



WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER
UP COMING EVENTS NEAR YOU.....

Issue 14 June 26th 2020

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



Welcome to the 14th edition of our information bulletin, What's on Where ; **WOW**.

In our 26th June edition there are

- Information on community grants
- Monaghan Integrated Development are hosting a **FREE** on-line information session on the supports available to individuals who are considering self-employment as a career option
- Use of masks –up to date guidance from the HSE
- Pamper pack initiative across Cavan and Monaghan
- Linda's positive experience and support from the National Learning Network
- PRIDE 2020 and much more....

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 😊



Coronavirus
COVID-19
Public Health
Advice



Face Masks



Rialtas na hÉireann
Government of Ireland

Face coverings and cloth masks

Information campaign 19th June 2020

Stay safe. Protect each other. #HoldFirm



Stay Safe. Protect each other. Wear a face covering.

Everyone in Ireland has helped to reduce the spread of COVID-19. We have worked together in difficult circumstances to save many lives.

Now that our services and communities are re-opening, we all want to stay safe and keep protecting each other from coronavirus. We do this by cleaning our hands, social distancing and covering sneezes and coughs.

We can also do this by wearing a face covering. Face coverings help prevent people who don't know they have the virus from spreading it to others.

They should be worn anywhere it's difficult to stay 2m apart, like shops or public transport, or when visiting anyone who's more at risk. This includes people aged over 70, or people who are medically vulnerable.

Wear a face covering to show your support for others, and to help in our fight against coronavirus. The HSE will be supporting people to do this with an advertising campaign on radio, social media, posters, search advertising, and on our website, hse.ie, starting on June 15th 2020.

Advertising – Radio and TV

Our media campaign commenced on radio on Monday June 15th, 2020. We have 30' copy live on all commercial and community stations in Ireland, national, regional and local. This campaign will reach about 87% of the population each week.

Listen to the radio ad here: <https://soundcloud.com/user-992575667/face-coverings-june-2020>

The TV ads will start on the 23rd June.



Rialtas na hÉireann
Government of Ireland

Press advertising

Ads were placed in national press on June 17th, the copy is below for your information.

Coronavirus COVID-19

Wearing a face covering protects others.

They help stop the spread of coronavirus and they are a way of showing we care about each other.

Why you should wear a face covering

- COVID-19 is highly infectious and people can spread the virus without having the symptoms
- wearing a cloth face covering helps people who do not know they have the virus from spreading it to others

When to wear a face covering

In indoor settings when staying 2 metres apart is difficult, like:

- **Going shopping**
- **Travelling on public transport**
- **Visiting or meeting someone who is over 70 or more at risk**

How to wear a face covering

- Carry some clean water-proof bags and use them to carry clean or used face coverings, separate
- clean your hands properly before you put it on
- cover your mouth and nose and make sure there are no gaps
- do not touch a face covering while wearing it - if you do, clean your hands properly
- do not lower it to speak, eat, smoke or vape
- if you need to take it off, put in a plastic bag and don't wear it again until it's washed
- always take it off from behind your head or your ear, don't touch the front
- wash it after use in a hot wash over 60 degrees with detergent

Not everyone can wear a face covering

Face coverings are not needed for:

- children under 13
- people who have breathing problems
- people who have a disability that means using a face covering would be very difficult
- some people, including people with dementia, may find face coverings strange or unsettling at first

For more advice on staying safe and instructions on how to make a face covering, visit [hse.ie](https://www.hse.ie)

#HoldFirm

Ireland's leading health advice is provided by HSE and ECDC advice

HSE | **Riailtas na hÉireann**
Government of Ireland

HSE | **Riailtas na hÉireann**
Government of Ireland

Social Media advertising

We have promoted posts that started from June 15th, on Facebook, Instagram and organic posts on Twitter. The posts will be accompanied by images, guides on how to make a face covering, and links through to detailed content and guidance on HSE.ie.

'Face coverings can help prevent #coronavirus spread. Here is a guide on how to use them effectively and safely. #COVID19 #HoldFirm #InThisTogether'

'Face masks can help reduce the spread of the virus by catching droplets of sneezes or coughs. Visit our website to read more on how to make, wear and wash face masks properly. #COVID19'

How to make a face mask

Face Masks

HSE | **Riailtas na hÉireann**
Government of Ireland

HSE | **Riailtas na hÉireann**
Government of Ireland

'Face coverings help prevent people who don't know they have the virus from spreading it to others. They should be worn anywhere it's difficult to stay 2m apart, like shops or public transport. See [hse.ie](https://www.hse.ie) to read more on how to make, wear and wash face masks properly #HoldFirm . #COVID19'

'Wearing a cloth face covering is recommended in situations where it is difficult to practice social distancing. For example, in shops and on public transport. They may help prevent people who do not know they have the virus from spreading it to others. #HoldFirm #COVID19'

HSE.ie for advice and guidance

As ever, www.hse.ie/coronavirus is the place to go for advice on all aspects of COVID-19, and includes dedicated content to answer your questions on masks and face coverings. Go to <https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.htm> for information on why and when to wear face coverings, how to make them, and how to safely use them.

The screenshot shows the HSE.ie website interface. At the top, there is the HSE logo and the text 'our health service'. A search bar is visible. Below the navigation bar, the page title is 'Cloth face coverings, medical masks and disposable gloves'. The page content includes a 'Last updated' date of 16 May 2020 at 8.30pm, a paragraph explaining why wearing a cloth face covering is recommended, and a list of important things to do when wearing one, such as social distancing and covering the mouth and nose. A section titled 'How to make one' provides instructions on cutting and stitching a cloth face covering, accompanied by a diagram of a 25cm x 15cm rectangle. On the right side, there is a 'Do' section with a list of instructions on how to use a cloth face covering properly, such as cleaning hands before use and carrying unused coverings in a sealable bag.

HSE.ie > Coronavirus

Cloth face coverings, medical masks and disposable gloves

Last updated: 16 May 2020 at 8.30pm

Wearing a cloth face covering is recommended in situations where it is difficult to practice social distancing. For example, in shops and on public transport. They may help prevent people who do not know they have the virus from spreading it to others.

If you wear one, you should still do the important things necessary to prevent the spread of the virus.

These include:

- [social distancing](#)
- covering your mouth and nose with a tissue or your sleeve when you cough and sneeze
- washing your hands properly and often
- not touching your eyes, nose or mouth if your hands are not clean

[Read our advice on how to protect yourself and others.](#)

How to make one

To make a cloth face covering at home:

1. Cut two rectangles of tightly-woven cotton about 25cm x 15cm.

25cm x 15cm

2. Fold and stitch the top and bottom edges.

On this page

- [Cloth face coverings](#)
- [When to wear one](#)

How to use a cloth face covering properly

Do

- ✓ Clean your hands properly before you put it on.
- ✓ Practice using it so you are comfortable putting it on and taking it off.
- ✓ Make sure it is made from a fabric you are comfortable wearing.
- ✓ Cover your mouth and nose with it and make sure there are no gaps between your cloth face covering.
- ✓ Tie it securely.
- ✓ Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.
- ✓ Carry a second similar type bag to put used face coverings in.

WOW!



Tusla Cavan Monaghan Pamper Packs With Barbara and Maura

The Cavan Monaghan Partnership Prevention and Family Support (PPFS) team were kept busy over the last few weeks delivering activity packs to children across the region. The joint CYPSC/PPFS initiative of these activity packs was a huge success with hundreds of young people benefitting from them. However, those delivering the packs noticed that many of the parents and carers were struggling to get some “me time” and with stretched finances they were managing with just the basics. So with the help of their family and friends the PPFS team received donations of luxury items such as shampoos, soaps, perfumes, magazines and chocolates as well as many other items.

Pamper packs were made up from all the donations and were delivered to people who were identified as being in need of a “pick me up”, those who were struggling with finances and were unable to make purchases for their own self-care, and a number of packs were made and used for women who needed to leave home at short notice because of domestic violence.

The CYPSC Parenting Survey carried out across the counties showed that 38% of parents were struggling with self-care during lockdown and we hope that these Pamper Packs might help with this, even in a small way.

This initiative had a €0 budget but an overwhelming amount of good will and generosity.



New website with loads of useful links for parenting, families, youth services, child protection and services for anyone experiencing domestic violence

Click [here](#) for more



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



The Rainbow flag was raised all around the county and at the Support Services Building Cavan Monaghan ETB, MIFET ,Primary Care buildings, County Council Offices, and the County Museum for the first time to show support for the LGBTI+ community #PRIDE 2020

What the colours of the rainbow flag represent
red for life,
orange for healing,
yellow for sun,
green for serenity with nature,
turquoise for art,
indigo for harmony, and
violet for spirit.

Dublin Pride Virtual Parade – 2.00 p.m. Sunday 28 June

This year, in response to changing circumstances, Dublin City Council will host the first Digital Dublin Pride Festival with a fully interactive virtual Pride Parade and a Pride Concert. Health Services employees will participate in the events – join the celebrations!

The Parade will be a mix of pre-recorded and live elements with hosts, Paul Ryder and Eddie McGuinness. The Virtual Parade will be led out by the Lord Mayor of Dublin and front line workers from across the city. It will include community organisations, sponsors and partners, LGBTI+ community, friends and allies.

Live broadcast will commence at 2.00 p.m. on Sunday 28 June.

Join in through Dublin City Council social media channels or at dublinpride.ie/live.

Further information is also available at dublinpride.ie

The Health Services LGBTI and Allies Network

The Network was established in 2017 and aims is to support employees who identify as LGBTI. Contact the Network at email Info.LGBTI@hse.ie for further information



@CAMrainbowyouth

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

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

Supporting Lesbian, Gay, Bisexual &
Trans Young People in Ireland



With our new project, we are connecting with and offering support to LGBTI+ youth whose first language is not English, thanks to the generous support of The Community Foundation of Ireland.

This resource is for LGBTI+ young people seeking advice and guidance with information available in French, Polish, Lithuanian, Arabic and Urdu.

Within the online hub, helpful advice and tips can be found the issues of mental and physical health, relationships, understanding sexuality and gender identity, coming out and more. With this resource, more LGBTI+ young people will have the ability to access vital information important to their needs.

[Click here for support and information in Arabic.](#)

[Click here for support and information in Urdu.](#)

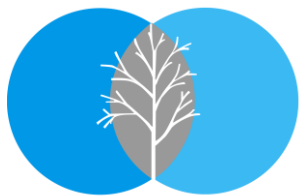
[Click here for support and information in French.](#)

[Click here for support and information in Lithuanian.](#)

[Click here for support and information in Polish.](#)

Monthly meetings for [Identity](#) LGBT asylum seekers peer support group, are held from 2-5pm and are strictly open to asylum seekers living in Direct Provision.





MONAGHAN INTEGRATED DEVELOPMENT

Supporting Growth and Opportunity

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

Please contact Margaret at mduffy@midl.ie or 042 9749500 to register for the information session

Date: Tuesday 7th July 2020

Time: 11.00am

Platform: Microsoft Teams

SICAP 2018 – 2022



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Investing in your future
European Social Fund



Department of Rural and Community Development

An Roinn Forbartha
Tuaithe agus Pobail

“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.



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 details on upcoming summer programmes.

<https://www.facebook.com/monaghan.foroige/>
#WeAreForóige

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)



Linda's Story

“I am from Ballybay. Before I went to National Learning Network Monaghan, I was at home. I didn't have any Social Life. My Confidence was low.

A friend told my about NLN. She took me to meet with the Tutors. I applied for the Turas programme. This was the First Course I ever did.

In National Learning Network I go on Work Experience one day per week. We do a lot of work around Staying Well and Positive Mental Health. I am doing modules I liked Maths and Computers.

I am part of the Local Representative Committee (LRC) in the Centre. My Confidence has Grown. I would like to get a job Caring for the Older Person. NLN has helped me with my Education.

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.

WOW!

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



text about it

50808



50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

From breakups or bullying, to anxiety, depression and suicidal feelings, our Crisis Volunteers are available 24/7 for anonymous text conversations. Our aim is to provide immediate support in the short term and connect people to resources that will help them in the future.

The service is funded by the Health Service Executive (HSE).

If you're experiencing a personal crisis, are unable to cope and need support text HELLO to 50808. If your life is at imminent risk, call 999 for emergency help.

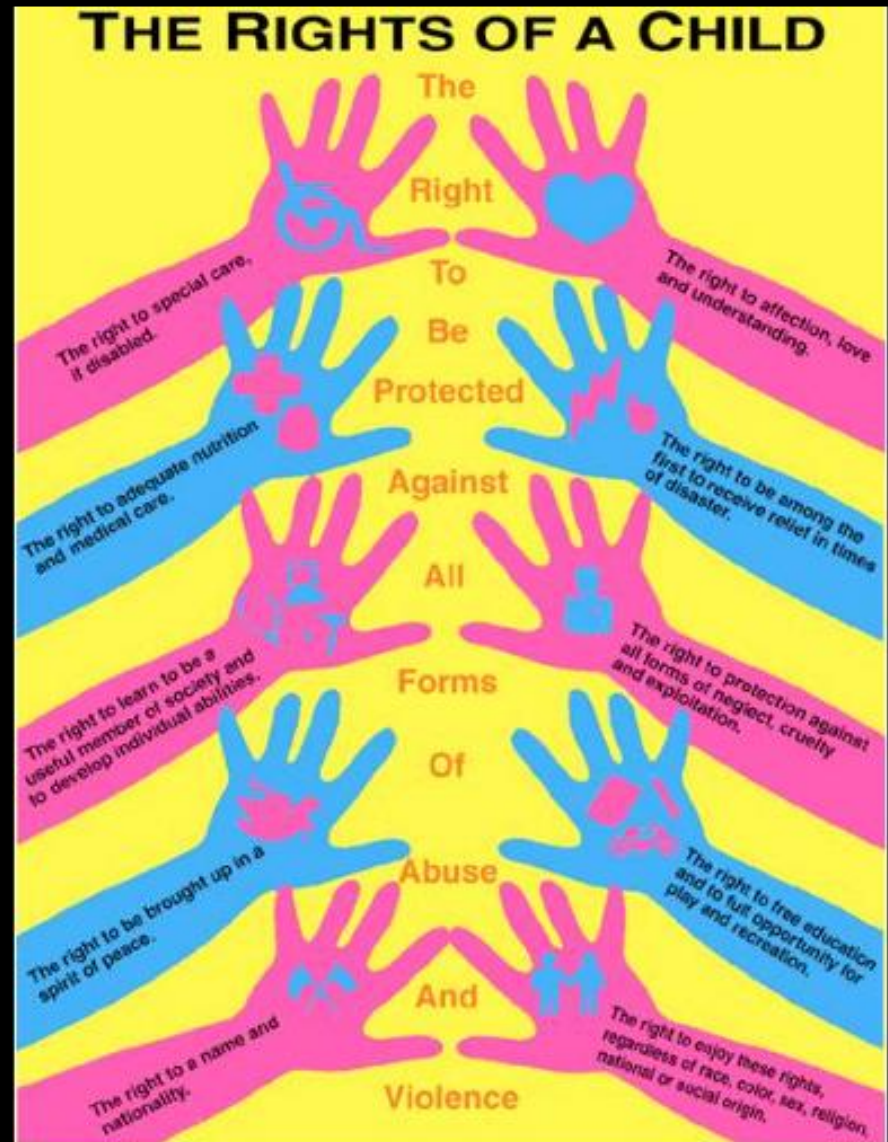
We all have a responsibility to **keep children safe**

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





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.



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



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.

About Anam Cara - www.anamcara.ie Anam Cara was founded in 2008, by bereaved parents to address the lack of bereavement support services available for families in Ireland, who have experienced the death of a child. In particular, the families whose son or daughter died suddenly outside a hospital or hospice system who often find themselves beyond the realms of any bereavement services, struggling to cope with the intense grief and huge loss in their lives. In 2019 Anam Cara supported 2219 parents across 137 events, including events for parents who had experienced the death of their only child or children. All Anam Cara services are provided free of charge.

The restrictions in place around funerals and social distancing is impacting bereaved parents, causing them to feel further isolated with their grief and loss, not knowing where to turn.

Available Anam Cara Resources include:

Anam Cara support services continue to be delivered. For parents who do not have access to the internet, the Anam Cara central office will be manned, as usual, from Monday to Friday 9am to 5pm and offer telephone support on 085 2888 888 or 01 4045378. On request Anam Cara will post the Anam Cara Information Packs and other information leaflets.

By clicking on the links below will bring parents to other online resources Anam Cara provides. They are:

The [Anam Cara website](#) contains relevant information for bereaved parents including links to [Anam Cara's information pack](#). This pack contains the leaflets; A Fathers grief, A Mothers Grief, Coping with the Sudden death of my Child, Milestones and Challenges, Self-Care, Supporting my Family, Living with no Surviving Children.

Bereaved parents can also access the [Anam Cara Support Videos](#) . These, we hope, will help parents feel less isolated in these challenging times

[Anam Cara's Facebook Page](#) will be updated regularly and it is a good place for bereaved parents to keep in touch.

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.



Cavan Monaghan Services
Maree County Council

WOW!

Saturday the 4th of July
is National Play Day
WOO HOO

Playgrounds are open!!!



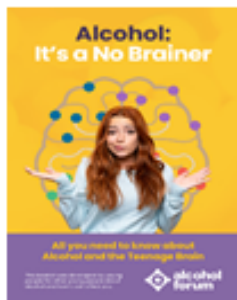
please email any of your events to
collette.deeney@tusla.ie

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

To re-watch the webinar

https://www.youtube.com/watch?v=kyM9SSQZ_-c&feature=youtu.be

Resources



Alcohol: It's a No Brainer: Resource for Young People

To Download

<http://www.alcoholforum.org/wp-content/uploads/2020/06/Alcohol-The-Adolescent-Brain-Leaflet-PublishedVersion.pdf>

For Hard Copies

Contact the Alcohol Forum on 074 91 25596



Alcohol Forum: Alcohol and the Adolescent Brain: A Guide for Parents and Youth Workers

To Download

<http://www.alcoholforum.org/wp-content/uploads/2020/06/AlcoholandtheAdolescentBrain-A-Guide-for-Parents.pdf>



HSE: Alcohol and Drugs: A Parent's Guide

To Download

https://www.drugsandalcohol.ie/29435/1/Alcohol_and_drugs_a_parents_guide.pdf



Incase you missed the seminar on Alcohol and the adolescent brain you watch it here

https://www.youtube.com/watch?v=kyM9SSQZ_-c&feature=youtu.be

<http://www.alcoholforum.org/wp-content/uploads/2020/06/Alcohol-The-Adolescent-Brain-Leaflet-PublishedVersion.pdf>

<http://www.alcoholforum.org/wp-content/uploads/2020/06/AlcoholandtheAdolescentBrain-A-Guide-for-Parents.pdf>



Did you know?

- Alcohol is a drug and it is addictive.
- Alcohol is one of the world's most harmful drugs. It causes more harm to Irish people, families and communities than nearly all other drugs.
- Young people are 4 times more likely to become dependent (addicted) to alcohol if they start drinking before the age of 15 than those who wait until after the age of 21.

But everybody is drinking!

It might seem like everyone is drinking alcohol but many people choose not to. One-fifth of Irish people choose not to drink alcohol. Join the trend - say no!

The law

If you are under 18, it is illegal to:

- Carry alcohol
- Pretend to be 18 to buy alcohol
- Drink alcohol in public
- Be in an off-licence without an adult

If you break these you could face a €500 fine

Support & Information

Alcoholforum.org
 T: +00353 (0)749125596
 E: info@alcoholforum.org
 www.alcoholforum.org

Askaboutalcohol.ie
 www.askaboutalcohol.ie

HSE Drug and Alcohol Helpline
 T: 1800 459 459

www.drugs.ie

Alcohol: It's a No Brainer



All you need to know about Alcohol and the Teenage Brain

This booklet was developed by young people for other young people about alcohol and how it can affect you.



www.alcoholforum.org
 CRA Registered Number: 20057020



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



Did you know that the Teenage years are one of the most important times for brain development?

From the age of 11 or 12 lasting right up until your early twenties, the brain is starting to undergo some pretty cool changes.

The brain is starting to develop, re-wire, and fine-tune a part of the brain known as the pre-frontal cortex. Never mind your iPhones & Xboxes – the pre-frontal cortex is the most sophisticated piece of technology that you will ever own. It allows you to reach your full potential and to develop all the physical and mental skills you need to be the very best version of you.



Alcohol may disrupt brain development

- Alcohol is a neurotoxin – It can have a toxic effect on brain cells and can stop them from growing or developing.
- Alcohol can impact your problem solving skills, learning and performance at school
- When it comes to alcohol – it really is a no brainer – for people under the age of 18 and for unlocking all your future potential – no alcohol really is the best choice.



For more information and support visit alcoholforum.org or askaboutalcohol.ie

What are Blackouts?

Blackouts are a period of time where you can't remember events that happened. Alcohol can cause blackouts because it can shut down the memory centres of the brain. Young people are more likely to have alcohol-related blackouts than adults because their brain is still developing

Blackouts can be scary and confusing. They can lead you to do or say things that you would never ordinarily do or say.

Under the influence of alcohol you have increased risk of:

- Being harmed by another person, or harming someone else
- Having an accident or being injured
- Unwanted or unintended sexual activity

Waiting until your brain is fully developed before starting to use alcohol is a safer choice.



Alcohol can make feelings of anxiety or sadness worse

When you drink alcohol you have less control over your emotions, behaviour and decisions and it can make feelings of sadness or anxiety worse.

- Depression and anxiety rates are a lot higher in young people who drink harmful amounts of alcohol.
- There is a strong link between suicidal behaviour and the misuse of alcohol.

You can invest in your mental health by avoiding alcohol.



For support and more information on mental health visit spunout.ie or yourmentalhealth.ie

Mental Health Engagement

We need YOUR experience

Bring your experience using or supporting someone to use mental health services to your local engagement meeting

Next ONLINE meeting takes place Wednesday 24th June 6pm-7.15pm

I want service providers to know what matters most from my perspective

I want to use my experience to improve mental health services

I would like to share my views as a family member as to what works for my family

My local forum is a space to learn from the experiences of people who use the services



Mental Health Engagement Online Forum Meetings

Next Online Meeting: Wednesday 24th June 6pm-7.15pm

Monthly meetings now take place online through video conference

The purpose of these meetings is to share experiences of using mental health services with the aim of partnering with service providers and improving mental health services.

If you would like to find out more or register for our next meeting contact: **Patrick** on **0873512009** or email **new.engage@hse.ie** for details

If you have experience using or supporting someone to use mental health services we would like to hear from you at the local engagement meeting.



WOW!

Who to contact if you need urgent help

Contact your GP, or an "out-of-hours" GP
see www.hse.ie

Contact Samaritans 24/7
on freephone **116 123** or
email jo@samaritans.ie
for emotional support

Go to, or contact, the
Emergency Department of
your nearest hospital
see www.hse.ie

Call the emergency services
on 999 or 112

*For information on support services for
issues like abuse, bereavement, depression,
loneliness, suicide and more visit
www.yourmentalhealth.ie*

Farm & Rural Stress

Help is at hand



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>

Online Course Timetable

15TH JUNE - 30TH JUNE 2020

Courses Delivered Via **zoom**

Course	Date	Time
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

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



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

Minister Stanton launches 2020 Communities

Integration Fund €500,000 available for local community projects in 2020



“In 2017, I launched the first Communities Integration Fund, which supports local initiatives by migrant and non-migrant groups to promote inclusion and most importantly, allow people to get to know each other. 124 organisations received funding in 2019 and projects are being funded which are explicitly intended to challenge racism at grass roots level.

Please see Community Integration Fund announced for community integration projects from the Department of Justice and Equality.

<http://www.justice.ie/en/JELR/Pages/PR20000114>

The Communities Integration Fund will provide grant funding for local community projects that support the integration of migrants. Applications can now be made online to the Funds Administration Unit at the Department of Justice and Equality.

The application period runs from 9am Friday 19th June (today) until 1pm, Thursday 16th July, 2020.

National Play Day
Sat 4th July



Check out the Lets Play Ireland and NCN playhub for lots of ideas for all types of play

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/>

<https://www.ncn.ie/index.php/play/toddlers>

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
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 recoverycollegewest@westerntrust.hscni.net

  @InnovationRecov



More information on the innovation recovery [here](https://www.mentalhealthireland.ie/get-support/covid19/)

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



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



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 😊