



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

UP COMING EVENTS NEAR YOU.....

**Issue 44
21/12/2021**



Welcome to the 44th edition of our electronic information bulletin **WOW**.

In this edition

- **New facilitator training programmes form the our Generation project**
- **New Connecting you APP from Youth Work Ireland Cavan & Monaghan**
- **Introducing the new Monaghan and Cavan Youth Substance Service (MaCYSS)**
- **Vaccination clinic time table**
- **Upcoming programmes from Parenting NI**

Thanks for your continued support to share this electronic newsletter and please contact us should you wish to promote any not for profit online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.
A very Happy Christmas and Best wishes for the New Year



New APP for Young People

Youth Work Ireland Cavan Monaghan (YWICM), funded through Monaghan Children and Young People's Services (CYPSC) Healthy Ireland Fund, has launched a new interactive mobile phone app for young people called Connecting You. The app takes all the health and wellbeing information as well as local organisations that young people might be looking for and puts it all in one easily accessible location. The app has been in development over the last year and after a lot of dedicated time by YWICM staff and app developers it's finally ready for use.

Regional Director of YWICM Caolan Faux said "Connecting You is an invaluable resource for local young people to find the information they may need all centralised in one easily accessible app". The app is now available and can be downloaded from Google Play and Apple App Stores by entering the words "Connecting You" in the search engines. Or simply click [here](#)

The app was funded through Monaghan Children and Young People's Services (CYPSC) Healthy Ireland Fund.

'The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs'



From Monaghan Sports Partnership



<https://ageandopportunity.ie/age-opportunity-movement-minutes-week-10/?fbclid=IwAR01gEf4SoSbChMSk3v0prlhC201qU-FW6ALXaTFCVopWLvoRwj6HVdbADM>

**Join us on Facebook
every day until Christmas**



for

Age & Opportunity Movement Minutes

Active Advent Calendar

1st - 24th December at 11am



#AgeandOpportunity

For befriending services, contact Alone via email: hello@alone.ie or call 0818 222 024

The Winter Solstice or Solstice Night, has a variety of different titles, depending on where you are from and what traditions you follow; some more names include hibernian solstice, Yule, Midwinter and The Longest Night. It is the astronomical first day of winter and falls on the 21st or 22nd December each year, marking the shortest day of the year with the least amount of sunlight hours. <https://www.mentalhealthireland.ie/celebrating-the-winter-solstice/>



**Newgrange, Image
Courtesy of Fáilte Ireland**

Happy Winter Solstice – and here's to brighter evenings



WOW!



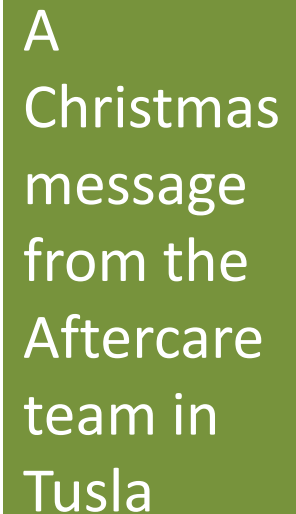
*Have a very
Merry
Christmas!*

FROM ALL OF THE AFTERCARE TEAM

Sean, Patricia, Killian, Celine, Aine, Regina, Vanessa, Paddy & Erin

We hope you have a safe and fun christmas

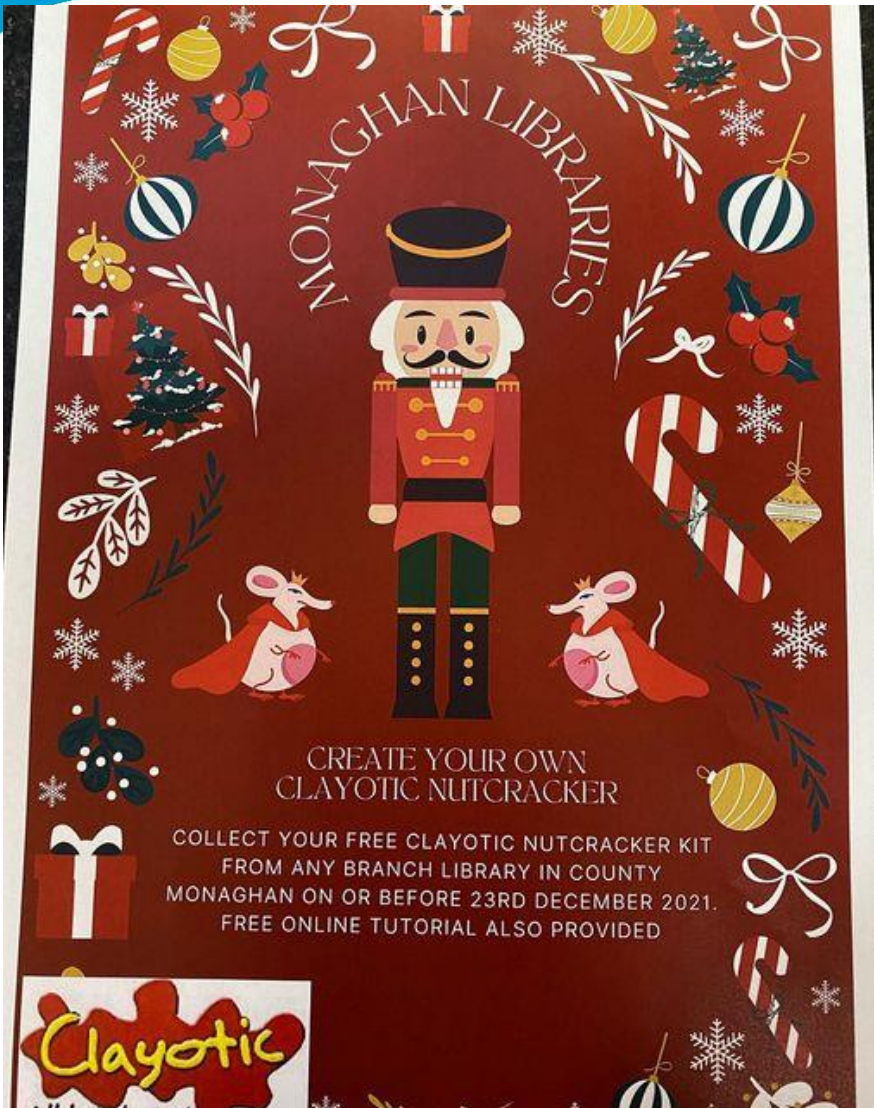
Should you need support from Aftercare over the Christmas period please call 049 436 9800 and ask to be directed to the aftercare worker on call



A
Christmas
message
from the
Aftercare
team in
Tusla

WOW!

FREE! Clayotic Nutcracker kit.
Collect your FREE Nutcracker kit
from any Library in County
Monaghan on or before 23rd
December.
Free online tutorial also provided.



BE WELL Training

Be prepared and Be Well!

Do you work with young people aged 14-24 in Cavan, Monaghan, Donegal, Sligo, or Leitrim?

Be Well is an emotional resilience programme which uses the 5-A-Day approach to support young people to address anxiety in their everyday lives. The next Be Well Facilitator Training will be held on Zoom on Tuesday 18/01/22 02:00pm-04:30pm

This training is completely free, please see the attached poster for more information.

Register now via Eventbrite before Tuesday 17/01/22 to secure your place on this free facilitator training!

<https://www.eventbrite.co.uk/e/189493930447>

The OUR Generation team are also available to directly deliver the Be Well Programme to your young people – if you are interested in booking the Be Well Programme for your school or group then please contact Tracey on ourgeneration@youthworkireland.ie

If you have any queries regarding Be Well Facilitator Training or the Be Well Programme itself then please contact the Our Generation team on ourgeneration@youthworkireland.ie

OUR Generation Special EU Programmes Body - SEUPB Donegal youth service YOUTH Information Centre SLIGO ywimonaghan1



Be Well Facilitator Training

18/01/22

2:00pm-4:30pm

- 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?
- Register for our free training with the Youth Work Ireland Our Generation team before **17/01/22**

- ❑ 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
- ❑ 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



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

YES Project

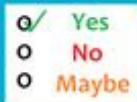
Youth Empowerment in SRE



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



SEXUAL IDENTITY
& RELATIONSHIPS



COMMUNICATING
CONSENT



WIDER INFLUENCES &
DECISION-MAKING

The Yes Project is a European wide Initiative to provide young people with empowering sexual health and reproductive education in a community setting.

This project is based on the need identified by Youth Work Ireland through a consultation with young people in the Spring of 2018

Recent studies (NUIG Sexual Experiences Survey) show that further support and guidance is needed for the young people of Ireland. This programme aims to provide young people with better information on consent, relationships and to explore their ideal self

What we offer:

Free Online Training

Provide a Delivery Pack Resource Booklet

Ongoing Support

€75 to each group who completes the programme



Contact Our Generation:
ourgeneration@youthworkireland.ie
Or visit the link below for more info:
<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>

Training via Zoom
19/01/22
10am - 4:30pm



Are you interested in providing a sexual health awareness programme to the young people you work with? If the answer is "YES" then why not sign up to the next YES Facilitator Training on Zoom: Wednesday 19/01/22, from 10am-4:30pm.

YES is an empowering sexual health and reproductive educational programme that will address a range of activities to include sexual identity and healthy relationships; communicating consent; and wider influences and decision making.

***If you are interested in taking part in this FREE training then please register on Eventbrite via this link before Tuesday 18/01/22:

<https://www.eventbrite.co.uk/e/169632937683>

If you have any queries regarding YES Facilitator Training or the YES Project itself then please the Our Generation team on

ourgeneration@youthworkireland.ie

[#Consent](#) [#YES](#)

[OUR Generation Special EU Programmes Body - SEUPB Youth Work Ireland donegalyouthservice](#)

Meet The Team



Niamh McDaid
Development
Officer



Gemma McCabe
Therapeutic
Practitioner



Laura Connolly
Youth Mental
Health &
Substance Use
Clinical Worker



Catherine
Sheridan Clerical
Officer

MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support



**Alcohol
Forum
Ireland**

www.alcoholforum.org

WOW!

Meet our lovely team! We work with young people and their families in Monaghan and Cavan who have a concern with their alcohol or other drug use. To get in touch please contact us on mobile 085 7442857 or email macyss@alcoholforum.org. Feel free to like and share with your networks.

<https://www2.hse.ie/wellbeing/alcohol/young-people-and-alcohol/>

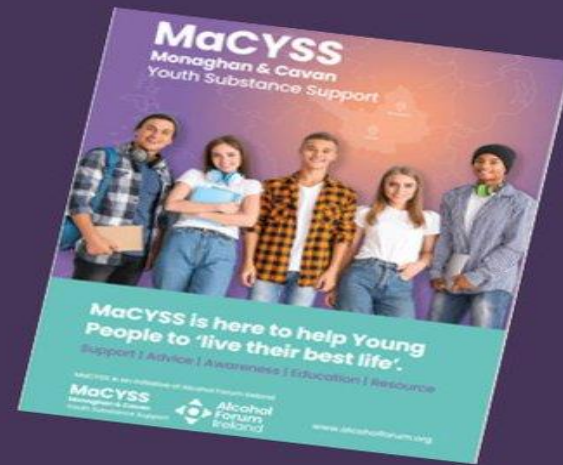
MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support



**Alcohol
Forum
Ireland**

www.alcoholforum.org



We now have our information leaflet
available online to help young people
'Live their best Life'

Please click on the link below



<https://alcoholforum.org/wp-content/uploads/2021/11/MaCYSS-Leaflet-Young-People-21-Sept-DIGITAL-1.pdf>

National Learning Network

National Learning Network

Free training
to help you

Personalised Supports

On-the-Job Training

Classroom-Based Learning

Us: nln.ie
5505

QVI

QVI

Fast Track to Work

This training programme provides you with the skills you need to get and keep a job.

Get on-the-job training and experience on a work placement three days a week. Come to our learning centre on the other two days to learn valuable skills in areas like Information Technology, Health and Safety, Communication, and Career Planning.

We work with local employers throughout the wider Monaghan area to help you find a placement in the sector you want to work in.

For details, contact Pauline at National Learning Network, tel: 087 142 7744.

Eligible Criteria may apply



We are looking for anyone with a craft to make bags for Palliative Care Services Cavan

Calling all Crafters to help me gather as many unique and beautiful bags for syringe drivers as many as I can possibly collect.

Many of the service users of the palliative care services have a syringe driver as part of their treatment. As far as I am aware there is no such bag for them. Bags can be knit or sewn.

There is a pattern and measurements attached to the facebook page (link below)

Bags can be sent to. Stitching for Palliative Care Cavan, Palliative care services, Cavan general hospital, Lisdarnan, Cavan.

(Please include your name and address .

We love to know who crafts such lovely bags



<https://www.facebook.com/profile.php?id=100034671501978>



Counselling/Psychotherapy Service

Clones FRC's low-cost counselling service is available to both adults and young people. All our counsellors are professionally trained, experienced and accredited with either IACP or BACP. Appointments are available face-to-face in our private rooms at the Centre or on the 'phone. There are no waiting lists for appointments. Counselling is available now for anxiety, bereavement, depression, relationships, self-esteem, health-related issues and many more. We offer a personal and confidential service. To make an appointment call Angela on 047 52919 or 086 1785710. Supported by Tusla

Booster vaccinations take place at Monaghan CVC based at the Glencarn Hotel, Castleblaney at the following times and dates:

DATE	TIME	TARGET GROUP	Walk-in's
Tuesday Dec 21st	9.30am- 12.30pm	Scheduled clinic	NO
	1.30pm -7.15pm	Scheduled and Walk-in Booster Doses 40 -49, 50-59 year olds, 60-69 year olds and Health Care Workers 30 years and over	YES
Wednesday Dec 22nd	9.30am- 12.30pm	Scheduled and walk-in booster clinic 40 - 49, 50 - 59, 60 - 69 and Health care Workers 30 years and over	YES
	1.30pm -7.15pm	Walk In and Scheduled Booster Clinic- 40-49, 50 - 59, 60 - 69 and Health Care Workers over 30	YES
Thursday Dec 23rd	8.30am-12.30pm 1.30pm-7.15pm	Scheduled and Walk In Booster Clinic - 40 - 49, 50 - 59, 60 - 69 and Health care Workers 30 years and over	YES
Friday Dec 24th	9am-12pm	Walk-in booster for Health Care Workers Under 30	YES
Saturday Dec 25th	CLOSED		
Sunday Dec 26th	CLOSED		



**BOOST
YOUR
PROTECTION**

Monaghan CVC will reopen on Monday December 27th. For the most up to date vaccination centre opening hours check www.hse.ie



Fathers and Families

Positive Parenting Programme for Dads

You play an important role in your child's life. This programme will emphasise this and help you gain the skills to use a positive parenting approach. Interactive, fun and an opportunity to build a support network. Programme welcomes those parenting 0-13 years specifically

A big help and enabled me to make progress."

"Learnt I was already doing lots of things well & got ideas to help where things weren't just so good."

Cavan and Monaghan

ONLINE VIA ZOOM

Tuesday 22nd February 2022
7.30pm - 9.00pm for 6 weeks



ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

Cavan & Monaghan
Tues 25th Jan -
Tues 15th Mar 2022
Every Tuesday
for 8 weeks
7.00 pm - 9.00 pm



Parenting Children's

Challenging Behaviour



An online 6 week programme supporting parents whilst waiting assessment for children's challenging behaviour.

Wednesday 12th January 2022
7.00pm - 8.30pm
Cavan + Monaghan

This online programme begins on Wednesday 12th January 2022 and runs for 6 weeks



parentingni.org



Is your child on a waiting list for an assessment around challenging behaviours ??

- **Wed 12.01.2022:**
- **7 to 8.30pm X 6 Weeks**
Supporting Parents
Children's Challenging Behaviours
whilst awaiting behaviours
Assessments (e.g. ASD, ADHD)

Contact collette.Deeney@tusla.ie for more details

Parenting Children's

Challenging Behaviour



An online 6 week programme supporting parents whilst waiting assessment for children's challenging behaviour.

Friday 14th January 2022
10.00am-11.30am
Cavan + Monaghan

This online programme begins on Friday 14th January 2022 and runs for 6 weeks



parentingni.org



WOW!

Is your child on a waiting list for an assessment around challenging behaviours ??

Friday the 14th Jan
10 to 11.30am X 6 Weeks
Supporting Parents Childrens
Challenging Behaviours whilst
awaiting behaviours
Assessments (e.g. ASD, ADHD)

Contact collette.Deeney@tusla.ie for more details



tearmann

DOMESTIC ABUSE SERVICE

Email: tearmann dvs@eircom.net

Phone 0858102433
0873654101
0873654279

Reach out for help

Everyone has the right to live free from violence and abuse. If you are experiencing abuse, you are not alone. There is support available to you.

We know that taking that first step, like picking up the phone, can be daunting and scary. But, staff in domestic abuse services are highly trained and experienced. They are there to listen and respond to your needs. They will not pressure you to make any decisions. <https://www.safeireland.ie/get-help/>

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

**Helpline: [1800341900](tel:1800341900)
www.womensaid.ie**

WOW!



Supporting LGBTI+ young people, their families, friends, and wider communities across Cavan & Monaghan

Contact Pauric on 087 219 3904 or at info@camry.ie

MENS AID Ireland

Men's Aid Ireland offer a Confidential National Helpline & 1 to 1 Support to men and their concerned family members and friends.

There are a number of services available including:

- Counselling - By Telephone
- Counselling - Face to Face
- Court Accompaniment - Dolphin House Dublin (Family Courts)
- Out Reach Clinics in Monaghan, Cavan, Louth & Meath
- Certified Training by Andrea McDermott on all Domestic Abuse Areas
- Facilitator of the Parenting While Separated Programme
- Legal Clinic - Info about Domestic Violence Orders, Access, Custody & Family Law Matters
- One to One Practical Support - Explaining Court Paperwork, Safety Planning & Care Plans

Helpline - 01 554 3811

Email - hello@mensaid.ie

Website - www.mensaid.ie



Charity No. CHY13025





EUROPEAN UNION

Investing in your future
European Social Fund



Ireland's EU Structural and Investment
Funds Programmes 2014-2020.

Co-funded by the Irish Government
and the European Union.

Carrickmacross YOUTHREACH



etb

Bord Oideachais agus Oiliúna
an Chabháin agus Mhuineacháin
Cavan and Monaghan
Education and Training Board

We welcome applications throughout the year for our programme.

Youthreach is a two-year course for early school leavers offering the chance to achieve qualifications with the same value as the Leaving Certificate

You may be eligible to apply if you:

- Are aged 15-20.
- Want to achieve a full QQI Level 4 Award.
- Have left school before fully completing Junior/Leaving Cert.
- Would benefit from smaller class sizes.
- Would benefit from a more informal school setting.
- Want to do something worthwhile with your time.

Subjects, activities and services offered in Youthreach:

Communications, Maths, IT Skills, Work Experience, Personal Effectiveness, Catering, Woodwork, Art (Painting/Drawing), Childcare, Community Projects, Gaisce Awards, Summer Programme, Health Related Fitness, SPHE and many other subjects.

Qualified counsellor available on a weekly basis.

A weekly training / meal / travel allowance is available to most students.

Contact Bernie Duffy on 087 6745788 or bernadetteduffy@cmetb.ie



Do you need someone to talk to right now?

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808.**

If your life is in imminent danger, please call 999.

We can help with urgent issues such as:

- Suicidal thoughts
- Self-harm
- Anxiety, panic or stress
- Depression or sadness
- Isolation or loneliness
- Relationship challenges
- Abuse or assault
- Bullying

Get help now

For free 24/7 support in a crisis, text **HELLO to 50808.**

If your life is at imminent risk, call 999 for emergency help.

[TEXT 50808](text:50808)

Do you need someone to talk to right now?



text about it

50808

For a list of supports and Services in Monaghan got to www.cavanmonaghanservices.ie

Youth & Community Supports in Co Monaghan

pieta
1800 247 247
Pietà House
Crisis Counselling
1800 111 126

SOSAD Ireland
6 Parnell St. CNK
042 966 8992

24 HOUR CRISIS LINE
042 966 8992

alcohol forum
Monaghan and Cavan Youth Substance Support (MaCYSS)
Youth (12-18) and Family Alcohol and other Drug Service
085 7442857

Teach na Daoine FRC
Oriel Way Monaghan
047 71398

CLONES FAMILY RESOURCE CENTRE
047 52919
086 1785710

cmetb
Cavan and Monaghan ETB
Youth Services
049 433 1044

CAMRY
087-2193904
Info@camry.ie

foróige
NEIGHBOURHOOD YOUTH PROJECT
GARDA YOUTH DIVERSION PROJECTS
BIG BROTHER BIG SISTER
VOLUNTEER LED YOUTH CLUBS
Contact: Siobhan Collins | Tel: 086 0209181 | Email: siobhan.collins@foroige.ie

ISPCC **CHILDLINE THERAPEUTIC SUPPORT SERVICE**
Contact: Audrey Rabbitte
Childline therapeutic Support Worker | Mobile: 087-3603742 |
Audrey.Rabbitte@ispcc.ie
The service works with young people under 18 years of age and their parents/ carers. Referrals are welcomed from professionals, parents and young people who may be experiencing difficulties.

JOURNEYS PROJECT
Youth Personal Development (16 - 25)
Mobile: 087-7109249 | facebook.com/journeysmonaghan.3
QQI Qualification, Mentoring, Group Work.

Parenting Monaghan
0429749500

COMPLETION PROGRAMME
Castleblayney/Clones
Coordinator: Youth Mx. Bevan
Mobile: 087 1756232
North Monaghan
Coordinator: Marie-Sine Rice
Mobile: 087 234842
Farnley School Completion
Cathrina Carragher
Mobile: 087 249460
Monday to Friday | 9am to 5pm

An Garda Síochána
Ireland's National Police & Security Service
Local Garda Contacts
Garda Pat Merrick
Garda Juvenile Liaison Officer
Mobile: 0870601813
24 hour Garda stations
Monaghan 047 77200
Carrickmacross 042 966 1222
Castleblayney 042 974 7900

Monaghan Integrated Development CLG
Tel: 042 97 49500
The Local Development Company for Rural Development, community development and Social Inclusion supports, for people living in Co Monaghan

County Monaghan Children & Young People's Services Committee
Coordinator - Collette Doney
email: collette.doney@tusa.ie
087 349 4714

CYPSC

TUSLA **PREVENTION PARTNERSHIP & FAMILY SUPPORT (PPFS)**
An Chomhairle náisiúnta na Leanaí agus na Teaghlach
Child Protection Agency

ISPCC **CHILDLINE** 1800 666 666
SPUNOUT 086 1800 280
TeonLine 116 123
Contact: Charelene Duff
Phone: 0429795623



#CareDay22

Please help us to celebrate the achievements and successes of our care experienced Children and Young People and those that support them on Friday the 18th of February 2022!

#CareDay22



TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

EPIC
empowering people in care

Save the Date!

#CareDay22

Friday the 18th of February

This year's theme will explore the idea of
'It Takes a Village to Raise a Child'

We will be focusing on how people in all parts of
our communities can have and have had really
positive influences on the lives of Children and
Young People with care experience.

All of these relationships are so important in
shaping the lives of our care experienced
community!



Irish Hospice Foundation

Booking now open for our workshop:
Calendar Bereavement in the School
Community on Jan 28th

Focusing on the key factors involved in
children's grief and developing an
awareness of teachers' roles & the
importance of the wider school
community.

Book

<https://www.eventbrite.ie/e/bereavement-in-the-school-community-tickets-201617763157>ight pointing
backhand



FUNDING OPPORTUNITY

The Local Authority Waters Programme have asked us to remind you that your local community or voluntary group can **now** apply for a grant under the [Community Water Development Fund \(CWDF\) 2022](#).

Projects should show benefits for water quality, biodiversity, and climate action. There is a total fund of €380,000 available for 2022. Grants awarded will range from €500 to €25,000.

For support with your application please don't hesitate to get in touch with, Ben Malone, as your local Community Water Officer for Cavan, Monaghan and Louth. In January, he would be more than happy to visit your local stream, river, lake or community to discuss potential project ideas so do get in touch.

Taking a look at this [CWDF guideline document](#) will be a great start as well as this [Guide for Community Groups Working with Water, Biodiversity & Climate](#). You can complete the grant application form online at lawaters.ie. Closing date for receipt of applications is 12 noon on Tuesday, 8 February 2022.

Draft River Basin Management Plan 2022 – 2027:

Lastly, don't forget to have your say on how we tackle the health of our rivers, lakes, estuaries and coastal areas in the public consultation of the 3rd River Basin Management Plan 2022 – 2027. Take a look at the plan and make a submission here: <https://drbmp-vcr.ie/>

Merry Christmas from all at Monaghan CYPSC



www.cavanmonaghanservices.ie local services and supports directory

WOW!

WHAT'S ON WHERE IN MONAGHAN

