



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

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

**Issue 34  
07/05/2021**



Welcome to the 34<sup>th</sup> edition of our electronic information bulletin **WOW**

**In this edition you will find information on:**

- **Support to manage Diabetes**
- **Free webinar on The impact of childhood domestic violence and abuse**
- **Lots of new programmes from the Community Health SYNC project**
- **Funding opportunities and a writing a funding application workshop!**

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.



## **'Empowering Children, The impact of childhood domestic violence and abuse',**

**3rd June 2021, 10am – 12noon.**

The event is FREE but you will need to register for a ticket. Please register [here](#)

\*\*The webinar is for anyone who comes into contact with children and young people during the course of their work and aims to give a voice to the children who live with Domestic Violence and Abuse ....\*\*

We have a great line up of speakers;

1. **Dr Stephanie Holt: Head of the school of social studies at Trinity College Dublin, whose research interest and expertise focuses on domestic violence with a particular emphasis on the impact of domestic violence on children and young people.**
2. **Dr Katie Lamb: A Research Fellow in the University of Melbourne whose research explores the perspectives of children and young people after family violence.**
3. **Helen Oxenham, Helen is a childhood domestic violence and abuse survivor originally from Cork, now living in Australia, who has gone on to support women and children for decades who are victims of domestic violence and abuse**
4. **Aine Costello: National coordinator of the childhood domestic abuse project with Barnardos, who will present on the work of the childhood domestic abuse participation project – a multi-agency project facilitated by Barnardos.**

Register at <https://www.barnardos.ie/resources/childhood-domestic-violence-abuse/resources>

# DISCOVER DIABETES

Diabetes Insights & Self Care Options Via Education & Reflection



Living with Type 2 Diabetes? Let us help:

Book a place now on our **FREE online** course:

The course is run by registered HSE community Dietitians

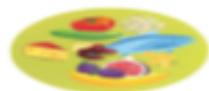
The course runs for 6 weekly sessions (1.5 hours each week)

During the course you will learn to:

- Understand your diabetes more
- Identify how food and lifestyle can affect your Type 2 diabetes
- Prevent/reduce diabetes related health problems
- Manage your weight
- Improve overall health

**Discover Diabetes – Type 2** is a group course. A family member, carer, or friend is welcome to attend online with you. Free booklets and information pack will be posted out to you. Instructions on how to connect to the diabetes sessions online and support will be provided

To book your place please phone: 04795471 or 0494378950



Healthy Food



Balance



Physical Activity



Discover Diabetes



EVENTBRITE.CO.UK

**Archiving Activism: Black Lives Matter**

Explore photography and archiving as a tool for social change with...

[eventbrite.co.uk/e/archiving-activism-black-lives-matter-tickets-150081332305?fbclid=IwAR2qfSLIeU1i8EfWd7GIWH81IUOKRzA35ziug2KHj8XUPmTqHVEwgKPwFXo](https://eventbrite.co.uk/e/archiving-activism-black-lives-matter-tickets-150081332305?fbclid=IwAR2qfSLIeU1i8EfWd7GIWH81IUOKRzA35ziug2KHj8XUPmTqHVEwgKPwFXo)

Take part in this series of free workshops that will explore photography as a method of storytelling through the **Black Lives Matter** movement.

Delivered in partnership with Kwame Daniels (Bounce Culture), the programme will help you develop skills in photography as well as exhibition and curatorial design.

How will it work?

- Take part in a series of **creative workshops including photography with Macy Stewart**, whose work has been featured in Vogue and LadyGunn magazine.
- Develop skills in exhibition and curatorial design with **National Museums NI curator Anna Liesching** and learn how to present and showcase your work for display.
- Discover how **the arts are an important channel to enact change and** how global movements can have a local impact.

Sessions will be delivered online via Zoom and Slack - all with the support of the Making the Future team.

The workshops will take place from May 4 - 25, with sessions on each Tuesday and Thursday.

**This programme is FREE and open to anyone aged 16-30 based in Northern Ireland or the border counties.**

For more details, or to discuss any requirements, please contact Danielle Carragher:  
[danielle.carragher@nmni.com](mailto:danielle.carragher@nmni.com)

# Free Four Week Tin Whistle Course

Coh-Sync in partnership with Monaghan Libraries and Music Generation Cavan/Monaghan are proud to present a free **ONLINE** four week tin whistle course.

Tues 1st, 8th, 15th and 22nd June  
Two time slots available: 6.30pm & 7pm



- Support from a trained Community Health Facilitator
- Open to adults living in Cavan, Monaghan and border counties (new Coh-Sync clients)
- Tin whistles and online lessons will be provided.
- Learn how to play a new instrument from a professional musician
- Pre-registration essential



Please register by contacting Caoimhe on [cruden@midl.ie](mailto:cruden@midl.ie) or 0877189396

# Free Online Pilates Classes

Three week programme with Pilates instructor Mairead McGoldrick starting in June!

- Wednesday 2nd, 9th and 16th June at 7pm
- Delivered live via Zoom and open to adults (new Coh-Sync clients) living in Cavan/Monaghan or border regions
- Support from trained Community Health Facilitators and health action plan
- Registration required



For registration and inquiries contact Caoimhe on [cruden@midl.ie](mailto:cruden@midl.ie) or 0877189396

**Suitable for all levels**



young

person's

mental

health

a guide....



a resource for young people, their parents  
and carers to support mental well-being

A new resource from  
the Public Health  
Agency for young  
people, their parents  
and carers to support  
mental wellbeing.

Contents include  
healthy lifestyle tips to  
support your  
wellbeing, practical  
ways to manage your  
thoughts and emotions  
and useful websites  
and apps.

[DOWNLOAD GUIDE  
HERE](#)

[Young Person's Mental Health  
Click Here](#)



## Messaging Support Service Volunteer

We are currently recruiting new volunteers who speak English and also one or more of the following languages: Lithuanian, Latvian, Polish, or Russian

Your role will be:

Listening to the service user, providing support, care, and where needed offering practical advice on services available to them via online messaging.

Full training provided!

To apply, please email: [messaging@sosadireland.ie](mailto:messaging@sosadireland.ie)



## Messaging Support Service For Young People

Available on our website  
[www.sosadireland.ie](http://www.sosadireland.ie)

Daily from 8pm to 12am



Sosad have launched a new messaging service for people aged 16-25!

Daily 8pm-12am

Check out their website for more information



Monaghan and Cavan Youth Substance Support (MaCYSS) service are carrying out a consultation in Monaghan and Cavan

MaCYSS would really love to hear from you about your concerns in relation to alcohol and other drug use among Young People in Cavan and Monaghan. Take part in this local 5 minute survey

<https://www.surveymonkey.com/r/SR978G8>. The survey is for people aged 16+ and open until Tuesday 18<sup>th</sup> May. Contact [macyss@alcoholforum.org](mailto:macyss@alcoholforum.org) for more info.

The survey is for people aged 16+ and open until Tuesday 18<sup>th</sup> May. Contact [macyss@alcoholforum.org](mailto:macyss@alcoholforum.org) for more info.

# WOW!



## Dove Self-Esteem Project Ireland

In Ireland, 87% of girls don't have high body esteem - one of the highest levels globally!  
Help change this with free teaching resources for 11-14s from Dove Self-Esteem Project.

Themes covered include:

- Appearance pressures
- Social media
- Avoiding comparison & taking action!

• For more information and for free resources click below

[https://nationalschoolpartnership.com/initiatives/dove-sep-roi/?utm\\_source=NSP&utm\\_medium=Facebook&utm\\_campaign=DSE1&utm\\_content=Ad2VerD&fbclid=IwAR3LLLYEWyY3rg5oMf6kOcXlmtUSQdYbog10OwlgkGMqomO7GT\\_M9Ik0tM](https://nationalschoolpartnership.com/initiatives/dove-sep-roi/?utm_source=NSP&utm_medium=Facebook&utm_campaign=DSE1&utm_content=Ad2VerD&fbclid=IwAR3LLLYEWyY3rg5oMf6kOcXlmtUSQdYbog10OwlgkGMqomO7GT_M9Ik0tM)

## Writing Funding Applications Workshop

The ability to write funding applications is a necessary skill in any community and voluntary group. Though practice makes perfect, there are some tips and techniques to crafting a funding application! This two-hour Zoom workshop explores elements that typically impact the success of the funding application process.

### Learning Outcomes:

Upon completion of this workshop, participants will be able to:

- Explain the structure and information required when completing funding applications
- Understand how to write a coherent Needs Statement
- Identify the documentation required to support a funding application

### Key Topics:

- Purpose of grant application forms
- Grant applications process
- Writing grant applications – avoiding failure
- How to write a needs statement – defining problem or need
- Project budget and quotes
- Collate supporting documents
- Funder selection criteria
- Monitoring and reporting
- The workshop, delivered by Caroline Egan from Cramden Tech Solutions, will be held on **Saturday 15<sup>th</sup> May from 10am to 12.30p.m.**
- This FREE Training will be delivered via zoom. To register please send an email to [kdobbin@monaghancoco.ie](mailto:kdobbin@monaghancoco.ie).



Monaghan County Council has produced a Walking & Cycling Strategy to help guide us in developing the infrastructure and 'soft' supports which will aid in the promotion of walking and cycling in the county over the next three to five years.

The Strategy was presented to the Transportation and Community Strategic Policy Committee in March 2021, and is now open to public comment for the month of April.

[You can view the Strategy here](#)

There are three ways to make a comment on the document:

- You can complete the survey at the back of the Strategy and return it by hand to any Council office, or by post to:
  - Community Dept
  - MTEK II Building
  - Armagh Road
  - Monaghan
  - H18 YH59
- [You can follow this link](#) to complete the survey online comment at <https://www.surveymonkey.com/r/PWS9HYX> @MonaghanCoCo [#KeepWell](#)
- If you have a lot to say, and would like to take part in a Focus Group which will be arranged as part of the public consultation process, you can provide your contact details at the end of the survey. You will be contacted with details of the date of a focus group session.

SUSI IS OPEN FOR APPLICATIONS NOW,  
APPLY NOW EVEN IF UNSURE ABOUT  
GOING TO COLLEGE

Closing date **Thursday 8th July 2021** for  
new grant applications.



youthcafeblayney/youthcafecmx



ywimonaghan1



ywi\_cm



**SOME INFO YOU NEED WHEN APPLYING TO**

# SUSI

Go to [www.susi.ie](http://www.susi.ie) and register, then you can make your application, remember to write down the user name and passwords you create!

- Before you make an application, you should have the following information to hand:
  - A valid email address.
  - PPS numbers for you and your parent(s) or legal guardian(s) if applicable.
  - Details of dependent persons (children) in your household.
  - A valid phone Number.
  - Details of your previous 3<sup>rd</sup> level education.
  - Your CAO number (if relevant).
  - Gross Income details for 2020 for yourself (if any).
  - Gross Income details for 2020 for the relevant members of your household, i.e P60, P45, P21/self employment accounts OR details of social welfare payment like amount paid per week for how many weeks.
  - You will also need to have decided if you are a Dependent applicant, a Mature dependent applicant or a Mature independent applicant.(see susi for details)

## Residency

You must be Resident in Ireland, the EU,EEA or Switzerland for 3 of the last 5 years. You must have the following Supporting Documentation for evidence of Residency.

- Letters from School/College
- Bank Statements.
- P60/21s or
- Social Welfare Statements

## Approved courses and progression

Your course must be full time and approved course in an approved institution.

You must be attending an approved course –

- that leads to a higher level of qualification than any you may already hold,
- that is at a higher level than any course you may have previously attended,
- in which you are progressing from one year to the next and not repeating a year (save in exceptional circumstances)



## Income Limits

To qualify for	Special Rate * 100% Maintenance	100% Maintenance 100% Tuition Fees	75% Maintenance 100% Tuition Fees	50% Maintenance 100% Tuition Fees	25% Maintenance 100% Tuition Fees	50% Tuition Fees	50% Student Contribution
No. of Dependents	100% Tuition Fees 100% Student Contribution	100% Student Contribution	100% Student Contribution	100% Student Contribution	100% Student Contribution	100% Student Contribution	100% Student Contribution
Less than 4	€24,500	€39,875	€40,970	€43,380	€45,790	€49,840	€54,240
4 - 7	€24,500	€43,810	€45,025	€47,670	€50,325	€54,765	€59,595
8 or more	€24,500	€47,525	€48,890	€51,760	€54,630	€59,455	€64,700
Income limits can be increased if more than one person in house hold is attending college		€4,830	€4,670	€4,670	€4,670	€4,830	€4,830

## \*Special Rate of Maintenance Grant

Payable to an applicant, whose household Income is below €24,500, and household income is from an eligible Social Welfare Payment in the year 2020.

*Amount of Money you will receive if eligible depends on how far away your home is from the college*

## Adjacent Rate

Where travelling from within 45km of College

100% €1,215  
75% €910  
50% €605  
25% €305

## Non-Adjacent Rate

Where travelling from over 45km to College

100% €3,025  
75% €2,270  
50% €1,515  
25% €755

## Money you will receive from Special Rate\*

Adjacent Rate; €2,375

Non Adjacent Rate; €5,915

[www.susi.ie](http://www.susi.ie) or Telephone 076 1087874

Email: [support@susi.ie](mailto:support@susi.ie)

**We are here to help, need more info or help filling out form?**

Contact **Melissa** @ 087 9057598 [melissa@ywimonaghan.ie](mailto:melissa@ywimonaghan.ie), **Cassandra** @ 087 7187945

[cassandra@ywimonaghan.ie](mailto:cassandra@ywimonaghan.ie), **Sandra** @ 0872670105 [sandra@ywimonaghan.ie](mailto:sandra@ywimonaghan.ie)



# Suicide Awareness Workshops

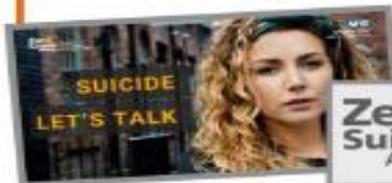
Hosted by trainers with Personal Lived Experience of Suicidal Crisis

## 1: 'Suicide: Let's talk' - with lived experience perspective & insight

Open to the general public, community workers, health care staff, and those with supporting roles..

**ZOOM - 11 May 2021 9.30am -1.00pm**

- Basic skills everyone should have
- Relaxed environment (& no roleplay)
- Confidence and language to open conversations that could save lives
- Opportunity to hear different perspectives and discuss language



## 2: The language of suicide conversations - a deeper exploration



Open only to those who have completed the core ZSA training module (directly, or with us)

**ZOOM - 8 Jun 2021 9.30am -1.00pm**

- Building on the learning and reflections from our core workshop, we delve deeper into discussion & Q&A about how to approach 'the conversation'
- Rich opportunities to ask direct questions of the lived-experience facilitators
- Considering techniques and building confidence

Registration is BY PHONE CALL ONLY:

Contact Elaine on 07876261033

For information: [elainefogarty42@gmail.com](mailto:elainefogarty42@gmail.com)

Contact [elainefogarty42@gmail.com](mailto:elainefogarty42@gmail.com) for more info.



## Regional Nutrition Webinars - May

### Food and Mood

This webinar looks at healthy eating and explores the links between food and mood.

Thur 13th  
May  
11-12pm

Link:

<https://tinyurl.com/foodandmood-May>



Tues 18th  
May  
6.30-7.30pm



### Nutrition for Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Link:

<https://tinyurl.com/Teenagers-May>  
Meeting ID: 850 7082 4031  
Passcode: 40029581

### Healthier diet, healthier you

This webinar is for anyone who wants to find out more about healthy eating.



Tue 25th  
May  
11-12pm

Link:

<https://tinyurl.com/HDHY-May>  
Meeting ID: 875 0424 4529  
Passcode: 24815705

Mon 26th  
May  
11-12pm



### Feeding Under Fives

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Link:

<https://tinyurl.com/HHK-May>  
Webinar ID: 874 7791 4233  
Passcode: 300947

# Foróige Hosts Career Coaching Clinic



## What is it?

- Career Coaching Clinics will allow young people to ask mentors questions about professions they may be considering for the future. Many young people have missed out on work experience and will be considering different subjects that will guide their career choices. The aim of the Clinic is to demonstrate that career paths can vary and to allow young people an opportunity to hear different professional experiences from the same field. Real stories in an interactive platform that will inform, encourage and inspire.

- **Who can attend?**

The seminars are open to all young people.

- **How much does it cost?**

It is free. There is no charge for any seminar.

- **How do I register?**

You can register through Eventbrite

@ <https://foroigecareers.eventbrite.com>

- **What time do they start?**

All the seminars start at 7:30pm

- **Can I attend more than one?**

You can register to attend as many as you choose

- **How does it work?**

After you register, you will receive an email with a Zoom Link. That evening all you need to do is simple log on! A panel of professionals will share their experiences and answer questions.

- **How long is each one.**

Each seminar will last approximately an hour. Some may last longer if there are a lot of questions.

- **Can I attend using my phone?**

Yes, you may use any device that will support Zoom.

# Youth & Community Supports in Co Monaghan

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



24/7 helpline  
1800 247 247

FREEPHONE  
1800 111 126

www.pieta.ie



SOSAD Ireland  
6 Parnell St. CMX

smoadcoyck@gmail.com  
@SOSADMonaghan

24 HOUR  
CRISIS LINE

042

966 8992

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

Free textings or talking to  
ability, depression and related  
issues. Crisis Volunteers are  
available 24/7 for anonymous  
text conversations.



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.teachnaoine.com

@teachnaoine  
@TNDPRC



Family Resource  
Centres  
Serving your  
community

CLARKE  
FAMILY  
RESOURCES CENTRE  
047 52929  
086 3785710

@clonast  
@ClonastFRC



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



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



CHILDLINE THERAPEUTIC SUPPORT SERVICE

Contact: Audrey Rabbittie

Childline Therapeutic Support Worker | Mobile: 087-3603742 |

Audrey.Rabbittie@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 maybe experiencing difficulties.



Youth Personal Development (16 - 25)

Mobile: 087-7109249 | facebook.com/journeys.monaghan.3

QQI Quality Teacher, Mentoring, Group Work.  
www.ywmonaghan.ie



0429749500



MONAGHAN SCHOOL  
COMPLETION  
PROGRAMME

Castleblayney/Clones  
Coordinator: Sharril Mc Brien  
Mobile: 087 050000  
North Monaghan  
Coordinator: Marlene Birk  
Mobile: 087 2817422  
Fairyhouse Completion  
Coordinator: Catherine  
Mobile: 087 2344400  
Monday to Friday | 9am to 5pm

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.

@ywmonaghan1  
youthcafecmx  
ywi\_monaghan

www.ywmonaghan.ie



An Garda Síochána  
Ireland's National Police & Security Service

Local Garda Contacts

Garda Pat Merrick  
Garda Juvenile Liaison Officer  
Mobile: 0870605813

24 hour Garda stations  
Monaghan 047 71300  
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

@mci.ie@socialinclusion



County Monaghan  
Children & Young People's  
Services Committee

Coordinator - Collette Dunne  
Email: collette.dunne@tusb.ie  
087 240 4754



PREVENTION  
PARTNERSHIP  
& FAMILY SUPPORT  
(PPFS)

Contact: Charlene Duff  
Phone: 0429795623



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

[www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)

Download the poster [here](#)



## What happens next?

If you are interested in participating in the Social Prescribing for Health and Wellbeing Programme, talk to your GP or other Health Professional or contact the Social Prescribing Co-ordinator to find out more.



For further information or enquiries, please contact:

Design: print brown printers Ltd T: (074) 91 21387



# Social Prescribing for Health & Wellbeing



Linking you with sources of support within the community...

- ✓ Physical Activity
- ✓ Arts & Creativity
- ✓ Learning new skills
- ✓ Self help
- ✓ Books for Health
- ✓ Support Groups



Information Leaflet

## What is Social Prescribing?

Social Prescribing is about supporting the health and wellbeing of people by using community based activities and supports, such as exercise, art, reading and gardening. There may also be an opportunity to attend self help sessions such as stress control.

The Social Prescribing Co-ordinator will talk to you about what activities interest you, the benefits of participating in them and will assist and support you in attending these activities.

## Who is it for?

The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed. Using resources within the community will help you to benefit from meeting other people or taking part in a new activity. This project offers a unique opportunity during the Covid-19 pandemic to support positive mental health outcomes and build resilience.

Participants have remarked;

*The positive impact Social Prescribing has had on my life is immeasurable - life is now full of possibilities.'*

*I feel more motivated to attend the course and group as I am getting many benefits from both. My mood has been lifted, my confidence and self-esteem have improved and I now feel more involved in my community.'*

*This has really helped build my confidence I also feel more able to help my children with their homework and read them a bedtime story. I am really glad that I got involved with the Social Prescribing Programme.'*

## Benefits from Participating in Social Prescribing

*Provides you with opportunities to:*

- ✓ Learn a new skill or participate in a new activity
- ✓ Improve your mental and physical health
- ✓ Receive social support from others
- ✓ Increase self confidence and self-esteem
- ✓ Become involved in your community

## Social Prescribing Options

Online Engagement  
Links with Sports Partnerships  
E-Library Services  
Walking Groups  
Books for Health  
Community Gardening  
Self Help Groups  
Minding Your Well-being Online  
..... and more!

## How it works

Your GP, mental health practitioner or other clinician will refer you to the Social Prescribing Co-ordinator if you are suitable for the programme. You can also self refer.

The Co-ordinator will meet you either virtually or physically to discuss your needs and the various Social Prescribing options available.

You will begin your chosen activity, with support.

The Co-ordinator will meet with you after a number of sessions to discuss how you are getting on and your interest in continuing with your new activity.



# Autism and Intersectionality

AN ASIAM.IE WEBINAR

10th May 2021 | 2pm



## Rose Marie Maughan

Rose Marie Maughan is the National Traveller Accommodation Policy officer with the Irish Traveller Movement. She is a mother of an Autistic child working towards Autistic acceptance within the Traveller community/society whilst building solidarity with the wider Autistic community.



# Autism and Intersectionality

AN ASIAM.IE WEBINAR

10th May 2021 | 2pm



## Laoćín Brennan

Laoćín is the founder of DCU's Neurodivergent Society. He is a multiply neurodivergent trans man who has always had an interest in human rights activism, STEM (Science, Technology, Engineering and Maths) and being creative.



# 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**

Youth Work Ireland  
Cavan Monaghan



castleblayneyouthcafe  
youthcafecmx



yiwi\_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**



# FREE Four Week Online Calligraphy Class

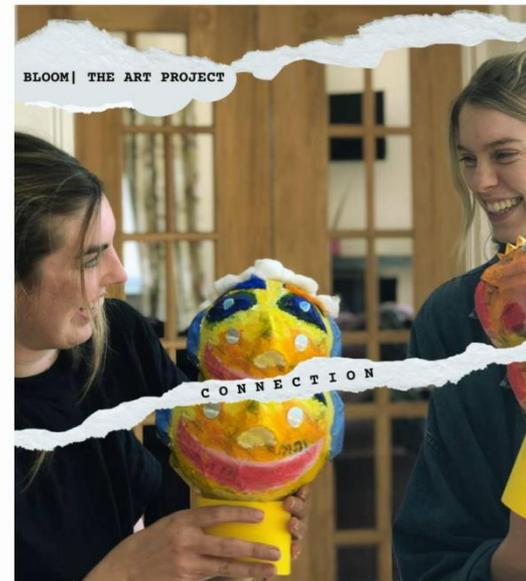


Monday  
7th, 14th, 21st and 28th  
June  
7pm -8pm

- Learn the basics of calligraphic hand through a relaxed and informal online course
- Delivered via zoom by calligraphy tutor Kevin Honan
- Free calligraphy pen included
- Open to new Coh-Sync clients living in Cavan/Monaghan or border regions
- Support from trained Community Health Facilitators and health action plan
- Registration required

To register or to check your eligibility contact Caoimhe on [crudden@midl.ie](mailto:crudden@midl.ie) or 0877189396

# FREE Four Week Online Art Class



BLOOM | THE ART PROJECT

CONNECTION

**CONNECTION**  
 4 Week Online Art Workshop  
 Thursday Evenings 7 - 8.30PM  
 Starting June 3rd  
 Live via Zoom

Open to adults living in Cavan/Monaghan or border regions (new Coh-Sync clients)

Support from trained Community Health Facilitators and Health Action Plan

To register contact Caoimhe on [crudden@midl.ie](mailto:crudden@midl.ie) or 0877189396

# WOW!

## GET FREE SEEDS, DO GOOD DEEDS



HOME > NEWS

Grow it Forward with free seeds from your local library

GY  
GROW IT  
FORWARD

KEEP WELL



Each food growing pack includes: seeds for beetroot, carrots, salad leaves, peas and tomatoes; a guide to help grow them and a postcard and gift tags to help share them.

Email [cloneslibrary@monaghancoco.ie](mailto:cloneslibrary@monaghancoco.ie) to register your interest with name and postal address - Note we can only post to County Monaghan addresses. Join in and [#GrowItForward](https://www.instagram.com/monaghancoco).

**WOW!**

## Darkness Into Light 2021



## Darkness Into Light 2021

Sat 8 May 2021

Sunrise 5.37 am



<https://www.darknessintolight.ie/home-page-2021>

# Suicide and Self-Harm Crisis Service

## Suicide Bereavement Service



**Free counselling  
with fully qualified  
therapists**

Pieta provides free, one-to-one professional counselling for people who are in suicidal crisis, those who are self-harming, and people who have been bereaved by suicide. Our services are now available in Cavan and Monaghan and our therapeutic approach is rooted in compassion and care.

**Monaghan Outreach Service**  
Castleblayney, Co Monaghan

**Cavan Outreach Service**  
Cavan Town, Co. Cavan

**0818 1111 26**

Call to book an appointment

**24/7 HELPLINE**  
**1800 247 247**

**pieta.ie**



Charity Registration No. C179893, Charities Regulatory Authority No. 20043226  
Company Registration No. 442780 (Republic of Ireland)



Connecting for Life  
Cavan and Monaghan



Ending Suicide. Beginning Hope.



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@nln.ie](mailto:monaghan@nln.ie)
- 🌐 [www.nln.ie](http://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



National Learning Network

Learn to change your story

# Fast Track to Work



**For Further Information:**

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

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**





**EmployAbility**  
CAVAN | MONAGHAN

**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**



EmployAbility Services are funded by the Irish Government through the Department of Employment Affairs and Social Protection  
Tá Seirbhísí Infhoirneachais agus Cúirteanna tríd an Roinn Gnóthaí Fostaíochta agus Cúirteanna Sóisialaí

An Roinn Gnóthaí Fostaíochta  
agus Cúirteanna Sóisialaí  
Department of Employment Affairs  
and Social Protection

## Funding opportunities



Ministers Humphreys, McGrath & O'Brien launch €10m Community Fund- COVID-19 Stability Fund to support community & voluntary groups, charities & social enterprises. The deadline for return of applications through the Pobal website is 3pm on 27 May. See: <https://pobal.ie/programmes/covid-19-cv-stability-fund-2021/>

Key Timelines	Dates
<a href="#">Register on the application portal</a>	<b>Thursday, 6 May, 2021 to Tuesday, 25 May, 2021</b>
Help and support available <a href="mailto:stabilityscheme@pobal.ie">stabilityscheme@pobal.ie</a>	<b>Thursday, 6 May, 2021 to Thursday, 27 May, 2021</b>
Online application form opens	<b>Thursday, 20 May, 2021 to Thursday, 27 May, 2021</b>
Online application form closes	<b>Thursday, 27 May, 2021 at 3.00pm (15:00 hrs)</b>



# Business Start-Up Supports for Unemployed Individuals

## Business Start-Up Supports for Unemployed Individuals

MID are hosting a FREE on-line information session on the supports available to individuals who are considering self-employment as a career option. This information session is available to anyone in Co Monaghan in receipt of a Social Welfare payment or currently unemployed due to the Covid-19 pandemic. To gain access to the information session you will need to download the Microsoft Teams App to your PC, Laptop or Phone in advance of the presentation

[mduffy@midl.ie](mailto:mduffy@midl.ie)

Please contact Margaret at [mduffy@midl.ie](mailto:mduffy@midl.ie) or 042 9749500 to register for the information session

Date: Wednesday 19<sup>th</sup> May 2021  
Time: 11.00am  
Platform: Microsoft Teams

**SICAP  
2018 –  
2022**



**EUROPEAN UNION**

Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland





 **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.

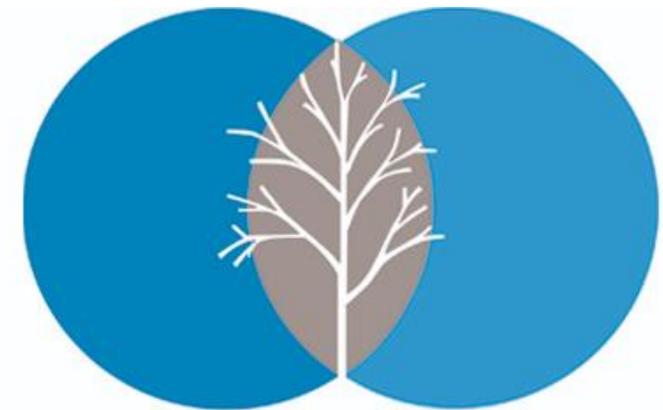
Our free phone call service is operating 5 days a week, it will check that all is well with you or a loved one.

**Liza Hackett**

**087 0656793**

**E-mail: [lhackett@midl.ie](mailto:lhackett@midl.ie)**

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



**Monaghan Integrated  
Development**



### *Local Youth Club Grant Scheme*

CMETB has been allocated an amount of €60,830 by way of grant aid for the 2021 Local Youth Club Grant Scheme, that incorporate the National Quality Standards for Volunteer Led Youth Groups. This scheme supports volunteer-led youth club/group activities at a local level offering grant aid of up to €5,000 towards the costs of running clubs/groups.

Funding for the national scheme is provided by the Department of Children, Equality, Integration, Disability and Youth and is part-funded by the proceeds of the National Lottery.

The scheme supports voluntary youth club/group activities for young people; with priority given to clubs/groups catering for young people aged 10–21. The primary focus of the scheme is to assist local volunteer-led youth clubs/groups that provide a programme of youth work activities for young people. In addition, other clubs/groups that work with young people, but are not specifically providing youth work are also entitled to apply for funding under the Scheme.

The Local Youth Club Grant Scheme will open for applications from Monday 26th April with a closing date of Monday 31st May.

Please follow links below to access application form and information:

[Application form: Local Youth Club Grant Scheme](#)

*Please note: on-line application form takes approx 20 mins to complete and cannot be saved as you go. Hard copies of the form can also be accepted*

[Local Youth Club Grant Scheme – Guidance Notes](#)

### *Youth Capital Funding*

Under the Youth Capital Funding Scheme for 2021, CMETB received an allocation of €50,409 from the Department the Department of Children, Equality, Integration, Disability and Youth for a capital grant scheme for targeted staff led youth services/projects and an equipment scheme for volunteer led youth clubs/groups across Cavan and Monaghan.

The 2021 scheme will support the purchase of equipment, including ICT and fund some small-scale capital refurbishment projects.

The Youth Capital Funding scheme will launch on Monday 10th May with a closing date of Monday 7th June.

CMETB wish to encourage local volunteer led youth clubs/groups to complete an application form to access funding opportunities.

Applications for the above funding streams can be made via the CMETB website. Please visit: [www.cmetb.ie](http://www.cmetb.ie)

## Information Helplines



**For information on COVID-19 and managing your wellbeing at this time follow this link: <https://www2.hse.ie/coronavirus/>**

If you NEED HELP NOW for yourself or for another person please contact the following services:

- **Your local GP**
- **Out of Hours North East Doctor on Call: 1850 777 911**
- **Your nearest A&E Department**
- **Pieta House 24/7 Free Helpline: 1800 247 247 or text YMH to 50808**

Or you can contact the following free helplines which are all available 24/7:

- **Jigsaw Freephone: 1800544729**
- **The Samaritans: Phone 116123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)**
- **Childline: Phone 1800 666 666, text 50101, or chat online at [www.childline.ie/login](http://www.childline.ie/login)**
- **Teenline: Phone 1800 833 634**
- **HSE Your Mental Health Information Line: 1800 111 888**

KEEP WELL

Monaghan County Library Presents:

# Upcycling By Liza

Would you like to upcycle with Chalk paint but don't know how? Join Liza and learn the simple environmentally friendly way to upcycle!



You will need a small pot of paint (NOT Gloss)

We'll provide a small piece of furniture for you to upcycle.

Workshops will take place across 2 days  
Saturday 15th & 22nd May from 11am - 12:30pm  
in an outdoor Marquee @ Peace Link, Clones

To book email name and phone number to:  
[creative@monaghancoco.ie](mailto:creative@monaghancoco.ie)



## Online Willow Weaving Workshop

Stay Creative and Connected and follow Helena Golden as she shows you how to weave your own Flower Vase/Plant pot in this 3 hour zoom class.

All materials will be delivered to your home in advance of the class.

**Friday 21st of May**

This workshop is for those aged 60+. You will need an email address and a laptop/tablet to participate. Places are limited

To book email

[libraryactivities@monaghancoco.ie](mailto:libraryactivities@monaghancoco.ie)

## Bealtaine Festival

An Age & Opportunity arts initiative

KEEP WELL



Ráilín na Míreann  
Government of Ireland



**WOW!**

**€10,000**  
TO BE WON

**MACE**

**Unsung**  
**HEROES**

6 AWARD CATEGORIES TO ENTER

T&Cs apply

We are delighted to announce the launch of the MACE Unsung Hero Awards. We want to hear who the unsung heroes are in local communities all around Ireland.

The people who go the extra mile to make a difference, but in many cases do not get the recognition they deserve or would never put themselves forward for an award. We want you to nominate your unsung hero, and to tell us which award you think they should win and why.

There are 5 award categories with a prize of €1000 for the most worthy hero in each category and the overall MACE Community Award winner will receive an amazing €5000.

<https://mace.ie/unsung-heroes/?fbclid=IwAR0ToTGRLFoWoMvRNTy2P8UVkmEpYy4AbIWowYLFJ2bWeaRuRXxjTXLE5Ws>



**cmetb**

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



Do you need  
help registering  
for the vaccine?

We can help

We can provide FREE confidential help over  
the phone with the online registration process.

**CALL 047 71914  
FOR SUPPORT**



**World Maternal  
Mental Health Day**  
8th May, 2020



## 10 THINGS TO KNOW ABOUT PERINATAL MENTAL HEALTH

1. You can still be a great mother even if you are experiencing perinatal mental illness
2. 10-15% of women can experience mild to moderate postnatal depression, fathers and partners can suffer with perinatal mental illness too
3. You won't have your baby taken away if you ask for help with your mental health
4. Suicide is one of the leading causes of maternal deaths
5. Antenatal mental illness (untreated) is a strong risk factor for postnatal illness; so it's important to seek help while you are pregnant
6. 70-100% of women experience unwanted, intrusive thoughts about their baby
7. Your GP or perinatal mental health team are there to discuss medication options if required, you can take most mental health medications while you are pregnant and breastfeeding
8. Post-traumatic Stress Disorder is estimated to occur in 6% of maternities following an emergency section
9. Women are routinely asked about their mental health at booking clinics in maternity units/hospitals
10. Mental Health Midwives and Perinatal Mental Health teams provide specialist support for women

### MORE INFORMATION:

Patient information leaflets:  
Search: HSE Perinatal Mental Health

Specialist Perinatal Mental Health information app for GPs and healthcare staff available at:  
<https://PMH.healthcarestaff.app> or QR code



## This week is World Maternal Mental Health Week- Read Michelle's story

"We can be our own worst enemies at times. We look at the Instagram perfect lives and we think that is the normal. But we need to realise that 'normal' for a new mum is often feeling overwhelmed and feeling like you are struggling to cope. We need to recognise that and be easier on ourselves."

[https://healthservice.hse.ie/staff/news/general/this-week-is-world-maternal-mental-health-week-read-michelles-story.html?utm\\_source=Broadcast&utm\\_medium=Email&utm\\_campaign=staff%20news&utm\\_term=covid%20vaccine&utm\\_content=maternal\\_health\\_week](https://healthservice.hse.ie/staff/news/general/this-week-is-world-maternal-mental-health-week-read-michelles-story.html?utm_source=Broadcast&utm_medium=Email&utm_campaign=staff%20news&utm_term=covid%20vaccine&utm_content=maternal_health_week)

# Support for Parents



  
**Barnardos**

**COVID -19 Crisis  
Parent Supportline**

 **1800 910 123**

Open to all parents  
who need  
extra support at this time

10am – 2pm Monday – Friday

[www.barnardos.ie](http://www.barnardos.ie) RCN 20010027

The quickest way for  
a parent to get a  
child's attention



IS TO SIT DOWN AND  
LOOK COMFORTABLE

- Lane Olinghouse



**Parenting  
Monaghan**

**0429749500**

  
**parentline**  
1890 927 277

For some brilliant tips of play go to the National Childhood Network for play ideas for all ages <https://www.ncn.ie/index.php/play>

## ONLINE SUPPORTS

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

## TRANSPARENCI

Parents Group: Last Wednesday of the month



Transgender  
Equality  
Network  
Ireland

## 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](mailto:info@camry.ie) | p: 087 219 3904



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](mailto:info@camry.ie).



## NEW WEEKLY 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 will*  
**STAND  
TOGETHER**

*by not*  
**STANDING  
TOGETHER**



#StopTheSpread #SocialDistancing #WashYourHands



## Parents' Evening

2nd Wednesday of the month,  
from January 13th, 2021  
7pm via Zoom

*(will run via zoom during Covid-19 restrictions)*

**If you are looking advice on how to best support your LGBTI+ child / young person, come along for a chat.**

Open to parents and caregivers (foster parents, grand parents, aunts, uncles or anyone that is the primary caregiver for an LGBTI+ young person)

*This is a peer group, where parents learn from parents, while supported by our Youth Development worker.*

**Contact us for info & to register for the Zoom link**

Call / Text / WhatsApp

**087 219 3904**

Email

**info@camry.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

[www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie) local services and supports directory

**WOW!**

**WHAT'S ON WHERE IN MONAGHAN**

