Suicide or Survive

Mental Health and wellness programmes and online webinars

Call: 1890 577 577 / email: info@suicideorsurvive.ie

Women's Aid

Support for women and children experiencing domestic abuse and violence

Call Free: 1800 341 900 (24/7) / www.womensaid.ie

Your Mental Health

Information on supports and services

Callsave: 1800 111 888 / www.yourmentalhealth.ie

For further information on managing your well-being and an updated list of Mental Health Services during COVID-19, please visit - www.hse.ie/coronavirus

TAKE A PHOTO

ISSUE DATE December 2020



THE PEACE
LINK

facebook

LIVE



Monday 21st

Free Kettlebell Class

@7:00pm



Tuesday 22nd

Free Pilates Class

@7:00pm



Wednesday 23rd

Free Mobility Class

@7:00pm



Before doing any classes whether online or in person please consult with your doctor before taking part in any class.

@ThePeaceLink

Free Online Health Programmes Starting Early 2021

The CoH-Sync Health Project have a range of free online courses starting in the New Year.

<https://www.facebook.com/MonaghanIntegrated/posts/2750523751868847> on your social media channels or with relevant contacts.

There will be returning favourites such as beginner art and beginners cookery along with new additions of wool felting and mindfulness.

These courses are available to anyone **new to the CoH-Sync programme living in Cavan, Monaghan, Fermanagh and other border counties.**

Places are offered on a first come first serve basis, early booking is advised. To register your place contact Caoimhe on crudden@midl.ie or 0877189396.





Cavan County
Local Development

Interreg
Northern Ireland - Ireland - Scotland



KEEPING YOUR BALANCE IN TURBULENT TIMES

body & mind
practices for resilience

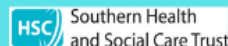


4 week online programme starting January 2021

What's involved?

- Four one hour sessions delivered via Zoom on Monday evenings
- Each session includes gentle movement that can be done sitting or standing and some mindfulness practices
- Support by a trained Community Health Facilitator
- A personalised health action plan

Limited spaces apply. To register contact Caoimhe by emailing
crudden@midl.ie or call/text 0877189396





WOULD YOU LIKE TO IMPROVE YOUR CONFIDENCE AND SELF ESTEEM?

The CoH-Sync Health Project are hosting a 4 Week Online Zoom Course with Life Coach Catherine Weichtbrecht beginning in February 2021.

BOOST COURSE

WHAT'S COVERED?

Setting goals
Learning to say no
Mindfulness practices
Self Care

To register contact Caoimhe on
crudden@midl.ie or on 0877189396



Free 4- Week Beginners Wool Felting Class

STARTING JAN 2021 ONLINE



DID YOU KNOW ARTS AND CRAFTS CAN POSITIVELY
INFLUENCE MENTAL HEALTH?

What is wool felting?

Felting is an ancient old tradition uses to transform loose wool to one of a kind items.

This course will introduce you to the basics of wool felting and is suitable for all levels of ability.

What's included?

- Free step by step live tutorials from an experienced Wool Felter, delivered via a closed Facebook group.
- Free wool felting pack containing all materials.
- Support by a trained Community Health Facilitator and free personalised mental health action plan.

Who is eligible to take part?

This course is available to new CoH-Sync participants who are aged 18 years or older and living in counties Cavan, Monaghan or border regions. You will need a Facebook account to take part.

LIMITED SPACES APPLY

To register contact Caoimhe on crudden@midl.ie
or 0877189396 by Thursday 17th December.



Cavan County
Local Development



WOW!

BEGINNER ART CLASS

DID YOU KNOW ART CAN POSITIVELY INFLUENCE OUR MENTAL HEALTH?

Beginning in January, CoH-Sync Community Health Project are delivering a free 4 week online beginner art course aimed at fostering positive mental health.

What's included?

Free art materials including paints and brushes

Step by step videos from an artist

Support from trained Community Health Facilitators

Certificate of participation on completion

This course is open to anyone living in Co. Monaghan, Cavan or border regions



To register contact Caoimhe on crudden@midl.ie
or 0877189396

LIMITED SPACES
AVAILABLE, FIRST
COME FIRST SERVE
BASIS





Online Free Cookery Programme



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

Beginning in January 2021, the CoH-Sync project are delivering a 4 week online free cookery course

What's included?

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

Open to individuals from Monaghan, Cavan and border counties



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

You need access to a
Facebook account to take
part.





Parents, Free counselling online for young people 12-18

As a parent you can now book **Free Counselling** online for your child on **turn2me.ie**. No waiting lists, safe and secure with access to our **Team of Professional Counsellors**.



https://turn2me.ie/landing/counselling/young-people?fbclid=IwAR2xPc0Nyw-wC0X6XS3WyEJA9JAYjVbMHP2ygjjWV_08210J8nN26LFGsNE



Journeys: An Overview



Journeys is a Peace IV funded programme with a cross border element. The programme focuses on 3 elements: **Personal Development, Good Relations and Citizenship.**

The aim of the programme is to bring about a positive change for participants, through the development of soft skills and respect for diversity.

Requirements for inclusion in the programme:

- Living in Cavan or Monaghan
- Aged between 16 – 24yrs
- Not currently in any education or training
- Not in any employment

VIRTUAL YOUTH WORK INCLUDED

During Covid 19 restrictions, we will also be supporting young people through phone and zoom sessions, virtual youth groups, information and social media engagement.

Contact Us

Project Support Workers:

- Lisa Atkinson
lisa@ywimonaghan.ie
087 710 9249
- Amy Sidiropoulos
amy@ywimonaghan.ie
087 978 7709
- Susuana Komolafe
susuana@ywimonaghan.ie
087 339 7767

For further information or to receive a referral form, please contact one of the above Project Support Workers.



Journeys



A project supported by the
European Union's PEACE IV
Programme, managed by the Special
European Union Programmes Body
(SEUPB).





PERSONAL DEVELOPMENT

The personal development element of the programme forms the foundation of the young peoples' learning journey. It represents an essential platform for the development of capabilities across the other programme outcome areas.

Learning outcomes:

- ✓ Increased self-awareness, understanding and confidence.
- ✓ Planning and problem solving skills.
- ✓ Build Relationships and develop leadership skills.
- ✓ Working effectively with others.
- ✓ Skills to support the young persons own health and well-being.

GOOD RELATIONS

Good relations content will contribute to lower levels of community division, sectarianism and racism, and will make a positive contribution to reconciliation.

Learning outcomes:

- ✓ Develop an understanding of and respect for diversity.
- ✓ An awareness and sensitivity to the values, beliefs and traditions of others.
- ✓ Respect for different communities and cultural backgrounds.
- ✓ A positive predisposition to others from different communities/cultures.



The **CITIZENSHIP** element of the citizenship programme is to develop the capacity of young people to make a positive contribution towards their family, community and society.

Learning outcomes:

- ✓ Develop knowledge and understanding of their role, and develop skills for this role within their family, community and society
- ✓ Engagement with useful services
- ✓ Positive participation in community structures and initiatives
- ✓ Volunteering in communities

PROGRAMME EXTRAS:

- QQ1 level 3 in Personal & Interpersonal skills
- 1-2-1 support throughout the programme
- Group/ Team Work*
- Team building day trip* & residential trip*
- Speakers & workshops

* pending Covid guidelines/restrictions



Be Well Facilitator Training

- ? Working with young people in counties Cavan, Monaghan, Donegal, Sligo, Leitrim
- ? Have a group of 10 young people who would benefit from the Be Well programme for mental wellbeing
- ✉ Ask about our free training with the Youth Work Ireland Our Generation team

- ❑ Be Well is a 90-minute activity session for 14-24 year olds
- ❑ Be Well helps young people to identify & address anxiety
- ❑ Be Well uses the 5-A-Day approach to mental wellbeing
 - CONNECT ○ BE ACTIVE ○ TAKE NOTICE ○ KEEP LEARNING ○ GIVE
- ❑ Trained facilitators who deliver to groups of 10 young people can claim €75 to spend on goodies or activities for the young people who complete Be Well

Contact the Our Generation Team for more information

email: ourgeneration@youthworkireland.ie

[See our Be Well webpage](#)



Contact Our Generation:
ourgeneration@youthworkireland.ie

European-wide initiative to support youth workers and practitioners to educate young people around issues of sexual health



A poster for the YES Project. The title "YES Project" is in large white and yellow letters, with "Youth Empowerment in SRE" below it. The text describes a Europe-wide initiative to support youth workers and practitioners to educate young people around issues of sexual health. It lists three main topics: Sexual Identity & Relationships, Communicating Consent, and Wider Influences & Decision-Making. It also mentions "What we offer: Free Online Training, Provide a Delivery Pack Resource Booklet, Ongoing Support, €75 to each group who completes the programme." At the bottom, it says "Contact Our Generation: ourgeneration@youthworkireland.ie" and "Or visit the link below for more info: https://www.youthworkireland.ie/youth-work-centre/ourgeneration". Logos for Youth Work Ireland, LOGO!, EGYO, léargas, and YES Erasmus+ are at the bottom.

SEXUAL IDENTITY & RELATIONSHIPS

COMMUNICATING CONSENT

WIDER INFLUENCES & DECISION-MAKING

Contact Our Generation:

ourgeneration@youthworkireland.ie

Or visit the link below for more info:

<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>

WOW!



Whatever you're
facing this
holiday season

We're here
to listen

Call free day or night on

116 123

Email

jo@samaritans.ie

SAMARITANS





Help is at hand for young people's emotional wellbeing



If you are experiencing distress or worried about a young person, the following national supports are available:

Childline (up to 18 yrs) – Freephone 1800 666 666 any time or chat online at www.childline.ie

Jigsaw (12-25yrs) – Freephone 1800 544 729 Mon-Fri, 1-5pm, Text CALL ME to 086 180 3880, or email help@jigsaw.ie

BeLong To Youth Service – Text LGBTI+ to 086 1800 280 or visit www.belongto.ie

Text 50808 – Text YMH to 50808 or visit www.50808.ie

text about it

50808

JIGSAW
Young people's
health in mind



Childline
Listens to Children
1800 666 666

Childline

A 24 hour helpline for people under the age of 18 who need support.

www.childline.ie

Helpline: 1800 66 66 66

Freetext – 50101



tearmann

DOMESTIC ABUSE SERVICE

Email: tearmanndvs@eircom.net

Phone 0858102433

0873654101

0873654279

Parentline

The national helpline for parents

www.parentline.ie

Helpline: 1890 92 72 77

or 01 873 3500

Women's Aid

Confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands.

Helpline: 1800341900

www.womensaid.ie



Youth Work Ireland
Cavan Monaghan

We're still here for you !

During Level 5

**Our Youth Centres and Projects will remain open
for young people for support and help.**

**We can still work with young people in small
groups, 1 to 1 and online.**

Contact your local centre or get in contact

Snap-@youthcafe

FB- ywimonaghan1

Insta YWI_CM

www.ywimonaghan.ie

Call 042 9751979 , email info@ywimonaghan.ie

WOW!

WE'RE STILL HERE

YOUTH SERVICES

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

10am - 10pm

7 Days per Week



Youth Work Ireland
Cavan Monaghan

**Speak to qualified Youth
Workers Instantly**

Facebook - Youth Work Ireland Cavan Monaghan

Snap - @youthcafe

Call 087 136 0132

Instagram YWI_CM



info@camry.ie
087 219 3904



Check out our resources
or use our new live chat
at Spunout.ie



Call 1800 66 66 66 - 24hrs
Text 50101 - 10am-4pm
Childline.ie - 10am-4pm



1800 833 634
24-7



1800 247 247
24-7

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



CHRISTMAS COSY

SATURDAY 19 DECEMBER

Stay Home, Stay Safe, Stay Cosy!

Put on your Christmas PJs, snuggle up on the sofa with a warm blanket and enjoy a night in, watching Christmas movies, eating Christmas snacks and playing Christmas games!

Visit

www.christmascosy.com

for all the festive fun!



WOW!

<https://www.voypic.org/christmas-cosy/>

VOYPIC VOICE OF
YOUNG PEOPLE
IN CARE

Happy Christmas in another language

**Crăciun
fericit!**

Romanian



Polish

LOVE
FREIHEIT
PEACE
GENEROSITY
SERENITY
JUSTICE
TRUTH
CONFIDANCE
HONESTY
URLAUB
LA CHANCE
LEALTÀ
HUMANITY
FRATERNITÉ
LOYAUTÉ
FAMILIE
AMOUR
FAMIGLIA
VACANCES
SALUTE
LIBERTÀ
HEALTH
LUCK
SAPIN
DEMOCRAZIA
GLÜCK
FRATERNITÉ
TRANQUILLITÀ
FRIEDEN
SANTÉ
AMORE
PAIX
FESTIVITÀ
DÉMOCRATIE
TREUE
BRÜDERLICHKEIT
SERENITY
JOYEUX NOËL
PEACE
FORTUNA
LUCK
TRUST
SERENITY
LIBERTÉ
SALUTE
BROTHERHOOD
FELIZ NAVIDAD
LA PAIX
DEMOCRAZIA
TRUST
LOVE
BUON NATALE
DEMOKRATIE
GESUNDHEIT
PEACE
FIDUCIA
CONFIDANCE
AMOUR
FRATELLANZA
DEMOCRACY
FROHE WEIHNACHTEN
LEALTÀ
FREEDOM
FAMILY
VERTRAUEN
FAMILIE
TANNE
MERRY CHRISTMAS
HONESTY
SERENITY
PEACE
GLÜCK
LIEBE
LIBERTÀ
TANNE
FAMILIE
HUMANITY

WOW!

Linksmų
Kalėdų



Lithuanian

**Nollaig
Shona
Buit**

Gaeilge

WOW!





WHAT'S ON WHERE IN MONAGHAN

