



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

UP COMING EVENTS NEAR YOU.....

**Issue 36
25/06/2021**



Welcome to the 36th edition of our electronic information bulletin What's on Where (WOW)

In this edition

- **New Summer Camp programmes from YWI Foróige and Monaghan Libraries**
- **Late night Soccer league is back**
- **Starting the Autism Journey a new guide from As I am**
- **Free workshop for youth workers and volunteers from the HSE and Jigsaw on supporting young people's mental health through covid 19**
- **and much more.....**

Thanks for your continued support to share this electronic newsletter and please contact us on 0873494714 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.

Supporting Young People's Mental Health During Covid19

An online workshop for those who work or
volunteer with young people aged 12-25 years

This 3 hour online workshop is for those who work or volunteer with young people. The workshop has been co-developed by Jigsaw, the National Centre for Youth Mental Health and HSE, Health and Wellbeing Division.

Learning Outcomes:

Participants will:

- Have a greater understanding of the impact of Covid19 on young people's mental health
- Explore the challenges to supporting young people during Covid19
- Learn practical ways to support and promote young people's mental health during Covid19.

To apply for a place on the training please email kathleen.pardy@hse.ie. In your email please provide a phone number, the name of your organisation and your role.

For further enquires on the training contact Michele Baker at 086 047 4725

Dates:

10am-1pm Tuesday 20 July
10am-1pm Tuesday 7 Sept



JIGSAW
Young people's
health in mind

Free workshop for youth workers and volunteers

To register email
kathleen.pardy@hse.ie

LATE
NIGHT

SOCCER LEAGUE

AGES - 13-16
YEARS

OPEN TO BOYS &
GIRLS


6PM-8PM
GORTAKEEGAN

THURSDAY 8TH JULY
& EVERY THURSDAY
FOR FOUR WEEKS

REGISTER YOUR
TEAM ON FACEBOOK
AT MONAGHAN
FOROIGE

CONTACT SIOBHAN 0860209181 / ORLA 0862078110



Late Night Soccer League 
Starting Thursday 8th of July for four
weeks! 6pm-8pm in Gortakeegan.
For ages 13-16 years old.

Register your team now!!
Contact Orla 0862078110 / Siobhan
0860209181
Or PM the page.

New resource from AS I AM.IE



AS IAM published 'Starting the Autism Journey' as a result of the high volume of correspondence from families who didn't know where to turn for help. This resource includes information on getting your child diagnosed. The pack can be downloaded at this link

<https://bit.ly/3gUcojY>





AMPLIFY Monaghan

Calling all 14-24 yr olds!

Sign up now for a summer of fun filled activities
Everything free of charge

Starting 21/6/21 & running throughout the summer

- | | |
|------------------------------|--------------------|
| 14-17yr olds: | 18-24 yr olds: |
| Health & Wellbeing Programme | Computers & coding |
| Arts & Crafts | Outdoor Pursuits |
| Community Projects | Barista Course |
| Day trips | Residentials |
| | and much more... |

To Register call or text Emma on 0867803806



Made with PosterMyWall.com



Free Summer Programmes for 14 year to 24years

Panic attack survival tips

<https://twitter.com/SuicideorSurviv>

Panic Attack Survival Pack

Ice

Place on your wrist or neck and divert your attention towards the sensation



A safe space

To exist without the weight of expectations or fear of judgement



5 Finger breathing technique

Slowly inhale as you trace up one side of your finger, and exhale as you trace down the other side.



Visualization

A special, relaxing place where anxiety can't reach you



Youth & Community Supports in Co Monaghan

Pieta House
Crisis Counselling
Monaghan Outreach
Services
Call to book an appointment below

pieta
24/7 helpline
1800 247 247

SOSAD Ireland
6 Parnell St. CMX
sosadcoirish@gmail.com
@SOSADMonaghan

24 HOUR CRISIS LINE
042
966 8992

FREEPHONE
1800 111 126

If you or someone you know is in crisis, contact your GP, ring Doc-On-Call on 1850 777 911 or go straight to your nearest A&E Department.

FREE 24/7 Crisis Text Line
Text 'HELLO' to
50808

From headspace to bullying to anxiety, depression and suicidal feelings. Crisis Volunteers are available 24/7 for anonymous text conversations.



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

Teach na Daoine
Oriel Way Monaghan
047 71298
www.teachna daoine.com
@teachna daoine @TNDPRC

Family Resource Centres
Serving your community

CLERKENHAM FAMILY RESOURCE CENTRE
047 52929
086 1785710
@clonestr @ClonFRC

cmeth
Cavan and Monaghan ETB
Youth Services
047 30888
youthservices@cmeth.ie

foróige
NEIGHBOURHOOD YOUTH PROJECT
GARDA YOUTH DIVERSION PROJECTS
BIG BROTHER BIG SISTER
VOLUNTEER LED YOUTH CLUBS

Contact: Slóibhán Cullins | Tel: 086 0209381 | Email: slóibhan.collins@foróige.ie

CAMRY
087-2193904
info@camry.ie
@CAMrydownwest

LGBT+ Youth Development Worker
Support for LGBT+ Young people, their families, friends and wider community!

ISPCC CHILDLINE THERAPEUTIC SUPPORT SERVICE
Contact: Audrey Rabbítte
Childline Therapeutic Support Worker | Mobile: 087-3603742 |
Audrey.Rabbítte@ispc.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 maybe experiencing difficulties.

An Garda Síochána
Local Garda Contacts

Garda Pat Merrick
Garda Avenue Liaison Officer
Mobile: 0870603813

24 hour Garda stations
Monaghan 047 77200
Carrickmacross 042 966 1222
Castellanyre 042 974 7900

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

Monaghan Integrated Development CLG
Tel: 042 97 49500
The Local Development Company for Rural Development, community development and social inclusion projects for people living in Co Monaghan

Parenting Monaghan
0429749500

MONAGHAN SCHOOL COMPLETION PROGRAMME
Castellanyre/Clones
Coordinator: Heidi Lee-Brown
Mobile: 087 1580022
Mentor: Monaghan
Mentor for Moylough/Bly
Mentor: 087 2341942
Ferry School Completion
Catherine Carragher
Mobile: 087 2341942
Monday to Friday | 9am to 5pm

County Monaghan Children & Young People's Services Committee
Coordinator - Collette Donohy
email: collette.donohy@thead.ie
087 249 4714

Young people or parents can contact qualified youth workers and we will speak to them, offer crisis intervention and signpost them onward to appropriate services if required

@ywimonaghani
youthcafecmx
ywi_monaghan
www.ywimonaghan.ie

TUSLA
PREVENTION PARTNERSHIP & FAMILY SUPPORT (PPFS)
Contact: Charlene Duff
Phone: 0429795623

ISPCC CHILDLINE
SPINOUT
TeonLine
116 122

Listing of Youth and Community Supports in Co. Monaghan
For more about these services go to
www.cavanmonaghanservices.ie

Download the poster [here](#)

**CALLING ALL YOUNG
MUSICIANS/SINGERS!**
wanna be part of the
irish youth music awards
programme?

ages 13-19

- ONLINE MUSIC WORKSHOPS
- CHANCE TO MEET OTHER MUSICIANS
- PRACTICE SONGWRITING
- TAKE PART IN MAKING VIDEOS, LIVE SOCIAL MEDIA EVENTS AND REPRESENT MONAGHAN IN IYMAS EVENTS+ COMPETITIONS

CONTACT:
MELISSA@YWIMONAGHAN.IE
FOR FURTHER DETAILS

OPEN TO YOUNG PEOPLE
FROM COUNTY MONAGHAN



castleblayneyouthcafe
youthcafecmx



ywi_cm



#ywimonaghan

WOW!

**YOUNG WOMEN'S
GROUP**

**THURSDAY EVENINGS
ON ZOOM @ 6PM**





**Lgbt+ ally
group
ages 13-18
online zoom meet
ups**

WEDNESDAYS EVENINGS

**SUPPORT+CHAT
SAFE SPACE
FUN ACTIVITIES
CONFIDENTIAL
pm on social
media**



castleblayneyyouthcafe
youthcafecmx



ywi_cm



@ywimonaghan1



**VIRTUAL
CAFE**



**COMPETITIONS ON ZOOM
QUIZZES/BINGO & LOTS
MORE**

€20 APACHE VOUCHER TO BE WON

EACH WEEK!

Fridays at 6pm

**Contact us on Facebook Instagram or
Snapchat to join!**

Or contact:

Sandra 0872670105

Cassandra 0877187945





Fly the Flag

We have recently seen some very upsetting actions across the country in response to **Pride** celebrations. These actions of a minority show us how important it is to support and celebrate **Pride** month in our communities.

Cavan Monaghan Rainbow Youth project & Monaghan Equality subgroup

Invite

local organisations and businesses to join us in supporting of the LGBTQ+ community by flying the **Pride** flag on **Saturday June 26th**

to mark the end of Pride month 2021

Pride flags can be sourced at the link below

<https://www.carrollsirishgifts.com/pride-flag-100-polyester-3-x-5-foot/17329.html>



<https://www.epiconline.ie/3d-flip-book/coming-out-in-care-gender-identity-flip-leaflet/>

@CAMrainbowyouth

Supporting PRIDE 2021 In Monaghan



Cavan and Monaghan
Education
and Training Board (CMETB)
celebrates PRIDE.



Youth Work
Ireland



Monaghan Co.Co.



Tusla and HSE
Support Services
building Rooskey

A green rectangular graphic with a background of colorful confetti (yellow, purple, green). The text "REGISTRATION IS NOW OPEN!" is written in large, bold, white letters with a green outline. At the bottom left is a circular logo consisting of four overlapping circles, each containing a stylized human figure. To the right of the logo, the text "Climate Assembly Éire" is written in a black serif font.

**REGISTRATION
IS NOW
OPEN!**



Climate
Assembly Éire

Climate Assembly Éire

We are a network of Young Irish climate organisers 🌍 IE uniting to bring systemic change in the form of an assembly!

♥ 1st, 2nd, 3rd July
2021

♥ [linktr.ee/Climateasse
mblyeire](https://linktr.ee/Climateassemblyeire)



WOW!



Counselling/Psychotherapy Service

A free counselling/psychotherapy service for adults and young people aged 13 to 18 years of age is only a phone call away. This confidential service is available now. Counselling offered for anxiety, bereavement, low-self esteem, relationships, depression etc. All counsellors are experienced and accredited by IACP or BACP. Prompt appointments offered. Call Angela on 086 1785710. Supported by Tusla.

Panic Buttons for Older People Service

Free panic buttons units are available for older people aged 66 years of age or older. These units can be used with either landlines or mobile phones. The area we cover is Clones, Smithboro, Newbliss, Drum and Scotshouse. During lockdown your application may be taken over the phone by calling Anne Davey, Clones FRC on 047 52919 or 086 1785710. Supported by Pobal.

WOW!



MEDIATION

Family Mediation Service

A low cost family mediation for separating couples is available for counties Cavan and Monaghan. Appointments offered through Zoom. Mediation is based on respect and integrity and is a compassionate and sensitive way of settling disputes. It is a proven successful alternative to court proceedings. All our voluntary mediators are professionally qualified and are registered with the Mediators' Institute of Ireland. For further information call **Angela** on **047 52919** or **086 1785710**.

WOW!

MON 28TH JUNE -
FRIDAY 2ND JULY

30 mins Daily @ 11am
Suitable for ages 9 - 13



Monaghan County Libraries Present:

CYBERSAFETY BOOTCAMP

Are you being asked by your child for a phone but concerned about online safety? Why not send them to our online Cybersafety Bootcamp so they can learn all about how to stay safe online.

This Online Bootcamp will take place via Zoom and will run every day at 11am - 11:30 from Monday 28th June - Friday 2nd July.

These interactive sessions are designed to educate 9-13 year olds in navigating the online world in a stronger, safer and smarter way. Topics include:

- managing digital footprint
- social media and gaming
- privacy and security
- misinformation
- cyberbullying

Tickets are available to book now at:

<http://ow.ly/gWm950FbFt8>



Booking via
Monaghanlibraries.Eventbrite.com



Funding Opportunities



Rural Regeneration and Development Fund focuses on combatting dereliction, increasing the vibrancy of towns and regenerating iconic town centre buildings with new purpose. Closing date for applications is 12 noon on Friday, 16th July 2021. Read more about the scheme here; www.gov.ie/en/policy-information/c77144-rural-regeneration-and-development-fund

Town and Village Renewal Scheme supports the revitalisation of towns and villages by improving the living and working environment of communities, increasing the support of potential tourism and economic activity and promoting the area as a local commercial and social centre, into the future. Closing date for application Friday 16th July 2021. Read more about the scheme here; www.gov.ie/en/policy-information/01125e-town-and-village-renewal-scheme/

Transitional LEADER Programme main priorities include; supports and capacity building for communities which have not received LEADER funding to date, job creation, foster and encourage entrepreneurship, support projects which address the climate agenda, digital transformation, and encourage rural communities to build on their existing strengths and assets. Closing date for applications is December 2022. Read more about the scheme here; www.gov.ie/en/press-release/c44cc-minister-humphreys-announces-details-of-transitional-leader-programme/

GOING HAIRLESS FOR AWARENESS



C.A.E.T.C. is a registered charity which was recently established to provide a full-time day service to young adults with a diagnosis of autism. The centre provides a four-year person-centred autism specific education and training service for young adults.

The C.A.E.T.C. CLG concept arose from the experiences, observations and aspirations of parents of young adults on the autism spectrum who have seen first-hand the need for autism specific adult day services. Service users will have improved life skills, greater independence and depending on ability, a QQI qualification with the hope of progressing to further education or employment.



From SNAP MONAGHAN

Conor Walsh, who is taking part in a beard shave (Conor loves his beard) with his dad Kieran and friend Jarlath to raise awareness and funds for 3 local Cavan /Monaghan groups, SNAP, CAPS (Cavan Autism parents support) and our new very exciting centre opening next week CAETC (Cavan autism education and training centre)

Please follow link to the idonate page if you wish to sponsor them 😊 Best of luck Conor and Kieran

https://www.idonate.ie/.../11407302_going-hairless-for...



C.A.P.S. is a charity that provides activities/events for children & young adults on the autism spectrum in Co. Cavan and surrounding areas.

Activities include:
Camps (Easter, Summer & Halloween),
Social Trips,
Social Clubs (Saturday & Computer),
and much more...

C.A.P.S. also provides workshops for siblings and support meetings and training (as required) for parents.

Including:
Monthly Social Mornings for parents. These meetings are open to all parents not only members of C.A.P.S.

HEAD & BEARD

SHAVE

FACEBOOK LIVE

FRIDAY 25TH JUNE

AT 4PM



SNAP is a parent lead support group which was established in 2007 for all families of children with special needs in the Monaghan area.

They provide opportunities for children to focus on their abilities whilst supporting their needs.

SNAP also organises courses for parents and children as the need arises.

SNAP runs monthly support meetings, open to the public, where we meet with other parents. These meetings give parents the opportunity to discuss any issues/difficulties that they may have.

June and July 2021

online learning

for parents and children

PARENT & CHILD ART CLASSES

Week 1 - June 21st, 22nd and 23rd
Camp 1 - 10.00 am to 12 noon

Week 2 - June 28th, 29th and 30th
Camp 2 - 10.00 am to 12 noon

TO BOOK, CONTACT:
MONAGHAN ADULT ED CENTRE ON
047-71914 OR EMAIL:
MONAGHANADULTED@CMETB.IE

PARENT & CHILD COOKERY CLASSES

Week 1 - July 6th, 7th and 8th
Camp 1 - 10.00 am to 12.30 pm
Camp 2 - 2.00 pm to 4.30 pm

Week 2 - July 13th, 14th and 15th
Camp 1 - 10.00 am - 12.30 pm
Camp 2 - 2.00 pm - 4.30 pm

Week 3 - July 20th, 21st and 22nd
Camp 1 - 10.00 am - 12.30 pm
Camp 2 - 2.00 pm - 4.30 pm

TO BOOK, CONTACT:
CAVAN ADULT ED CENTRE ON
087 4167844 OR EMAIL:
CAVANADULTED@CMETB.IE



cmetsb

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



Free Parent and Child Camps for June and July. From CMETB

Art and Cookery classes online for you and your child. Suitable for ages 7-12.

To book classes and for more information, please use the contact details attached.

All classes are free and will be run on Zoom

7TH - 9TH &
14TH - 16TH JULY

1 hour Daily

Suitable for ages 8+
Microbit Kits provided



WOW!

Tuition will take place via Zoom and children will need access to a Computer or Laptop (Tablets or phone access will not be suitable). Choose from a 9.30am camp or 11am Camp. For more information or to book visit monaghancountylibraries.eventbrite.ie

Numbers are limited. Please only book if your child is available to attend on all the dates listed.

If you have any questions you can email libraryactivities@monaghancoco.ie

Monaghan County Libraries Present:

MICROBIT CODING CAMP (6 DAYS)



Booking via
Monaghanlibraries.Eventbrite.com



**ARTS AND CRAFTS
CASTLEBLAYNEY
29TH,30TH JUNE/
1ST JULY**



OUTDOOR FUN



**MUSIC ACTIVITIES
CASTLEBLAYNEY
13TH,14TH,15TH JULY**



Check out some of the fab free programmes from Youthwork Ireland Cavan/Monaghan this summer

SUMMER FUN 2021

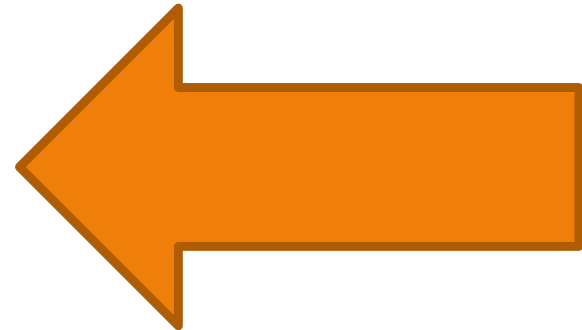
CARRICKMACROSS AND CASTLEBLAYNEY

OPEN TO AGES 10+

CONTACT US TO JOIN OR FOR MORE INFO

**OUTDOOR ACTIVITY
IN CARRICK
27TH,28TH,29TH
JULY**

FREE



**YOUTHCAFECMX
CASTLEBLAYNEYYOUTHCENTRE**



YWI_CM



YWIMONAGHANI



MELISSA@YWIMONAGHAN.IE



**ECO FUN IN CARRIC
6TH,7TH,8TH JULY**





ywi_cm

@ywicavanmonaghan



JUNIOR D.I.Y. GROUP

Ballybay Youth Centre

Find out more at:



include_ys



Ballybayyc



Group for juniors (ages 11-12) to build and refurbish garden pieces.

June
24
STARTS AT 3PM

Birch Court
Ballybay

An Roinn Leanaí, Coimisiún na n-Éireann, Leasúcháin agus Ogra
Department of Children, Equality, Disability, Integration and Youth

UBU
1800 81381

National Lottery

cmetyb
Cavan and Monaghan Education and Training Board

The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) funded youth scheme with funding from the National Lottery and administered locally by Cavan and Monaghan Education and Training Board (CMETB).



**Eco Summer Programme
in Carrickmacross**

- Making bird feeders
- Stone painting
- Nature scavenger hunts
- Visit to allotments to learn about growing veg
- And more!
- 6th, 7th, 8th July 11-2pm
- for ages 10+



WOW!



Messaging Support Service For Young People

Available on our website
www.sosadireland.ie




SOSAD Ireland

We are delighted to announce that we have launched a Messaging Service for Young People, where people can chat to trained volunteers for support. The service is available on our website daily from 8pm to 12am. To access the service go to <https://buff.ly/32uEpg1>

Cavan /Monaghan networks thankyou event!

WOW!



CAVAN AND MONAGHAN NETWORKS

COME AND ENJOY A COFFEE/TEA AND TREAT ON US

Friday 2nd July
10am to 12pm

ERICA'S FAIRY FOREST - COOTEHILL CAVAN

Its been a while since we had a chance to meet and just chat



TUSLA



We have all missed connecting with friends, family and colleagues so we would like to offer all the opportunity to catch up and chat

We hope to meet in Erica's Fairy Forest, in compliance with all public health advise and guidelines.

To allow us to create pods and assign a time please book by [CLICKING HERE](#) or visit Eventbrite - Cavan and Monaghan Networks

We hope to see you there, take care and stay safe



<https://www.eventbrite.ie/e/cavan-and-monaghan-networks-networking-event-tickets-159596197523>

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



**We are an Employment support service for people with an illness,
injury, disability or mental health difficulty**

We provide one-to-one support:

- **Advice** on welfare payments & medical card queries when taking up employment - Disability Allowance, Jobseekers, Illness Benefit, etc.
- **Advocate** on your behalf with other agencies and potential employers
- **Career Guidance**, CV & Interview prep.
- Identify **skills**, abilities and **training** needs
- Identify and source any **additional supports** needed
- Liaise with employers to identify **suitable vacancies**
- **On-the-job** support to help maintain employment

For more information or to book an appointment contact: **087 671 4663**
OR **087 330 6462**

CONFIDENTIAL FREE COUNTYWIDE

(Currently operating remotely in line with guidelines on Covid 19)

For further information contact:

087 671 4663 OR 087 330 6462



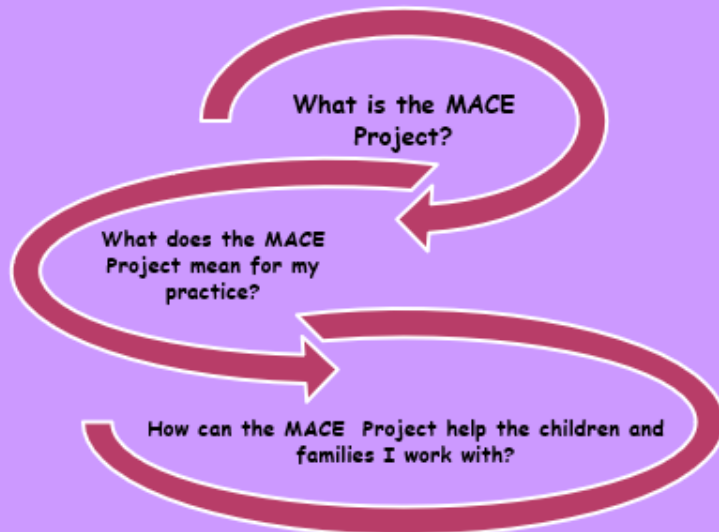
A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body.

'The MACE Project'

Working to reduce Multiple Adverse Childhood Experiences (MACE)

Supporting families and Strengthening Communities.

In Cavan, Monaghan & the SHSCT,



If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

26th of July 2021 at 2pm,
15th of September at 3pm,

27th of August at 10am,
19th of October at 3.30pm

Please contact Bernadette.lally@southerntrust.hscni.net to book.

WOW!

If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

26th of July 2021 at 2pm,
27th of August at 10am,
15th of September at 3pm,
19th of October at 3.30pm

Please contact Bernadette.lally@southerntrust.hscni.net to book.



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



The Creative Tech Fest 2021 Monthly Awards Are Live!
Pick your category! **Create and Invent your idea!**
Tá na Gradaim Creative Tech Fest 2021 Ar Oscailt Anois!
Roghnaigh do Chatagóir!
Cruthaigh agus Múnlaigh do Smaoineamh!

[Submit / Nasc Your Award Entry](#)

[Read The Award Guidelines](#)

This is open to any young person supported by a staff or volunteer who has completed a TechSpace training with Camara Ireland. All entries will be uploaded to this year's Creative Tech Fest Virtual Reality Gallery and celebrated during our Annual Awards Ceremony Broadcast on the 28th of October!

<https://scanner.topsec.com/?r=show&d=1823&u=https%3A%2F%2Ftechspace.ie%2Fcreative-tech-fest-2021%2F&t=5b0af4611005c7a6c326e9a698eb839cc3ff368f>

www.cavanmonaghanservices.ie local services and supports directory

WOW!

WHAT'S ON WHERE IN MONAGHAN

