



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

UP COMING EVENTS NEAR YOU.....

**Issue 30
05/03/2021**



WOW!

Welcome to the 30th (woohoo) edition of our electronic information bulletin **WOW**.

In this edition

- **More *free* Innovation recovery education for your mental well-being**
- **If you are over 16 and have some additional barrier to finding the right training or job then “Fast Track to Work” may be a great option from National Learning Network**
- **Launch of New Monaghan Women’s Assembly**
- **Webinar on 'Autistic Women and Girls' taking place March 10th @ 7pm by ASIAM and Supervalu**
- **St Patrick’s Day online festival**

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.



Online Course Timetable

MARCH 2021



Courses Delivered Via **zoom**

Drugs, Alcohol and Your Mental Health (Week 2)	Mon 8th	2.00pm - 3.00pm
Ideas for Creativity for Wellness	Tues 9th	12.30pm - 1.00pm
Self-Care for Carers (Week 1)	Wed 10th	2.00pm - 3.30pm
5 Steps to Well Being	Thurs 11th	11.00am - 11.30am
Models of Wellbeing	Fri 12th	11.00am - 11.30am

Interested in a course? Get in touch and register today:

 **NI: (028) 7186 5149**  **NI: recoverycollegewest@westerntrust.hscni.net**
ROI: (087) 409 8630 **ROI: Innovation.RecoverySouth@hse.ie**



Course	Date	Time
Top tips for Anxiety	Mon 15th	2.00pm – 2.30pm
Finding Joy Through Gratitude	Tues 16th	10.30am – 11.00am
The Wellness Toolbox	Thurs 18th	2.30pm – 3.00pm
Mindfulness	Fri 19th	11.00am – 11.30am
Living Beyond Depression	Mon 22nd	3.00pm – 3.30pm
Getting a Good Night's Sleep	Tues 23rd	7.00pm – 7.30pm
Self-Care for Carers (Week 2)	Wed 24th	2.00pm – 3.30pm
Trauma & Healing	Thurs 25th	11.00am – 12.00pm
Relaxation For Wellness	Fri 26th	11.00am – 11.30am
Managing Setbacks	Mon 29th	2.30pm – 3.00pm
Tips for Anxiety	Tues 30th	11.00am – 11.30am
Coping with Change	Wed 31st	12.30pm – 1.00pm



Online Course Timetable

MARCH 2021



Interested in a course? Get in touch and register today:



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ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecoverySouth@hse.ie

@InnovationRecov



please email any of your events to: ciara.markey@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie

HEALTHY MONAGHAN HEALTH & WELLBEING EVENTS CALENDAR

To keep up to date with events happening locally follow: <https://www.facebook.com/HealthyMonaghan> <https://twitter.com/MonaghanHealthy> [HealthyMonaghan](https://www.instagram.com/HealthyMonaghan)

<p>Monaghan USA Aimed at over 50's MONAGHAN USA KEEP FIT CLASSES</p> <p>Every Monday to Thursday @ 8.15am</p> <p>1 hour fitness class includes light weights to counteract loss of muscle mass and bone density and balance and flexibility exercises.</p> <p>Message Monaghan USA on Facebook or contact Monaghan USA Mobile 087 3432735 or Zoom Link</p>	<p>Creative Monaghan Ages 12-18yrs MAGIC OF MUSIC</p> <p>Commencing Thursday 18th Feb 4-5pm (5wk course)</p> <p>You don't need to have musical talent to use music to enhance your wellbeing and mental health. You will learn simple techniques to enrich the mind, body and spirit through music.</p> <p>Email creative@monaghancoco.ie</p>	<p>Monaghan USA All welcome MONAGHAN USA ZOOM TAI CHI</p> <p>Every Friday @ 9.45am</p> <p>Learn Tai Chi from the Tai Chi with Damien Reams. Join Zoom Meeting https://us02web.zoom.us/j/81161808787?pwd=ZEMlSnZCZWl0b0RlWG05MkZlZDZ0eUo0 Via Zoom ID: 8837051372 Password: U3A2020</p>	<p>Monaghan Ladies GAA All welcome LADIES MID-TERM TAKEOVER</p> <p>February 19th-19th</p> <p>Instagram takeover, skills challenge, zoom workouts, meet the players, interviews and prize giveaways.</p> <p>For more info follow Monaghan Ladies LGFA on twitter or instagram</p>
<p>Mental Health Ireland Cavan & Monaghan VIRTUAL CONNECT CAFE All welcome</p> <p>Tuesday February 16th, March 2nd, March 16th and March 30th from 11am-12pm (Every fortnight)</p> <p>It's social and fun and always has a focus on supporting our wellbeing. The locations are hosted into smaller break out rooms for a chat with other people.</p> <p>Via Zoom https://us02web.zoom.us/j/89482208840</p>	<p>Mental Health Ireland Cavan & Monaghan PEER SUPPORT FOR COMMUNITY BASED WORKERS</p> <p>February 16th and March 16th from 2-3pm (Monthly event)</p> <p>A forum to discuss the challenges and solutions to delivering support and services remotely whilst not recently writing.</p> <p>Via Zoom https://us02web.zoom.us/j/87985270257</p>	<p>Monaghan County Libraries All welcome RORY'S STORY</p> <p>Thursday 18th Feb @ 8pm</p> <p>Discover how Rory O'Connor went from the man who thought he had nothing to live for to becoming a social media star, selling his books across Ireland and most recently writing his book "Rory's Story".</p> <p>Book at link www.crowdfunder.ie/rory18</p>	<p>Monaghan Yarnspiners All welcome MONAGHAN YARNSPINNERS</p> <p>Friday February 19, March 5, March 15, April 2, April 16 & April 30 @ 8.30pm (Every fortnight)</p> <p>Anyone is welcome to drop in any evening that it's on to fall in love with yarn once or twice, or simply just listen. Pieces are usually 3-7 minutes long.</p> <p>Email fmcarron@hotmail.com</p>
<p>Creative Monaghan THE WILDLIFE OF IRELAND All Ages</p> <p>Saturday 20th Feb @ 11am-12pm</p> <p>This 4 week programme will look at the fundamentals of sketching and drawing for beginners. It's designed to be simple and suitable for people of all ages to enjoy.</p> <p>Email creative@monaghancoco.ie</p>	<p>Monaghan Education Centre SUPPORTING MY ADOLESCENT</p> <p>POST PRIMARY PARENT WEBINAR</p> <p>Monday 22nd February @ 7pm</p> <p>This webinar will offer practical advice to parents who once again find themselves juggling home & school in one place.</p> <p>Via Zoom https://zoom.us/webinar/register/?url=CvRtsc-G50n-1M9YtYwJag</p>	<p>Monaghan USA ONLINE ART CLASS</p> <p>Every Tuesday from 7pm - 8pm</p> <p>Learn art skills at home from local artist Summa Howe. Places limited to 10 members. If interested in becoming a member contact 083 3244455. Fee is €35 per term. Contact: 083 3244455 for USA members, new members welcome!</p>	<p>Monaghan County Libraries All welcome SUPPORTING PARENTS DURING A PANDEMIC</p> <p>Tuesday 23rd February @ 7pm</p> <p>The webinar will focus on building self-care practices for all of the family and how to find the "time" at home learning. Delivered by Eleanor Gleeson, play therapist and psychotherapist. Book your free place at https://www.crowdfunder.ie/parents</p>
<p>HSE Cavan/Monaghan STRENGTHENING & BALANCE EXERCISES</p> <p>Tuesday 23rd Feb @ 11am (weekly until 30th March)</p> <p>1 1/2 hour class, delivered by HSE Physiotherapists, suitable for older people & clients with balance/struggling needs. Clients must be independently mobile & able to follow commands. Contact Fiona Gilliland 087 0997504 or email fiona.gilliland@hse.ie to join the Zoom Class</p>	<p>Creative Monaghan ART & STORY All welcome</p> <p>Wednesday 24th February @ 7pm</p> <p>A playful exploration of our role as storytellers. Life drawing, puppets & POP UP book techniques will be taught. Participants will enjoy a creative art story telling.</p> <p>Email creative@monaghancoco.ie</p>	<p>Cavan & Monaghan Rainbow Youth (CAMRY) TRANSPARENT (PARENTS GROUP)</p> <p>Wednesday 24th February is the last Wednesday of every month! @ 7.30pm</p> <p>Online support group for parents of transgender & gender diverse young people.</p> <p>Contact CAMRY on 087 2193904 or info@camry.ie to register for the link</p>	<p>Parenting Knowhow For Parents STORYTELLING WORKSHOP</p> <p>Wednesday 24th February from 7.30pm - 8.30pm</p> <p>Learn how to tell stories to your children without books. Simple techniques will enhance the experience of the young listeners and participants will go away with stories they can tell.</p> <p>Email ciara@monaghancoco.ie to register for the link</p>
<p>Monaghan USA ONLINE COFFEE MORNING</p> <p>Thursday 25th February @ 11am (every fortnight)</p> <p>Have the chats from the comfort of your own home! Open to members and non-members of Monaghan USA.</p> <p>Log into Zoom. Meeting ID: 4318638787 Password: 432021</p>	<p>NCCWN Blayney Blades TAI CHI AND WELLNESS</p> <p>Every Wednesday @ 11am</p> <p>NCCWN Blayney Blades women's group in conjunction with Lifelong Development are hosting a weekly TAI CHI and Wellness class which is hosted by Ann & Paula.</p> <p>To join phone or text 085 8798196 or email blayneyblades@gmail.com</p>	<p>Monaghan USA LEARN FRENCH OR SPANISH</p> <p>Every Wednesday @ 2.15pm - 3.15pm (French) or 3.30pm - 4pm (Spanish)</p> <p>Learn some basic phrases whilst also having fun! If interested in becoming a member of Monaghan USA contact 083 3244455. Contact: 083 3244455 for USA members, new members welcome!</p>	<p>HSE Cavan/Monaghan STRENGTHENING & BALANCE EXERCISES</p> <p>Thursday 25th Feb @ 9.30am (weekly until 30th March)</p> <p>1/2 hour class, delivered by HSE Physiotherapists, suitable for older people & clients with balance/struggling needs. Clients must be independently mobile & able to follow commands. Contact Fiona Gilliland 087 0997504 or email fiona.gilliland@hse.ie to join the Zoom Class</p>
<p>Monaghan USA All welcome POEMS AND PINTS</p> <p>Thursday 25th February @ 8pm (monthly event)</p> <p>A monthy get together where people recite their own poems or poems by others and share a few thoughts and laughs. All welcome to attend.</p> <p>Contact: 083 3244455</p>	<p>Monaghan Sports Partnership Beginners 0 TO 3K BEGINNER WALK TO JOG</p> <p>1st March</p> <p>0-3k Beginner Walk to Jog Podcast Programme. Over a 6 week period, participants will receive how best podcasts each week, making the transition from walking to jogging easier and more fun. Registration at https://monaghansportspartnership.eventbrite.com</p>	<p>Creative Monaghan Young People CREATIVE CONNECTIONS</p> <p>March/April programme (4wk course)</p> <p>A drama/visual art programme for young people. Over these workshops Kim Devery & Heather Brett will help you connect with your inner artist, working off to explore landscapes of the imagination through the creative arts.</p> <p>Email creative@monaghancoco.ie</p>	<p>Creative Monaghan Older Adults BE ACTIVE AT HOME WORKOUT VIDEO SERIES</p> <p>Launching beginning of March</p> <p>2 courses will be one for young people and one for adults. Through a series of workshops participants will learn basic simple techniques to supporting future health.</p> <p>Email creative@monaghancoco.ie</p>
<p>Monaghan County Libraries LEARN CALLIGRAPHY Beginners</p> <p>March (date TBC)</p> <p>Online beginners course to be delivered on zoom. Course materials will be provided. Places will be limited.</p> <p>Email knccagca@monaghancoco.ie</p>	<p>Creative Monaghan All welcome PHOTOGRAPHY COURSES</p> <p>March /April (date TBC)</p> <p>2 courses will be one for young people and one for adults. Through a series of workshops participants will learn the latest digital photography techniques.</p> <p>Email creative@monaghancoco.ie</p>	<p>Creative Monaghan Age 16+ UPHOLSTERY WORKSHOPS</p> <p>March / April (series of 3 workshops)</p> <p>For 16+ this series of online workshops will teach basic simple techniques to supporting future health.</p> <p>Email creative@monaghancoco.ie</p>	<p>Monaghan Sports Partnership Older Adults BE ACTIVE AT HOME WORKOUT VIDEO SERIES</p> <p>Launching beginning of March</p> <p>2 courses will be one for young people and one for adults. Through a series of workshops participants will learn basic simple techniques to supporting future health.</p> <p>Email creative@monaghancoco.ie</p>
<p>The Alzheimer Society of Ireland Louth/Monaghan VIRTUAL MEMORY CAFÉ</p> <p>Tues 9th March (2nd Tues of every month) @ 4.30pm</p> <p>The café provides a welcoming space for people with dementia, their family, friends, social and health care professionals to meet, exchange ideas and learnings. New topics and speakers each month. Email louthmonaghanvirtualcafe@alzheimer.ie or phone Helen Barron on 087 2229356</p>	<p>La Leche League of Castleblayney & Monaghan MOMS & MOMS-TO-BE MEET UPS</p> <p>Tuesday 9th March @ 8.30pm & Tuesday 23rd March @ 10.30am (2nd & 4th Tues of every month)</p> <p>Mother-to-mother support, preparation, education, information & encouragement if you are breastfeeding or planning to. Contact https://m.facebook.com/LaLecheLeagueCastleblayney/ or 086 6641194 for Zoom Link</p>	<p>Cavan & Monaghan Rainbow Youth (CAMRY) LGBT+ PARENTS GROUP</p> <p>Wednesday 10th March @ 7.30pm (2nd Wednesday of every month)</p> <p>Advice on how best to support your LGBT+ child/young person. This is a peer group open to parents and carers.</p> <p>Contact CAMRY on 087 2193904 or info@camry.ie to register for the link</p>	<p>HSE Monaghan HEALTHY BLADDER & BOWEL ADVICE</p> <p>Wednesday 10th March @ 2.30pm</p> <p>Live question and answer session. Advice and tips on maintaining a healthy bladder and bowel.</p> <p>Contact: 087 2193904 or philly@hse.ie for more info. Meeting Number (access code): 183 489 488 Meeting Password: Philly96183</p>
<p>Down Syndrome Centre North East 321 GO NEON (VIRTUAL EVENT)</p> <p>Sunday 21st March @ 10pm</p> <p>Virtual walk/run 321 Go North East Down Syndrome Day. To take part, dress up in neon or colourful clothing as a mark of celebration and walk, run or wheel your way to 3 miles or 3 km to raise much needed funds for DSC North East.</p> <p>Register https://www.dscnortheast.ie/events/321-go-neon</p>	<p>KEEP WELL CAMPAIGN</p> <p>www.monaghan.ie/keep-well</p>	<p>Monaghan Sports Partnership SAFEGUARDING 1</p> <p>CHILD WELFARE & PROTECTION</p> <p>Friday 25th March from 5.30pm - 8.30pm</p> <p>This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. To book go to https://monaghan.sportspartnership.eventbrite.com</p>	<p>Monaghan Sports Partnership SAFEGUARDING 1</p> <p>CHILD WELFARE & PROTECTION</p> <p>Friday 25th March from 5.30pm - 8.30pm</p> <p>This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. To book go to https://monaghan.sportspartnership.eventbrite.com</p>



Check out this fantastic calendar of events compiled by Fiona at Healthy Monaghan

Did you know they also have a variety of podcasts on the council website? Check out <https://monaghan.ie/keep-well/> if you're interested in hearing from local experts and professionals on health and wellbeing topics.

If you have any events that you would like us to share on future calendars or on the keep well calendar on the website please drop an email to fmcentee@monaghancoco.ie Healthy Monaghan Wellbeing Events Calendar Feb 2021_pdf.html

KEEP WELL
IN YOUR COMMUNITY



Go to www.monaghan.ie/keep-well to find out more information about the Keep Well campaign and check out a variety of podcasts from local experts and professionals on health & wellbeing topics

Have any events you would like to advertise on our future Health & Wellbeing event calendars? Email your details to healthymonaghan@monaghancoco.ie

Autism
Friendly

AN ASIAM.IE WEBINAR

AUTISTIC WOMEN AND GIRLS

MARCH 10TH | 19.00 - 20:30



WITH
JESS HENDRICKX
HENDRICKX ASSOCIATES

Jess was diagnosed with autism in 2018 at the age of 30. Her diagnosis brings a personal understanding of autism which she draws on in her presentations. Jess supports autistic people to build self-awareness, identify their goals and together with the person take small, manageable steps towards them.



SuperValu



AsIAm and [@SupervaluIRL](https://www.instagram.com/SupervaluIRL) are delighted to announce our next Community Support Webinar on 'Autistic Women and Girls' taking place March 10th @ 7pm. To learn more and to register please see here https://us02web.zoom.us/join/register/WN_HffwUNU6SHWYaVe82kz2Bg

GET ACTIVE

with MONAGHAN SPORTS PARTNERSHIP
SOMETHING FOR EVERYBODY!



Monaghan Sports Partnership are bringing specialist fitness classes to your home via Zoom in March 2021



All classes will commence on week beginning **Monday the 8th of March** and will run for 6 weeks

CLASS LIST:

Active Adults: €20 + booking fee

Morning Circuits: Mon @ 11am - All ages & abilities

Total Body Tone: Wed @ 11am - All ages & abilities

Pilates: Tue @ 11am - All ages & abilities

Flex & Tone: Thur @ 11am - All ages & abilities

Active Mothers: €20 + booking fee

Mother & Baby: Mon & Wed @ 10am

- specialised class for new mothers

Active Teens: €10 + booking fee

Teen Girls: Teens Cardio & Core, Mon @ 5:30pm

Teens Body Tone, Wed @ 5:30pm

Teen Boys: Strength & Conditioning

Tue & Thur @ 6pm

Active Men: €20 + booking fee

Men's Circuits: Tue & Thur @ 7:00pm

Active Women: €20 + booking fee

Home-HIT: Tue @ 6:30pm

Pilates: Thur @ 6:30pm

KEEP WELL

IN YOUR COMMUNITY



Places are limited and pre-registration is essential.

For more information and to register visit:

<https://monaghansportspartnership.eventbrite.ie/>

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

ages 13-19

OPEN TO YOUNG PEOPLE
FROM COUNTY MONAGHAN

- 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



A fab opportunity for all the singers, song writers, music lovers! Ages 13-19!
Contact melissa for more information on
Melissa@ywimonaghan.ie



Autism
Friendly

AN ASIAM.IE WEBINAR

AUTISTIC WOMEN AND GIRLS

MARCH 10TH | 19.00 - 20:30



WITH
GILLIAN FAGAN
PSYCHOTHERAPIST

Gillian got diagnosed as autistic shortly after her 40th birthday. It was one of the best things that ever happened to her as suddenly life made sense. She spent her life trying to understand human behaviour so she dedicated herself to becoming a qualified psychotherapist and diversity and inclusion specialist.



SuperValu

AsIAm and [@SupervaluIRL](https://www.instagram.com/SupervaluIRL) are delighted to announce our next Community Support Webinar on 'Autistic Women and Girls' taking place March 10th @ 7pm. To learn more and to register please see here <https://us02web.zoom.us/j/91012020000>

Many children with special educational needs will soon be returning to school, and may be returning at different times from their peers or siblings. It is important to ensure that children understand what is happening and why. Doing so can help to reduce anxiety and promote a sense of safety and calm around returning to school. NCSE have produced previous guidance on supporting students with the return to school <https://ncse.ie/wp-content/uploads/2020/06/Social-Stories-Supporting-students-with-ASDtransition-back-to-school.pdf> and this guidance includes advice about using very simple scripts to explain to children what is happening and why. These are often known as Social Stories™



Simple Script: Returning to School	ncse
I have been learning at home. This was so I could stay healthy.	
I will be going back to school soon.	
Some of my friends will be there too. Some children will stay at home a bit longer.	
I can wash my hands or use hand sanitiser. I will remember to keep my distance from people.	
If I need to cough I can do this in a tissue or in my elbow.	
If I feel worried that is ok. I can talk to an adult I trust. I am going back to school soon.	

Simple Script: Staying at Home	ncse
I have been learning at home. This is so I can stay healthy.	
Some children may be returning to school.	
I will stay at home at this time.	
If I am worried that is ok. I can talk to an adult I trust.	
I am learning at home.	



Resources to Support the School Community during Covid 19

The National Educational Psychological Service (NEPS) have developed a range of resources to support schools during Covid-19. The Department of Education has collated information on on-line supports which can be accessed [here](https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#) - <https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#>

NEPS resources to support the wellbeing of all members of the school community include everything from relaxation podcasts to a template for students to plan their day, during school closures.

There is a short video that provides more information on these on-line resources: *A Whistle-stop Tour of NEPS Resources for Covid-19*. Click [here](#) to access this video, which is only 5 mins long!



The Department of Education has collated information on on-line supports which can be accessed [here](https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#) - <https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#>

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WOW!

Advice for parents during COVID-19:

Returning to Primary and Post-Primary Special Classes



School communities are working hard, with the support of public health officials, to ensure the safe operation of our schools for students, staff and families.

All schools have put in place rules and routines which must be followed to keep everyone safe. The latest public health advice on returning to school is available on gov.ie/schools.



The Department has a selection of resources containing advice for parents with children returning to in-school learning. For more see <https://gov.ie/en/collection/5572b-back-to-school-advice-for-parents-students-and-families/>

National Learning Network

Learn to change your story

Fast Track to Work



For Further Information:

- ☎ 047 83671 | 087 1427744 | 087 4594616
- ✉ monaghan@nlm.ie
- 🌐 www.nlm.ie
- 📘 [facebook.com/MLNIreland](https://www.facebook.com/MLNIreland)

Our FAST TRACK TO WORK course provides you with individual training pathways to the career of your choice. Training is free, flexible and based on the your goals.

Skills for College
Skills for Work
Skills for Life



National Learning Network

What is the course?

Our **FAST-TRACK to WORK** course helps you to identify the type of job you would like. Our employment co-ordinators work with you to find out what skills that role requires, what skills you already have and the experience you need. We develop a training plan with you, to help you gain the range of skills and experience necessary to get you that job.

Why this course is right for you:

- The course is free, it is fully funded by the CMETB.
- You will work towards a QQI Level 4 Award in Employment Skills.
- We arrange a training place for you, in a company of your choice.
- You receive the support of our qualified instructors while on your work placement.
- You keep your existing benefits from the Department of Employment Affairs and Social Protection.
- Everyone learns at their own pace and we provide learning supports in English, Maths and Computer Skills.
- Training is holistic so you can work towards your own personal goals at the same time as your work goals.
- You can join the course when you are ready.
- We will give you the help and support you need to get the job you want, or to go on to higher levels of training and education.

Who is eligible?

The course is open to a diverse range of people, aged over 16, who need extra supports to help with training.

The course is funded by the Cavan Monaghan ETB. Eligibility Criteria Apply.

This includes people who have...

- Left school early and need a supportive training environment to move towards employment
- Had a setback in life due to illness, injury or loss
- Learning difficulties (inc. dyslexia, dyspraxia etc.)
- Mental health issues
- Physical and sensory disabilities
- Have barriers to gaining work and have other support needs

National Learning Network
Learn to change your story

Skills 4 Life

SKILLS FOR LIFE gives you the opportunity to explore the world of work and identify further education and training options of interest to you.

For Further Information:

- ☎ 047 83671 | 087 2198735 | 087 4594616
- ✉ monaghan@nl.n.ie
- 🌐 www.nln.ie
- 📘 [facebook.com/NLNireland](https://www.facebook.com/NLNireland)

This course is funded by the Cavan and Monaghan Education and Training Board. Eligibility criteria apply.

Free life-changing courses
and supported **training**



cmeth
Cavan Monaghan Education and Training Board

WOW!

Course Description

The Skills for Life course provides a range of training options that lead you to progression pathways in a range of different careers. It will help you to develop the core employability skills that local employers look for in their staff.

The course takes you on a learning journey where you will learn to:

- **Understand** your learning preferences and interests
- **Identify** the types of activities and industries that suit your interests and career aspirations
- **Develop** the skills, attitudes and practical experience to progress to work or further education or training
- **Achieve** nationally recognised certification at QQI Level 3
- **Learn** communications, team-working skills, personal and life management skills

What makes Skills for Life different?

It provides a flexible, safe and supportive training environment that allows you to work at your own pace and develop the skills you need to progress with your training and personal goals.

You will have access to a range of supports and non-accredited modules that will support you.

We offer QQI level 3 accredited modules in:

- **Computer and Digital Skills**
- **Catering**
- **Horticulture**
- **Retail**
- **Internet Skills**
- **Breakfast Cookery**
- **Culinary Operations**
- **Health and Fitness**

Work Placements

Our work placement programme gives you practical hands-on experience in a real work environment where you can gain both skills and confidence.

Whats Happening in Monaghan

Celine Sherry, Aftercare Worker is the point of contact in Monaghan.

Services

We complete aftercare assessments and work with the Young Person and their Social Worker to make a plan of the support required after leaving care. These plans look different for everyone depending on the needs presenting with some Young People availing of an allocated aftercare worker. We also have a Drop in service available to anybody who has care experience. My Pathway community services are coming to Monaghan by the end of quarter 1 2021

Monaghan Drop In
Every Thursday
3-5pm
Teach nDaoine FRC
Oriel Way
Monaghan Town
H18 D218
087 3410 594

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

WOW!

Aftercare Cavan/Monaghan

FEBRUARY 2021
UPDATE

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Aftercare Update Feb 2021



Whats Happening in The Community

My Pathway Community Aftercare operates from Teach Oscail FRC (Cavan) & Teach nDaoine FRC (Monaghan). My Pathway has a suite of community based services for the care leaving community. Aine Smith & Erin Lynagh are the points of contact in the community.

Services

- 2 Aftercare Workers
- 1 Youth Resilience Worker
- Training Placement Programme
- Mentoring Advocate Programme
- Aftercare Adult Accomodation
- Parent & Toddler Group
- Drop in



Aftercare Team



MANAGER
SEAN BLACKWELL
SEAN.BLACKWELL@TUSLA.IE



CAVAN
PATRICIA
PATRICIA.MULLIGAN@TUSLA.IE
KILLIAN
KILLIAN.FEE@TUSLA.IE



MONAGHAN
CELINE
CELINE.SHERRY@TUSLA.IE



COMMUNITY
AINE
AINESMITH@TEACHOSCAILFRC.IE
ERIN
ELYNAGH@TEACHOSCAILFRC.IE



'Star Weaving Jam' – Siobhan McQuillan will share with participants how to weave the stars.

This free online session will take place on **Zoom on Fri 12th March @ 11 a.m.**

You can join at this link: <https://us02web.zoom.us/j/83095605836>



The One Million Stars to End Violence project with Amber Refuge is a community arts project that connects our community through the craft of weaving stars. Each star represents light, hope and solidarity against violence. We raise domestic violence awareness by holding public stars installations. We have star weavers across Ireland including counties Kilkenny, Louth, Waterford, Tipperary, Limerick, Mayo, and Meath. This is an inclusive community project that includes TY students, Care Home residents, Syrian Women, Respond, Rehab Ireland, Mental Health Ireland, Family Recourse Centres, Irish Girl Guides the Irish Country Women's Association, and individual weavers across the country who weave at home. The project began in Australia when Maryann Talia Pau, began weaving stars as a response to the rape and murder of an Irish woman living in Melbourne. It is now a global movement Star Weaving Kits - One Billion Stars.





The Community Mental Health Fund, supported by the Department of Health.



Childline Therapeutic Support Service

The purpose of the ISPCC Childline Therapeutic Support Service is to build psychological resilience among young people and to increase the capacity of families to care for their children through an integrated programme of support.

The ISPCC Childline Therapeutic Support Worker (CTSW) provides a free, one-to-one child-centred service for children and young people and parents/carers remotely, in their own home or place of their choosing.

PLEASE CONTACT US FOR MORE INFORMATION

ISPCC Monaghan
YWCA Building
North Road
Monaghan
H18ET71

Audrey Rabbitte , Childline Therapeutic Support Worker (CTSW)

Mobilie: 087 3603742

Audrey.Rabbitte@ispcc.ie



WHO IS THE SERVICE FOR ?

The **free** 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 one or more of the following difficulties:

- Behavioural, emotional and social difficulties
- Social anxiety
- Poor coping skills and poor decision making skills
- Experience of, or engaging in bullying behaviours
- Dealing with loss, bereavement or parental separation
- Family breakdown and transition into care
- Relationship difficulties and problems relating to others
- Issues related to complex family experiences (substance misuse , mental health difficulties)



Teach na nDaoine Family Resource Centre's

At Teach na nDaoine we offer a number of supports to families locally and throughout the county.

Family Support: Within Teach na nDaoine our family support workers offer a wide range of support. This includes one to one support with housing, food, health, parenting, budgeting and education. The Family Support workers aim to build a relationship with the family, help them through struggles and crisis, empower the parent and help them learn to cope again with everyday family life.

Teach na nDaoine also offer a drop in family support clinic weekly which is run every Wednesday morning from 10-12pm. This is a free of charge service for anyone in the county to drop in for support with any problem they may need help with.

Oriel Counselling Service: At Teach na nDaoine we offer a counselling service. Counselling is a way of helping people to make changes in their life, make decisions, face new challenges, set goals and be supported in a caring and compassionate environment. We offer a caring and confidential service delivered in a professional manner. Our service operates to the highest standards and counsellors are accredited or working towards accreditation with IACP (Irish Association for Counselling and Psychotherapy), IAHIP (Irish Association for Humanistic and Integrative Psychotherapy), BACP (The British Association for counselling and Psychotherapy).

Mental Health Support: At Teach na nDaoine there is a Mental Health Worker who strives towards utilising the strengths and resilience of communities to create awareness, educate, break down barriers, and offer solutions to the complex issue, which is mental health. One to one and group support is offered.

Teach na Daoine Monaghan Oriel Way,
Mullaghmatt/Cortolvin, Co. Monaghan (North East Region)
- Tel: [047 71398](tel:04771398)



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**.

International Women's Day 2021

**MONAGHAN WOMEN'S
ASSEMBLY LAUNCH EVENT**



MARCH



national collective of
community based
women's
networks 

7:30PM

REGISTER YOUR INTEREST BY
CONTACTING BERNIE ON
BBRADLEY@MONAGHANCOCO.IE
OR CALLING 0876443332

.....
*Monaghan Women's Assembly is a new
platform that aims to bring the voice of
local women into local politics.*

Join the event:

<https://tinyurl.com/live-eventMCCwomenassembly>

WOW!



join us via link below on Monday 8th
March at 7.30pm

[https://tinyurl.com/live-
eventMCCwomenassembly](https://tinyurl.com/live-eventMCCwomenassembly)

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

WOW!

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



Interagency Partners of TLC KIDZ:

- ◉ Barnardos
- ◉ TUSLA Prevention, Partnership & Family Support (PPFS)
- ◉ Children & Young People's Services Committees (CYPSC)
- ◉ Specialist Domestic Violence Services
- ◉ Specialist Sexual Violence Services
- ◉ Gardai
- ◉ Youth Work Organisations
- ◉ Family & Community Support Services

Referral Criteria:

- ◉ Open to children between the ages of 5-17 (in appropriate age groups) depending on availability
- ◉ For children & young people residing within counties Cavan and Monaghan
- ◉ Separation has occurred and the perpetrator no longer resides at the family home

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator in your area.

Eimear Kilpatrick

**TLC KIDZ Coordinator
Cavan/Monaghan**

Telephone: **086 060 0616**

Email: eimear.kilpatrick@barnardos.ie

TLC KIDZ PROJECT

Offers support for Children and their Mothers who have experienced Domestic Violence and Abuse



New free Programme starting soon
Call Eimear
086 0600616



The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. The Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children.

At the core of the TLC KIDZ Project is the TLC KIDZ Programme. This is a 12 week group work programme for children and their mothers who have experienced domestic abuse.

The children's group and mother's group run concurrently on the same week and cater for children aged between 5-17 years old.



TLC KIDZ Programme incorporates:

Children's groups help children begin the healing process by:

- ⊙ Allowing children to share their experiences with other children
- ⊙ Exploring ways of expressing their feelings safely
- ⊙ Helping children understand that the 'fighting and hurting' within their family was not their fault
- ⊙ Looking at coping strategies for the future

Mother's groups support women to better understand how to help their children recover by:

- ⊙ Helping mothers to understand their children's experience of violence within their family
- ⊙ Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- ⊙ Exploring the impact their experiences may have had on their children
- ⊙ Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

Weekly themes/concepts

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "Its not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**



New
Programme
starting
soon
Call Eimear
086
0600616



Meet this years Monaghan Comhairle na nÓg team!



MONAGHAN
COMHAIRLE NA
NÓG 2021





**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





iRADIO'S TIKTOK MIC DROP



iRadio and your Local Authority Road Safety Officer have teamed up to bring you TikTok Mic Drop.

Create a song or rap highlighting the importance of Sharing the Road Safely.

With €5500 worth of cash prizes, it pays to be creative.

For more listen to iRadio or see iRadio.ie/micdrop

Competition starts March 8th. Ts & Cs apply



Create a road safety song to be in with a chance of winning €1,000!

Monaghan County Council together with ten other County Councils across the North East, Midlands and North West of the country have joined forces with iRadio to launch their “TikTok Mic Drop” Road Safety competition with a total prize fund of over €5,000!

Entries to this competition are via TikTok. Videos should be shared on the entrants own platform and tag/mention @Thisisiradio and #Monaghan. Full details are available at iradio.ie/micdrop. Entries can be submitted from Monday 8th March and the closing date is Wednesday 24th March,

Cruinniú na nÓg - Have Your Say Ireland's national day of creativity for children & young people – a chance for them to unleash their creativity and participate! Taking place Saturday 12th June 2020 - young people of Monaghan we want to hear your voice!



<https://www.creativeireland.gov.ie/en/cruinniu-feedback/>



HOPE
FOOD BANK



Food Parcel Request Form

Hope have recently put an online form together to make it easier for you or others to request food parcels. As we aren't always in the office, the form makes things a bit simpler in case we miss calls etc.

You can access the form via the website www.monaghanfoodbank.com

If you come across anyone finding things tough at the moment, feel free to fill it out and we will do our best to help! We have food here that has been donated and we would love to get it out to those who need it most.



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Help is at hand for your emotional wellbeing



Connecting for Life
Cavan and Monaghan

If you are experiencing distress or worried about someone, please know that help is available.

Contact your GP, or out of hours North East Doc on Call on 1850 777 911 (6pm – 8am, Mon-Fri and 24 hrs at weekends).

The following supports are anonymous, free and available 24/7, 7 days a week:

Samaritans - Freephone 116 123 or email jo@samaritans.ie
Pieta House – Freephone 1800 247 247 or text HELP to 51444
Text 50808 – Text YMH to 50808 or visit www.50808.ie
Visit www.yourmentalhealth.ie or call save 1800 111 888

Useful Numbers if you, or someone you love needs support.





 **Befriending Monaghan** 
*A Service for People Living Alone
In Co. Monaghan*

Befriending Monaghan a free service for people living alone, is available in Co. Monaghan to older people and anyone feeling lonely, isolated or vulnerable.

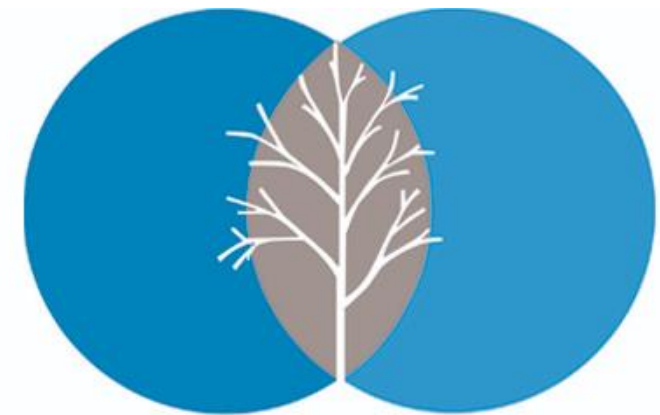
Our free phone call service is operating 5 days a week, it will check that all is well with you or a loved one.

Liza Hackett

087 0656793

E-mail: lhackett@midl.ie

Monaghan Volunteer Centre, Monaghan Integrated Development,
5 North Rd. Monaghan.



**Monaghan Integrated
Development**

Meet Jill!

The new Child and Family Network Co-Ordinator for Monaghan!



Dear Network Members,

I hope that you are all keeping well in these unprecedented times. As Janice Niblock outlined in her email in December, I am now in the position of Child and Family Network Co-Ordinator for Monaghan. I want to thank Janice for all her support and guidance before she left. She has worked tirelessly over the last few years and I am delighted to step into this role now. Although this is a TUSLA position, I am employed through Teach na nDaoine Family Resource Centre.

My role will include co-ordinating Meitheal's throughout the county and offering support and guidance to other practitioners chairing their own Meitheals. Another exciting piece for me in this role is to work alongside the Networks in Co. Monaghan. Some of us are well acquainted already and I look forward to meeting everyone else over the next few months. I understand that last year we all had to adapt to the online space for meetings and it looks like this may need to continue for the first part of 2021 at least.

Over the years some incredible projects have arisen from the Networks and I have no doubt this will happen again this year. If you have any queries or something you would like circulated through the Networks please don't hesitate to contact me via email jillian@teachnadoine.com or you can phone me on 085-8668430.



To find out more about Meitheal

<https://www.youtube.com/watch?v=wp89nsR5jcE>

Welcome to Cavan and Monaghan AEGIS

*Our Centres are open to the public at present
but due to Covid -19 meetings are by appointment only.
We are here to support you at this time!*

Cavan and Monaghan Education and Training Board Adult Education, Guidance and Information Service

What we do

We aim to provide adults with the Guidance, Information and Advice needed to help them make the correct decisions regarding their education, training and career choices. We are a professional, confidential and impartial service and are here to help in these uncertain times.

Remote Support

We can deal with your queries over the phone, by email or via video call on Zoom or Microsoft Teams. We are also available every morning to chat online via our chat service on www.cmetbadultguidance.ie between 10am-1pm

How you can reach us

MONAGHAN	CAVAN
047 30 800	049 437 7001
aegis@cmetb.ie	cavanaegis@cmetb.ie

Visit
www.cmetbadultguidance.ie
for full information and contact details

Stay safe. Stay positive. Stay connected.



cmetb

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

NOW!



cmetb

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

STAY CONNECTED DURING COVID-19

Learn how to use Technology in your Home

Learn how to use Zoom, your Smartphone and
phone applications such as WhatsApp, Social Media etc.

**OUR TUTORS ARE AVAILABLE
TO SUPPORT YOU REMOTELY**

**FREE
SUPPORT**

For Support/Advice
please contact:

Linda
Telephone: 087-4167844
Email: LindaReade@cmetb.ie

www.cmetb.ie



WOW!



**Don't
forget
Mothers
Day
Sunday the
14th of
March!**



The Edna O'Brien Young Writers Bursary 2021

• [The Edna O'Brien Young Writers Bursary](#)

Are you between 15 and 17 years old and would you love to be a writer some day? Or, are you already one?

MoLI is offering a five-day, immersive, blended learning programme to 15 lucky students around Ireland. The Edna O'Brien Young Writers Bursary will take place both online and onsite in MoLI from **19 to 23 July 2021** (subject to public health guidelines).

<https://moli.ie/edna-obrien-bursary/ednaobrienbursary/>

WOW!



Welcome to St. Patrick's Festival 2021! The theme of this year's Festival is **Dúisigh Éire! Awaken Ireland!**

The Festival runs from March 12 – 17 and here's how you can watch all 100+ events, no matter where you are in the world:

Streaming live globally through TV channel – **St. Patrick's Festival TV (SPF TV)** and you can replay all programmes on their event page after they have broadcast, up to March 21st.

You can watch the SPF TV live stream on **www.rte.ie/culture**



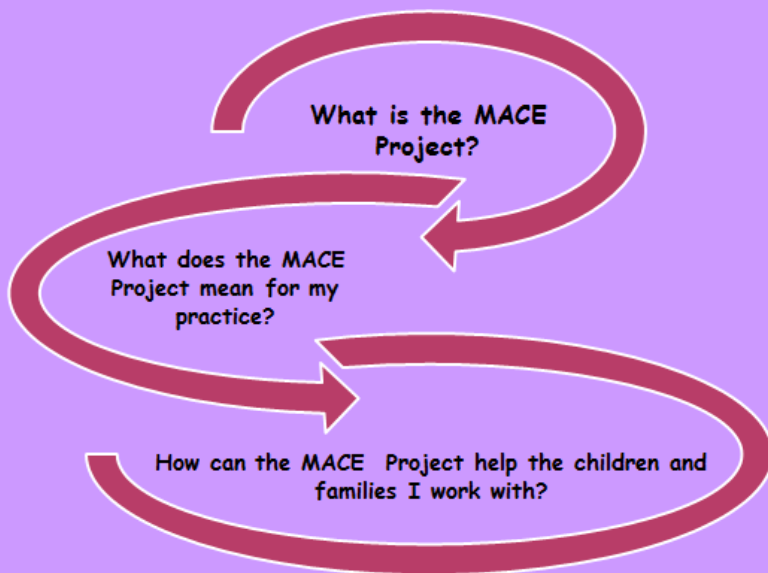
A project supported by the European Union's INTERREGVA Programme, managed by the Special EU Programmes Body.

'The MACE Project'

Working to reduce Multiple Adverse Childhood Experiences

(MACE)

Supporting families and Strengthening Communities.



Multiple Adverse Childhood Experiences (MACE PROJECT) Information sessions

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:

30th March 2021 at 3.30pm,
26th of April at 11am

14th of April at 12noon
6th of May at 10am

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



@CAMrainbowyouth

Weekly Online LGBTI+ Youth Groups (12 - 17 years & 18 - 24 years)

During the newest Lockdown measures, we have returned to online groups. Text/Watsapp or Email to receive link

we are still here to help

you can contact us directly for assistance
see contact info below

info@camry.ie | www.camry.ie

087 219 3904

049 436 4065

we continue to
**STAND
TOGETHER**

by not
**STANDING
TOGETHER**



#StopTheSpread #SocialDistancing #WashYourHands

WOW!



Cavan & Monaghan Rainbow Youth is an LGBT+ service for young people aged 12-24 years. Our LGBTi+ Youth Development Worker provides training, information and support to young people, caregivers, and educators. If you would like more information please call 0872193904, or email info@camry.ie.

ONLINE SUPPORTS

**SUPPORT FOR PARENTS OF,
& TRANSGENDER / GENDER DIVERSE
YOUNG PEOPLE**

TRANSPARENCI

Parents Group: Last Wednesday of the month



TRANSFORMERS

Youth Group: Last Thursday of the month

We are honoured to partner with TENI to provide this support in the Cavan Monaghan region.

Contact Us to pre register for zoom links.

e: info@camry.ie | p: 087 219 3904





Youth Work Ireland
Cavan Monaghan

Need to Talk?

**Carrickmacross and Castleblayney Youth Centres are available to
Young People through Text, Phone and Video Call
Private Message us through our social media**



yui_cm



yuimonaghan1



Blayney - youthcafe

Carrick - youthcafecmx

Youthcafe Carrick Contact Cassandra: 0877187945

Youthcafe Carrick Contact Melissa: 0879057598

Youthcafe blayney Contact Sandra: 087 2670105

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



www.cavanmonaghanservices.ie local services and supports directory



WHAT'S ON WHERE IN MONAGHAN

