



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

Issue 13 June 12th 2020

UP COMING EVENTS NEAR YOU.....

please email any of your events to collette.deeney@tusla.ie



Welcome to the 13th edition of our information bulletin, What's on Where ; **WOW**.

In our 12th June edition there are

- Loads of activities to get your creativity going with Cavan/Monaghan's Cruinniú na nÓg
- Findings from our parenting survey
- Cooking online from Monaghan Integrated Development
- Lots of supports for parents and families in this issue

Previous editions of WOW can be accessed [here](#)

Please also feel free to share the attached information with those who might be interested in the details contained and, as always, your feedback is much appreciated. Stay safe everyone and enjoy the weekend 😊

Cavan Monaghan Creative Youth Cruinniú na nÓg YouTube Channel Schedule for Saturday 13th June

- 10:00 Cruinniú na nÓg Videos Part 1
- 10:30 Learn to Draw Part 1
- 11:00 Brick Flicks Stop Motion Animation
- 11:30 Cruinniú na nÓg Videos Part 2
- 12:00 Music Generation – Music for Pre-Schoolers
- 12:30 Cavan County Museum Storytime Needs You!
- 1:00 Learn to Draw Part 2
- 1:30 Ceol Connected presents The Far Field Sessions
- 2:00 Get The Bodhrán Buzz
- 2:30 Filmmaking with Skyrocket Media
- 3:00 Playin' Pots & Pans with Peter Crann
- 3:30 Monaghan Youth Theatre presents Scenes from a Quarantine
- 4:00 POD Youth Theatre

#MyCruinniú #CruinniúToCreate
#Cruinniú2020 #CreativeYouth

WOW!

CRUINNIU NA NOG

SATURDAY
13TH JUNE 2020



COUNTY MONAGHAN PROGRAMME

Cruinniú
na nÓg



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



please email any of your events to
collette.deeney@tusla.ie

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

HERE'S WHAT TO EXPECT...

Creative Youth YouTube

Live on Saturday 13th June, 10am - 4.30pm

Cavan/Monaghan Creative Youth YouTube Channel - This is a new platform for youth people to create content and performance opportunities in any art form. Young people have been invited to showcase their creativity for Cruinniú na nÓg 2020. We received an amazing collection of performances which truly highlights the creative talent in our County. Young people have been given the opportunity to host the channel with professional and journalistic training by Dabbleadoo Music. On Saturday 13th, the channel will showcase this creativity along with a programme of activities for all ages to join in - learn to draw, learn to play the bodhran, music for pre-schoolers, film-making, storytelling, stop motion animation, drama performances to learn to play the pots and pans! So pencil into your diaries Saturday 13th June and join us for a day of culture and creativity.



Music Generation for Preschoolers

12pm

EMusic Generation Music for Pre-Schoolers Programme - Inspired by music educationists Zoltan Kodály and John Feierabend, the classes are based on engaging children to be tuneful, beatful and artful. Join us for a series of online videos celebrating preschoolers creativity through music as part of Cruinniú na nÓg 2020. Children aged 3 to 5 years and parents/guardians/family members are all welcome to join in. To partake in this exciting project email musicgen@cmetr.ie to register your interest. The videos will run from the 25th May to 13th June on the [CMETR Music Generation YouTube Channel](#)



WWW.MONAGHAN.IE/LIBRARY/CRUINNIU2020

Under the Wishing Tree

1.30pm

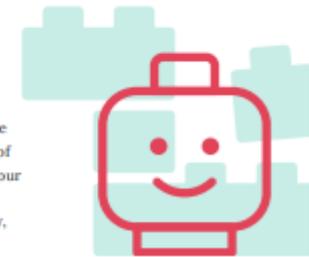
A multisensory music experience for children with complex needs - Under the Wishing Tree is a series of music videos with an accompanying multisensory gift pack that has been created specifically for children who attend the Special Care classes at Holy Family School in Cootehill, Co. Cavan. Based in the world of Whistleberry Forest, this initiative has been designed specifically to reach and engage with children with complex needs. Each child from the Special Care classes at Holy Family will receive a beautiful sensory gift pack, with sensory objects included that relate to the online sessions. As they listen to Faoiláin the frog's funky polkas and fly with Ornaith the owl through the night, they can experience the touch of sensory lily pads, floating feathers, and will even make their very own wish! For more information on Ceol Connected's work visit www.ceolconnected.ie



Brick Flix Stop Motion

11am

Are you a Lego Fan? Or a Movie Fan? Or a Lego Movie Fan?! Learn how to make your own Lego movie with Brick Flicks! Stop Motion is an animated filmmaking technique in which objects are moved in small ways between individually photographed frames so that they will appear to move when the photographs are played back. Once you have mastered the art of Stop Motion you can spend hours, days, weeks, years making your own movie masterpiece using whatever you have around you. The Stop Motion classes tend to book up quickly, so don't delay, register now! Suitable for ages 7+
If you would like to take part you must email info@createschool.ie



WWW.MONAGHAN.IE/LIBRARY/CRUINNIU2020

Link to the channel <https://www.youtube.com/channel/UC2f8gjOP9HTyWrYhsfyLdsw>

Film Making with Skyrocket Media @ 2.30pm

Would you like to become a professional filmmaker? Are you the next Scorsese or Spielberg? Perhaps Stop Motion isn't for you but you would still like to be the next Lenny Abrahamson. Well, we want to hear from you! The weeks leading up to Cruinniú 2020, Skyrocket Media will facilitate a weekly online course that teaches camera and editing skills with young people. We will teach how to use your DSLR in full manual mode to gain more creative freedom. Next we'll cover the essentials of visual storytelling with composition, motion and lighting. The concept of this course is to make you understand the same techniques that a professional filmmaker uses. Each participant, with our guidance will create video content using both online and offline resources. Firstly, we will show the student how to shoot beautiful video with both a mobile phone and a DSLR camera (where available). Each participant will also learn how to shoot and edit smartphone videos, and how to edit videos in Adobe Premiere Pro with these easy-to-follow Premiere Pro video editing tutorials. Creative work will be shared and celebrated. To register your interest contact hello@skyrocket.ie

Suitable for all ages

Scenes from Quarantine 3.30pm

As part of Cruinniú na nÓg 2020, Monaghan Youth Theatre responds to the current coronavirus crisis by embarking on an uncharted journey using multimedia, song and spoken word to "write a letter to Covid" and performs an online production of Scenes From a Quarantine by Lindsay Price. Go to the [YouTube channel](#) on Saturday 13th June at 3.30pm to watch this amazing performance by our youth

Get the Bodhrán Buzz 11am & 2pm

The Bodhrán Buzz will get your creative energy flowing as we explore the rhythms and sounds created by the Bodhrán. Robbie Walsh, an All-Ireland Bodhrán champion and full time Bodhrán musician and teacher, will lead a group of young people through online workshops to discover hidden talents. Composing, playing and performance will form the basis of these interactive workshops introducing those involved to the delights of traditional Irish music. They will explore the history of the instrument before playing a range of modern tunes. Participants will then lead others in a live performance on Cruinniú, the 13th June. To be part of this exciting project which is suitable for ages 9-13, email learey@monaghancoco.ie

Live tutorial workshop with Robbie at 11am on the [Creative Monaghan Facebook page](#) or catch him again at 2pm on our [Youtube channel](#)

Cruinniú to Create - Learn to draw with Kevin, 10am & 1pm

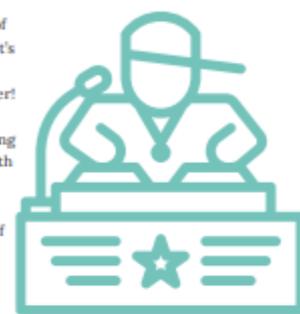
Looking for new ways to improve your drawing skills? Get the pencils sharpened and break out the paints as we get creative with Artist Kevin McHugh. Art is an essential life skill and everyone should have the chance to develop their talents. Kevin will lead us in an online art class as we learn 'how to draw' some cool characters and scenes. We will be introduced to the techniques of drawing, shading and colouring. These easy step-by-step classes will help everyone to create their own masterpiece. Join in the workshops at 10.30am and 1pm on the [YouTube Channel](#)

WWW.MONAGHAN.IE/LIBRARY/CRUINNIU



Cruinniú Rap Challenge

Rap Challenge is the latest addition to Cruinniú na nÓg 2020. Our partners at DabledooMusic have put together a bunch of top tips and tricks to get you started writing your own raps! It's all covered - from understanding the basics to beatboxing - there's even a couple of backing tracks for you to practice over! Here's a fun challenge for all the budding rappers out there! Growing out of The Bronx, New York in the early 1970s, rapping and MC'ing was a big part of the Hip Hop movement along with break dancing, DJing and scratching, and graffiti. Hip Hop music grew and spread across America and the world to become one of the most important genres in popular music. If you haven't tried rapping before we have put together some advice and examples for you to follow. We have also created two special backing tracks for you to rap over! You can find them in our free parents content [HERE](#). A selection will be added to the Cavan/Monaghan Creative Youth YouTube Channel for Cruinniú na nÓg on Saturday June 13th. So get writing and get rhyming!



A word of Thanks

We would like to say a HUGE Thank You to all of the Children and Young People who helped put this wonderful programme together. We would also like to say Thank You to those of you who will take part. Finally, thank you to Creative Ireland, the team at Creative Monaghan, Monaghan County Council and Cavan Monaghan ETB for all of their work in bringing this day to fruition

Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



cmetb
Boord Oideachais agus Oiliúna
an Chabháin agus Mhuirneach
Cavan and Monaghan
Education and Training Board

WWW.LIBRARY.IE/LIBRARY/CRUINNIU2020

Link to the channel

<https://www.youtube.com/channel/UC2f8gjOP9HTyWrYhsfyLdsw>

WE'RE STILL HERE
YOUTH SERVICES

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

10am – 10pm
 7 Days per Week

Youth Work Ireland
 Cavan Monaghan

Speak to qualified Youth
 Workers Instantly

Facebook - Youth Work Ireland Cavan Monaghan

Snap - @youthcafe

Call 087 136 0132

Instagram YWI_CM



Cavan & Monaghan Rainbow Youth
 info@camry.ie
 087 219 3904



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



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



1800 833 634
 24-7



1800 247 247
 24-7

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



WOW!

Services to
 support young
 people still here
 just text ring or
 snap



Youth Work Ireland
Cavan Monaghan



“Be Young, Be You, Belong”

Youth Work Ireland Cavan Monaghan will be operating all social media platforms from 10am-10pm 7 days a week.

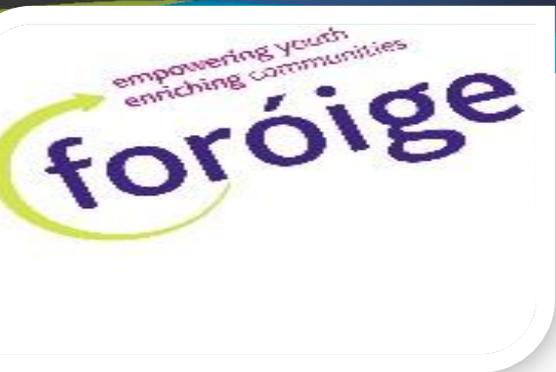
Youth worker's will be offering 1-2-1 supports on zoom to young people as well as group sessions on zoom to keep in touch with young people and to provide support to young people and allow for a safe, supervised space in which young people can socialise.

Our project workers will continue to link in with young people and offer supports throughout this time.

Keep an eye on our Facebook page '**YouthWork Ireland Cavan Monaghan**' for more information, times of meetings and to get in touch.

New Website Goes Live

We are delighted to see our new website go live this week. We will be working on it over the coming weeks and then officially launching it at our 2020 AGM. Head over to **ywimonaghan.ie** to see what we're doing and meet our team.



<https://www.facebook.com/bbbscavanmonaghan>

Foróige – Monaghan Projects and Services – Response during CV-19

The services are currently in daily contact with young people and their families involved in the service. Service opening hours vary and are based on the needs and the availability of young people and their families. Contact is primarily remote using ZOOM, What’s app, phone calls etc. Outreach work has resumed to offer support to vulnerable young people in outdoor settings adhering to HSE guidelines.

Follow us on Facebook for daily updates/ challenges
<https://www.facebook.com/monaghan.foroige/>

- Monaghan Neighbourhood Youth Project, DJE, Pobal, DAF
(Siobhan Collins, 086 0209181)
(Ciara Mc Phillips, 086 2078110)
- Youth Education Training Initiative, IFI
(Regina Gillick, 086 0352256)
(Edel Cox, 086 0137440)
- Big Brother Big Sister Programme
(Yvonne Mc Manus 086 0481992)
- Voluntary Led Clubs and Groups
(Erica Reade, 086 3880717)

Coronavirus COVID-19



Coronavirus
COVID-19
Health &
Safety
Advice

SOCIAL DISTANCING AT WORK



Wherever possible, staff should maintain physical distancing of at least 2 metres from each other.

Staff should wear PPE as appropriate and divide work-spaces with physical barriers where possible and appropriate.



Work-from-home / staff redistribution / roster revisions should all be explored to help reduce staff density on-site.

Increase frequency of cleaning for high-touch surfaces like door handles and toilet facilities.



Drinking receptacles and communal drinking water sources should be cleaned and sanitised on a regular basis.

Staff should not attend work, under any circumstances, if they develop COVID-19-relevant symptoms (cough OR fever OR shortness of breath)



If a staff member is feeling unwell and cannot go home immediately, they should be isolated in a separate room until they can go home.

Clean personal and communal equipment at the start and end of each shift (Desktops, Keyboards, Phones and Photocopier).



Shared spaces (meeting rooms, canteens and lifts) that cannot facilitate physical distancing should have access restricted.

Actively encourage physical distancing, good hand hygiene, good cough etiquette and good respiratory hygiene.



HSE Workplace Health & Wellbeing Unit
For More Information: <https://bit.ly/3flZs3r>



Advice for Front Line HSE workers



Coronavirus COVID-19



Coronavirus
COVID-19
Employee
Assistance
Advice

Tips for Managing Stress



It's normal to be sad, stressed, confused, scared or even angry during a crisis. Just talking to someone can help. The HSE Employee Assistance Programme have qualified counsellors who are here to listen.



Be aware that not everything being said about COVID-19 is accurate. Go to reliable sources, like the Health Protection Surveillance Centre (www.hpsc.ie).



Try to reduce stress caused by constantly watching or reading the news. Limit time on social media, especially when you feel the content is upsetting you.



Remember what you've done in the past to help manage stress and challenges. Know that you've developed skills and strategies to manage your emotions. Use them during this time too.



Self-care is key. Stay healthy by eating well, getting enough sleep, exercising when possible and keeping in touch with loved ones.



HSE Employee Assistance Programme
For Contact Details Visit bit.ly/39Fy108



please email any of your events to collette.deeney@tusla.ie

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

New Childline Therapeutic Support Service

WOW!



ISPCC



Monaghan
County Council



Tionscatal Éireann
Project Ireland
2040



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 Resilience Support Worker provides a free, one-to-one child-centred service for children and young people and parents/carers in their own home or place of their choosing.

PLEASE CONTACT US
FOR MORE INFORMATION

ISPCC Monaghan

YWCA Building

North Road

Monaghan ■

Audrey Rabbitte,
Resilience Support Worker

Mobilie: 087 3603742

Audrey.Rabbitte@ispcc.ie



Local services here for you

tearmann
DOMESTIC ABUSE SERVICE

During the Current Situation with COVID – 19

Tearmann Staff are available

Monday – Friday 9.am- 4pm on :

085-8102433

087-3654101

087-3654279

Or

Email: tearmann dvs@eircom.net

If you are in need of support out of these hours
contact Women's Aid National Freephone Helpline
on 1800 341 900

In an emergency situation contact your local Garda
Station or Dial 999

- **COVID-19 and Domestic Abuse: When Home is not the Safest Place**



Information on services and supports for victims of domestic abuse is available on the website, www.stillhere.ie. In an emergency, people should call the Gardai on 999 or 112.

The Irish Hospice Foundation, in conjunction with the HSE have launched a national bereavement support line, the first of its kind in Ireland. The national freephone service (1800 80 70 77) will be available Monday to Friday from 10 am to 1 pm.



The support line aims to provide a confidential space for people to speak about their experience or ask questions relating to bereavement. Callers will be listened to with compassion, and be provided with emotional support and information on any practical issues that may be helpful.



Support helplines



Pieta counselling & helpline

sosad

Save our Sons and Daughters

- Grainne can be contacted through the Pieta House Midlands number **090 6424 111**. Please also note that our 24/7 suicide helpline and text service is manned by trained therapists (psychotherapists & counselling psychologists) and is available for anyone in the country. It is free to call or text and is also available for anyone who is concerned about someone.
- To call **1800 247 247** or text the word **HELP to 51444**

SOSAD are continuing to offer support during the Covid 19 situation.

They are available to contact by phone on

Call **0429668992** **0860459168**

24 hours a day, 7 days per week.

Email: sosadcarrick@gmail.com

please email any of your events to

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

collette.deaney@tusla.ie

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

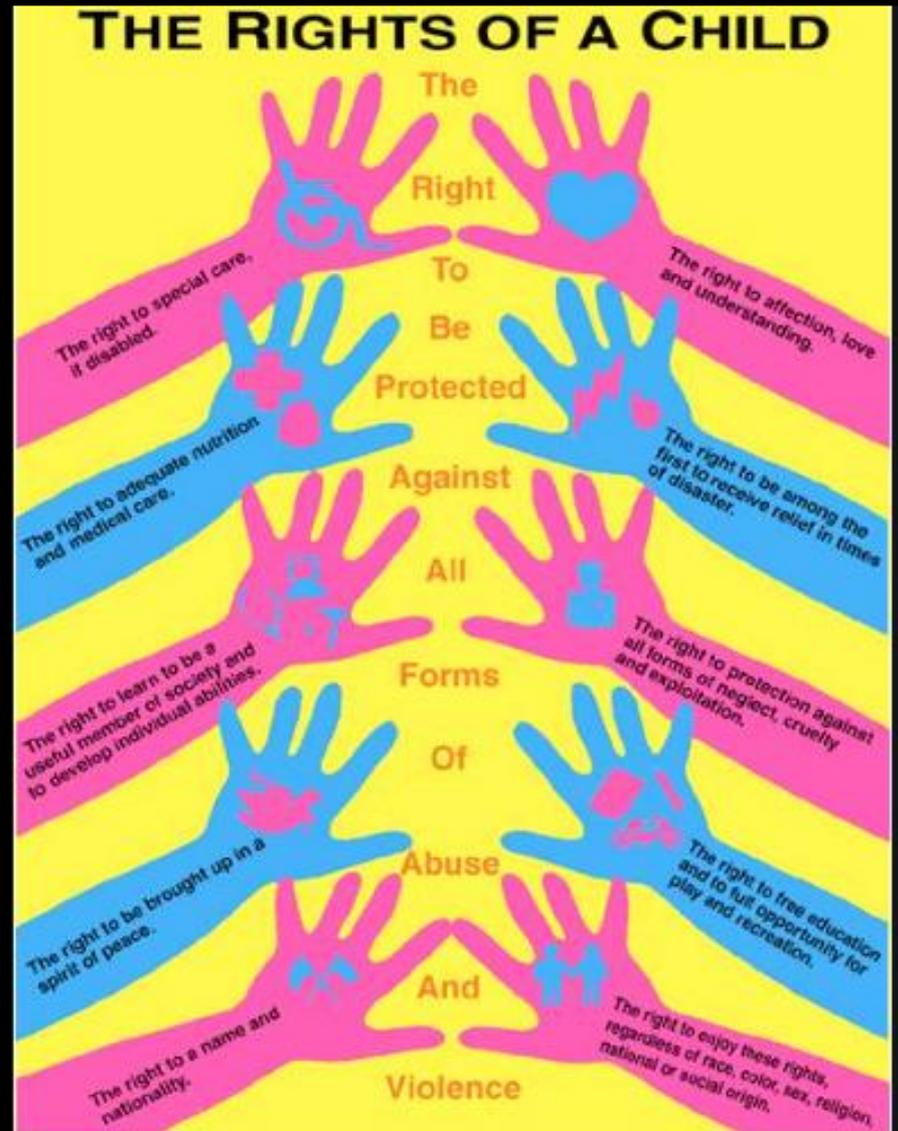
We all have a responsibility to **keep children safe**

Tusla is continuing to deliver essential services and process referrals as normal during the **Covid-19** pandemic.

If you are concerned about the safety or welfare of a child, contact your designated liaison person/line manager or local social work office by visiting www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/

Together we can help keep children safe from harm.
#supportingfamilyirl

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



For the Safety of Our Children Rules of Use of This Playground

Children using this Playground
are to be **SUPERVISED** by a
PARENT or **GUARDIAN AT ALL
TIMES.**

Parents or Guardians are **REQUIRED**:

1. To bring their own hand sanitiser for the cleaning of their children's hands before, at regular intervals during and after use of the playground equipment. In the absence of such sanitation parents or guardians are requested to refrain from allowing their children use of the equipment.
2. To ensure physical distancing between children.
3. To advise children to avoid touching their face, eyes, nose and mouth.
4. To ensure children under your care have regard to the safe use of equipment and to the safety of others at all times.
5. To adhere to the most up to date health advice.



WOW!

Playgrounds are open!!!



please email any of your events to
collette.deeney@tusla.ie

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



Last month Tusla's PPFS Parent Support Champions for Monaghan in partnership with CYPSC (Children and Young People's Services Committee) conducted a survey with parents on how they were managing during the COVID 19 pandemic focusing on their own wellbeing, challenges in parenting during this time and how they access support now and going forward.

The results of the survey noted that parents will seek support primarily from their partners followed by relatives and friends. In terms of the self-care of parents they stated that they did have some time for their own self-care (53%) with 47% struggling to identify a time in the day for this. This coincided with Parents finding the hours of 11-3 most challenging which correlated that parents in the survey identified home schooling (58%) as the most challenging aspect of parenting during the pandemic followed by managing emotions and behaviour.

Despite this the survey also highlighted many positives that parents are experiencing with their children during this time. Parents noted strongly of the positive time they are spending together as a family, taking walks, gardening, baking and cycling. One parent informing the survey that they have become 'more connected to the children' and 'had time to catch up on hugs'.

please email any of your events to

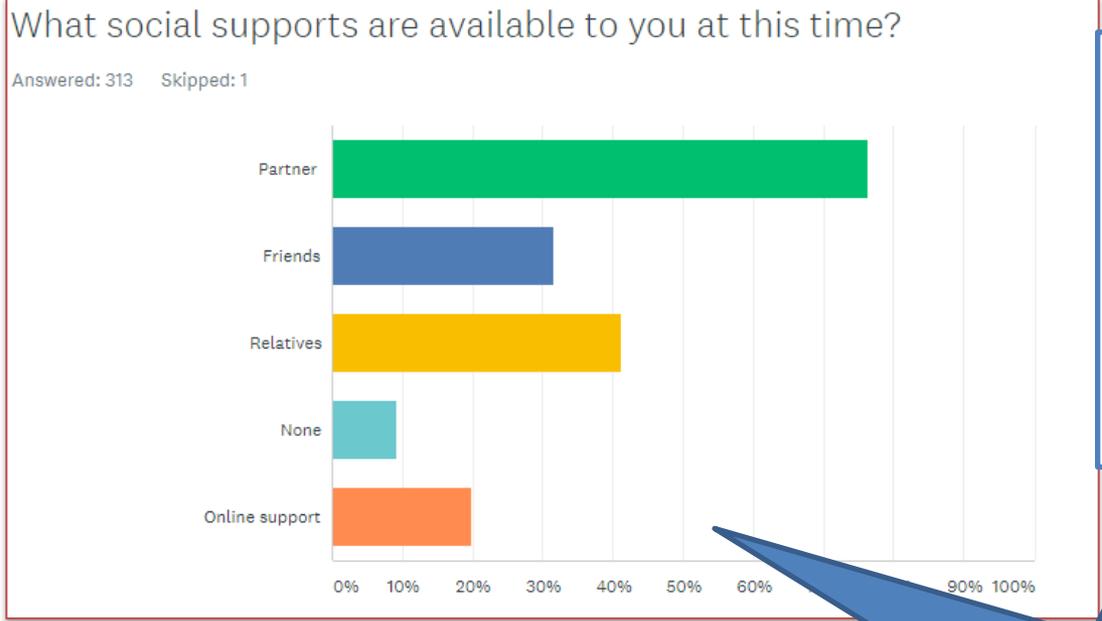
please email any of your events to: ciara.markey@tusla.ie

collette.deeney@tusla.ie

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



Results of our Parents Survey 314 respondents



76% of parents rely on their partner for support
41% cited relatives
32% friends
20% use online support
but 9% felt they had no support

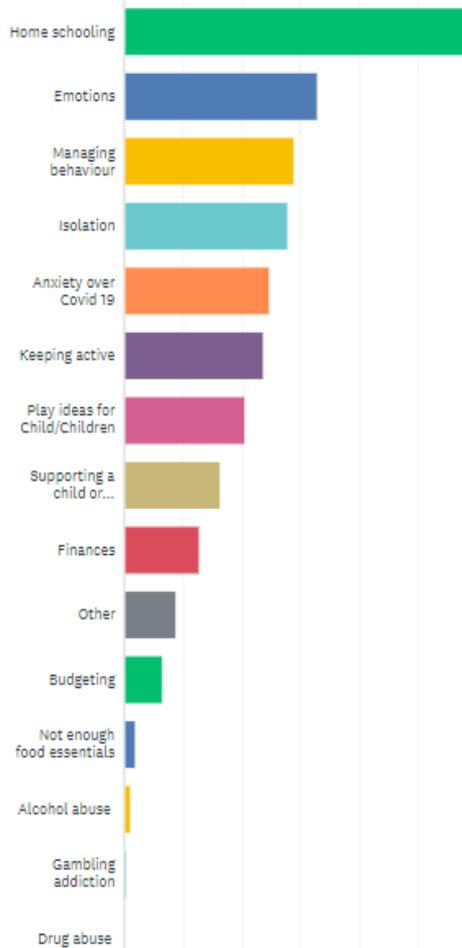
Just over half of parents felt they had time for self care with walking being the most popular outlet

Do you have time for self-care



As a parent, what do you find most challenging issue for you at the moment

Answered: 308 Skipped: 6



| | |
|---|--------|
| Home schooling | 58.44% |
| | 180 |
| -Emotions | 32.79% |
| | 101 |
| -Managing behaviour | 28.90% |
| | 89 |
| -Isolation | 27.92% |
| | 86 |
| -Anxiety over Covid 19 | 24.68% |
| | 76 |
| -Keeping active | 23.70% |
| | 73 |
| -Play ideas for Child/Children | 20.45% |
| | 63 |
| -Supporting a child or children with additional needs | 16.23% |
| | 50 |



days sharing quality time children slow running baking etc
 know better growing meals extra curricular activities talk actually fun places
 less closer know cooking baking love feel walks everyone cooking
 Knowing safe rushing without rush school bond spend
 everyday enjoying Plenty activities time children

family time Less stress family gardening kids

Teaching Spending quality time lots time much
 Spending time chatting together school work
 work working home children baking play full time

Seeing Teaching life skills home Still working

Spending time together ve better evening
 learning well etc Learning life skills time together will
 quality time together taking Quality time slower pace life
 pressure going walks parents watching able One one always never

Spending time children one going extra things safe
 home working great exercise

What
 Families
 enjoy
 most
 about
 being
 home with
 their
 children



“We thank all the parents and professionals involved in the delivery of this survey. The information and data collected will help us design and readjust our services to meet the needs of parents and children over the summer months.

We will run another Survey in July to check in with parents on what supports they will need going into the Autumn.

We encourage any parent who may need support to reach out to services we are all still here and it's good to chat and find out what is available in your area.

Your local PPFS Senior Coordinator Charlene Duff can be contacted at the Tusla Child Wellbeing Centre on 0429795623 who will speak with you about the supports available.

PARENTING SUPPORT

National & Local Supports & Services for you



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

 **Parenting Monaghan**
0429749500


onefamily
www.onefamily.ie

Online & Phone
Supports with
variety of
parenting supports

Helpline:
1890 662 212

My Contact
numbers


parentline
1890 927 277

 **COVID-19 Crisis Parent Supportline**
 **1800 910 123**
Open to all parents who need extra support at this time
10am - 2pm, Monday - Friday


CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Monaghan

TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

PREVENTION,
PARTNERSHIP AND FAMILY
SUPPORT PROGRAMME

0429795623

Mindfulness for Parents

 [Download Files](#) | Jun 6, 2018

By Maria Gehl, Kathy Kinsner, and Rebecca Parlakian

Is Parenting Stressful? Ask a Parent.



For links to resources click [HERE](#)



THE CHANGING LIVES INITIATIVE

Supporting families with children at risk of ADHD



Is your child always on the go, more so than other children?

Does your child have a short attention span?

Does your child often act without thinking?

To learn more, come along to find out about
THE CHANGING LIVES INITIATIVE



A community-based initiative creating a better understanding about ADHD and providing an intervention programme for families with children (3-7) experiencing behaviours consistent with ADHD




An Early Intervention Approach to ADHD - Free APP

- It provides **clear information** about Attention Deficit Hyperactivity Disorder
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

We will not contact you or share your information with anyone

DOWNLOAD THE APP AT...

changinglivesinitiative.com

Download the free app [here](#)



NEPS advice & resources for keeping children and young people well during Covid-19

NEPS - Key Messages

- Stay Active & Connected

<https://youtu.be/9nZVcDcvVLc>

- Stay Responsible & Informed

<https://youtu.be/pBLW06d5Sc4>

- Stay Positive & Calm

<https://youtu.be/UIK9L68hETU>



National Educational Psychological Service (NEPS)



An tSeirbhís Náisiúnta Siceolaíochta Oideachais | National Educational Psychological Service

NEPS psychologists have developed guidance for parents supporting children create new routines at home. Having a Plan for the Day is key for children/young people to manage and stay well at this time. <https://www.education.ie/en/The-Department/Announcements/guide-for-parents-supporting-children.pdf>

Parents' Guide: Supporting your Child's Daily Routine while School's are Closed - <https://youtu.be/GtAtxH9n9t8>

Parents' Guide: 10 Tips for Parents on Supporting Daily Routines - <https://youtu.be/1qCQL6j5Xsg>

Advice for Parents and Schools on Talking to Children and Young People about COVID-19

<https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf>

See Also: www.gov.ie/together for advice and tips on how you can look after your mental wellbeing, stay active and stay connected.

National Educational Psychological Service (NEPS)



The Department of Education and Skills' NEPS psychologists have developed advice and some resources for young people to manage and stay well when schools are closed.

<https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/covid-19.html>

Advice to young people while schools are closed - <https://www.education.ie/en/The-Department/Announcements/advice-to-young-people-while-schools-are-closed.pdf>

Plan for the day - <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/NEPS-Guides/plan-for-the-day/>

Relaxation techniques (text) - <https://www.education.ie/en/The-Department/Announcements/new-relaxation-techniques.pdf> and Relaxation techniques (podcast) - <https://soundcloud.com/user-719669409/relaxation-techniques-30-03-2020>

Supporting Wellbeing in the School Community;(NEPS/JCT Webinar) - https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/neps_jct_webinar.mp4

State Examinations: Information for Leaving Certificate students about the exams including wellbeing resources and supports - <https://www.gov.ie/en/publication/d8920c-leaving-cert-2020/> and Junior Certificate Questions and Answers - <https://www.education.ie/en/Learners/Information/State-Examinations/junior-cert-2020.html>

Are you out of work due to COVID 19?

The Local Employment Service Can advise and support you with information on:

1. COVID-19 Pandemic Unemployment Payment
2. Available Employment opportunities
3. Updating your CV by email
4. Client queries
5. Employer queries
6. Online courses

WOW!



We are here - please ring or email your local office

Monaghan - 5 North Rd, Monaghan
Phone 047 72191, email emurphy@midl.ie

Ballybay - 34 Birch Court, Main Street, Ballybay
Phone - 042 974 8090, email oduffy@midl.ie

Castleblayney - 9 Drumilard Business Park
Phone 042 9749500, email sfarrell@midl.ie

Clones - McCurtain Street, Clones
Phone - 047 52994, email amccague@midl.ie

Carrickmacross - The Workhouse, Shercock Rd
Carrickmacross Phone- 042 9664051, email ldonnelly@midl.ie

The service is free and confidential



Monaghan Integrated
Development



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

FASN – STILL HERE FOR YOU

The Family Addiction Support Network (FASN) is a dedicated support service for Family Members/Concerned Persons who are impacted by a loved one's substance misuse.

In these extremely difficult times we are very aware of the challenges our service users will be dealing with.

With this in mind we are continuing to provide vital service's in the form of

- **One to One Support sessions via phone and video calls**
- **5 Step Brief Intervention via phone and video calls**
- **Health & Wellbeing support through Facebook (FASN)**
- **Counselling via phone and video calls**
- **Family Support Groups- virtual peer led family support groups via phone and video calls.**

Join our weekly online meetings for Navan, Drogheda, Dundalk, Cavan and Monaghan. You must contact us for details and support to access the online services at the contact details below. Remember we are here to help and support you .

Call: 042 93 55251 / 087 9046405 /

Email: info.fasn@gmail.com



North Eastern Regional
Drug & Alcohol
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs Task Force has details on all local services providing support via their website link below

- [NE -Taskforce](#)

Also information and support available on

- [Online Drug Support](#)
- [Ask about Alcohol](#)



Turas is currently open and accepting referrals.

Turas is a Dundalk based community addiction service providing free one-to-one, group and other supports to people both active in addiction and those in recovery.

If you are currently struggling with an addiction or are in recovery from an addiction and fearful of a relapse please contact us and we can provide regular support to you.

Please call 042 9338221 or email info@turascounselling.ie to get support. One of our team will be in touch within 24 hours to offer you a telephone assessment. All of our supports are currently being offered over the phone. Nicki and the Turas team



Online Free Cookery Programme

TUSLA
An Ceartaíocht na n-Éireann
Local Authority for Children
Child and Family Agency



Would you like to learn how to cook nutritious, healthy and hearty meals?

Are you looking for some cooking inspiration during lockdown?

Beginning in June, Monaghan Integrated Development are delivering a 6 week online free cookery course

What's included?

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

To register contact Caoimhe on 0877189396 or email crudden@midl.ie by Monday June 8th.

Limited spaces available.





National Updates



HSE Stress Control Online Programme

HSE, Health & Wellbeing are offering another opportunity to avail of their **Stress Control** Online programme, which will commence again on Monday the 8th of June, via Stresscontrol.org. This is a free 3-week programme delivered by Dr. Jim White, Consultant Clinical Psychologist, Stress Control Ltd. There are six free sessions available to the public. Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays. Participants can join at any stage for one or more session. To find out more or to join in click [here](#)

www.stresscontrol.ie



THE Alzheimer SOCIETY OF IRELAND

ASI Resources and Factsheets

The Alzheimer Society of Ireland produce a wide range of resources and factsheets designed to support and inform anyone affected by dementia including information on Brain health, coping with memory loss, coming to terms with a diagnosis of dementia and resources for carers supporting a loved one living with dementia. All resources are available for download [here](#) or hard copies can be posted out by calling the Helpline on **1800 341 341**

National Learning Network

Investing in People. Changing Perspectives

Skills 4 Life



Did you leave school early? Are you unemployed or simply don't know what to do next with your life? Our Skills for Life training might be for you!

Not sure what to do after Covid 19?

National Learning Network supports you to follow a learning journey that leads to QQI certification as well as the development of confidence, resilience and self-belief. We work with you to achieve your educational, vocational and personal goals. National Learning Network are here for you whenever you are ready to take the next step.

Visit www.nln.ie to find out more

National Learning Network can help you.

Contact us on monaghan@nln.ie or on 087 4594616

for more information

Support for addiction



Worried about a loved one's addiction to alcohol, other drugs or gambling?



Phone line family support

Coping with a loved one's addiction may be very stressful right now. While meetings are currently suspended, family support is being offered remotely by telephone.

Service is confidential, Supportive & Non-judgemental
Information, advice or signposting to treatment options

Open to anyone over 18 years

**If you're ready to talk,
we're ready to listen.
Mon – Fri : 9am -5pm**

T: 085 8307066



please email any of your events to

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

collette.deaney@tusla.ie

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

New supports from the Dept of Children and Youth Affairs launches



Parents Centre

- *Parents Centre* contains information for parents and provides links to a wide range of trusted and high quality online resources including learning, parenting and information on supports for parents. It will be updated as new resources and information for parents are developed
<https://www.gov.ie/en/campaigns/parents-centre/>

Let's play Ireland

- Minister Zappone also launched an initiative for children- [Let's Play Ireland](#) - a gov.ie resource to support children and young people's play during this time.
- *Let's Play Ireland* is an online portal on Gov.ie, providing access to a range of play resources for children. <https://www.gov.ie/en/campaigns/lets-play-ireland/>



innovation recovery
education for mental wellbeing

Online Course Timetable
15TH JUNE - 30TH JUNE 2020

Courses Delivered Via **zoom**

| Course | Date | Time |
|----------------------------------|-----------|-------------------|
| Mindfulness and Relaxation | 15th June | 10.30am - 11.00am |
| Learning to Like Yourself | 16th June | 2.30pm - 3.00pm |
| Life After Lockdown | 17th June | 3.00pm - 3.30pm |
| Daily Maintenance Planning | 18th June | 10.30am - 11.00am |
| The Fundamentals of Self Care | 18th June | 12.30pm - 1.00pm |
| Managing my Wellness | 22nd June | 11.30am - 12.00pm |
| Tips for Anxiety During COVID-19 | 23rd June | 2.30pm - 3.00pm |
| Managing Setbacks | 24th June | 10.30am - 11.00am |
| Finding Joy Through Gratitude | 25th June | 3.00pm - 3.30pm |
| Physical Activity for Wellbeing | 26th June | 10.30am - 11.00am |
| Coping with Change | 29th June | 10.30am - 11.00am |
| Hope and Optimism | 30th June | 2.30pm - 3.00pm |

Interested in a course?
Get in touch to register today -
NI (028) 7186 5149 or ROI (086) 606 9480
recoverycollegewest@westerntrust.hscni.net

@InnovationRecov

More information on the innovation recovery [here](#)

<https://www.mentalhealthireland.ie/get-support/covid19/>

please email any of your events to
collette.deeney@tusla.ie

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

Chatterbox



Chatterbox is an early intervention service (0-6 years). It is part of Cavan/Monaghan HSE Primary Care Speech and Language Therapy Department. Our goal is to prevent, identify early or minimise Speech, Language and Communication difficulties. Chatterbox works in close partnership with families. We also work alongside those from the statutory, community and voluntary sectors.

How we work has had to change since the outbreak of the coronavirus. However, we also know that the Speech, Language and Communication development in the early years is important and we would like to be able to continue to support parents who may have concerns about their young children's Speech, Language and Communication skills.

Please feel free to contact us if you would like to discuss any concerns you may have about your child's talking and we will be able to give you some verbal and written advice that you can be doing to support your child's Speech, Language and Communication development.

Contact: Elizabeth Downey Senior Speech and Language Therapist
0871040984

WOW!

Contact Elizabeth if you have any concerns about your child's speech and language development
087104 0984



For more links to information & activities visit the Monaghan CYPSC website Page

<https://www.cypsc.ie/local-resources/talking-about-covid-19-with-children-and-young-people.3085.html>

<https://www.facebook.com/pg/CypscMon/posts/>

Twitter@CypscMon

to contact the CYPSC Coordinator collette.deeney@tusla.ie or 087 349 4714

WOW!



Ahead of Father's Day on the 21st of June you can read about the valuable role Dad's play in their child's lives

Thanks guys!!!

Dads matter—a lot. The relationship between father and child has a deep impact on children's healthy development in all domains: language, thinking, physical, and social-emotional. Check out the fatherhood facts [here](#) that show the many ways dads positively impact children's long-term development. zerotothree.org



Some friendly guidance to those who are submitting information to **WOW**:

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions, unless requested or if your event takes place sooner.
5. WOW will be issued every month. Please send your articles for inclusion by wed of every week
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if WOW has helped your service, event or activity in any way.
9. We would like to take this opportunity to thank all of our members for their ongoing commitment and look forward to seeing you all when our related meetings and activities start up again.

Stay safe everyone 😊