



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

Issue 9 May 1<sup>st</sup> 2020

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

please email any of your events to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)



Welcome to the 9th edition of our information bulletin, What's on Where ; **WOW**.

In our 1st May edition there are

- Loads of activities to get you moving from Monaghan Sports Partnership
- New partnership with Spun out and Youth Work Ireland to support young people
- 19 day fun challenge from Monaghan Integrated Development
- The Middletown Centre for Autism has amazing resources and webinars online at <https://www.middletownautism.com/covid19>

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 bank holiday weekend☺



# My Mummy is a Frontline Worker

1



My Mummy works at the hospital

2



Her job is to help sick people

3



Mummy usually comes home after work

4



Things are different now, for a while, Mummy doesn't come home when she finishes work as this will help to keep the virus under control. As soon as it is safe to come home she will be here!

5



Mummy is staying away to keep us all safe and healthy

6



When it is safe, our family will be back together again



# My Daddy is a Frontline Worker

1



My Daddy works at the hospital

2



His job is to help sick people

3



Daddy usually comes home after work

4



Things are different now, for a while, Daddy doesn't come home when he finishes work as this will help to keep the virus under control. As soon as it is safe to come home he will be here!

5



Daddy is staying away to keep us all safe and healthy

6



When it is safe, our family will be back together again





Monaghan Volunteer Centre staff Sinéad Keenan and Grace Sherry are working from home and available to help any non-profit organisation looking for new volunteers. Over 170 people have registered to volunteer since the start of the covid-19 crisis and we would love to find volunteer roles for more of them.

Contact Sinéad at 087 0656793 or [sinead@volunteermonaghan.ie](mailto:sinead@volunteermonaghan.ie) or contact Grace at [grace@volunteermonaghan.ie](mailto:grace@volunteermonaghan.ie) or visit [volunteermonaghan.ie](http://volunteermonaghan.ie)



**Stay safe and still support the causes you care about by volunteering from home.** There's a surprising amount you can do, with roles ranging from a qualified counsellor working by phone right through to knitting or filling shoe boxes with Christmas gifts.

There's even microvolunteering roles that only take a few minutes. Some of these microvolunteering roles are suitable for children to get involved with, including one that involves counting penguins! Contact us check out:

<https://www.volunteer.ie/volunteers/volunteer-from-home/>



# 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

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



please email any of your events to

please email any of your events to: [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie)

[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



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](http://ywimonaghan.ie)** to see what we're doing and meet our team.

YOUTH WORK IRELAND CAVAN MONAGHAN

YOUTH INFORMATION SERVICE

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# SUSI GRANT SUPPORT



GET HELP WITH YOUR  
APPLICATION FROM  
PROFESSIONAL YOUTH  
WORKERS 5 DAYS A WEEK

**MONDAY - FRIDAY 2PM-6PM**

**MON - WED (ZOOM & PHONE)  
& THURS - FRI (PHONE)**

CONTACT US TO BOOK AN  
APPOINTMENT

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Contact 0879057598 Mon - Wed

Contact 0877187945 Wed - Fri



Youth Work Ireland  
Cavan Monaghan

Contact our

Youth Information Team

Monday – Friday

2pm-6pm

for support with your SUSI  
(Student Universal Support  
Ireland) Application

**SUSI**



# CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC) COMPETITION TIME

# NOW!

## ALTERNATIVE OLYMPICS 2020

- Fun competition to keep the Olympic spirit alive this year do parades with your toys and animals get your family involved in some games.
- Keep active keep healthy keep safe
- for terms and conditions and how to enter please see below

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

Have some fun this bank holiday weekend and make some memories record the families' epic attempts at games and upload to win vouchers for Toymaster full details on the CYPSC Monaghan facebook Page





# New Childline Therapeutic Support Service



## 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.

## WHO IS THE SERVICE FOR ?

In the area of South Monaghan, the Childline Therapeutic Support Service works with young people under 18 years of age and their parents/ carers.

Referrals are welcomed from professionals, parents and young people who maybe experiencing one or more of the following difficulties:

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

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

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

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)

## New Covid 19 Community Response Helpline launched

1800 804 158

The helpline is open 7 days a week from 8am -8pm

**Text HELP Followed by your name to 50555  
(Free text)**



A dedicated community support helpline has been established to assist at risk members of the public in accessing non-emergency and non-medical supports and advice through the current public health emergency. The Freephone confidential phone line service is being established by the new COVID 19 Monaghan Community Response Forum which includes over a dozen agencies and organisations. The role of the Forum is to ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities.

### Monaghan County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of vulnerable members of our community



Call 1 800 804 158  
Email [covidsupport@monaghancoco.ie](mailto:covidsupport@monaghancoco.ie)



Rialtas na hÉireann  
Government of Ireland

**Please have your eircode if possible** <https://www.eircode.ie/>



## JOBS CLUB

Jobs Club are offering a 3-morning online training programme from 10am-11.30am during the COVID-19 pandemic

Jobs Club includes:  
Job Searching  
Cover Letter Writing  
C.V. Preparation  
Interview Techniques  
Mock Interview

To find out more about the Jobs Club  
Please contact: **Teresa McCahey** on 042-9748090  
or e-mail : [jobsclub@midl.ie](mailto:jobsclub@midl.ie)



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



### MEALS ON WHEELS



## Carrickmacross Meal on Wheels

If you are over 65 years of age or cannot get out of the house due to disability or illness, please contact us for a range of meal options delivered straight to your door for €5.00 per meal.

We also accept referrals from public health nurses, GP's, health professionals, existing meals on wheels, SVP and other charities.

For further information or to avail of the support, please contact **Regina Byrne** in Monaghan Integrated Development

**Tel:** 087 3612584 **Email:** [rbyrne@midl.ie](mailto:rbyrne@midl.ie)

Deliveries will be organised through volunteers or local suppliers.

*"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"*



EUROPEAN UNION  
Investing in your future  
European Social Fund



Riálas na hÉireann  
Government of Ireland







# 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](mailto:sosadcarrick@gmail.com)

please email any of your events to

please email any of your events to: [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie)

[collette.deaney@tusla.ie](mailto:collette.deaney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.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](mailto: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](http://www.stillhere.ie). In an emergency, people should call the Gardai on 999 or 112.



## Child Protection is everyone's business

TUSLA are concerned about vulnerable children within our communities during the current COVID 19 pandemic. The children and young people currently engaged within the Social Work child protection teams represent the most vulnerable to neglect and/or abuse in our communities during this time.

Situations of increased domestic violence and substance misuse are expected as families cope with the added pressure of being confined in their homes, job losses, mental health complexities and children unable to attend school. Social isolation due to COVID-19 makes it harder for authorities to identify child abuse cases.

That's why it is important for essential workers with potential access to family homes to be able to recognise signs of abuse and know where to report their concerns.

For information on how to recognise child abuse [here](#)

For details on reporting [here](#)

You should contact your local Tusla even if you're unsure about reporting; they will talk to you and decide what to do 049 4369800

If a child is in immediate danger, contact the Gardaí at 112/999 or [www.garda.ie](http://www.garda.ie) Remember keeping children safe is everyone's business



# WOW!

More People,  
More Active,  
More Often,



## MONAGHAN SPORTS PARTNERSHIP

— SPORT IRELAND —



For daily updates visit:  
[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

#UnitedInSport #BeActive #Covid-19

## MONAGHAN SPORTS PARTNERSHIP

#BEACTIVE

#STAYHOME

#STAYCONNECTED

**Monaghan Sports Partnership hopes to help keep communities active through this Covid-19 pandemic.**

If you feel that there is any way in which we can assist you or your family/community, please call us on 042-9755126.

Usually at this time of year, Monaghan Sports Partnership is busy initiating programmes of activity to engage with people in local communities, Schools and Sports Clubs. In the current environment, we are seeking out ways to encourage people to maintain their levels of exercise and physical activity or indeed

to take up some exercise (within the government guidelines).

It is important to try and stay active daily indoors at home or outdoors by walking, jogging, running, cycling within the 2km radius of the home.

We want to remind people of the importance of staying active during this time for physical and mental health benefits. While our staff are currently working from home, we are responding to calls to our office (042-9755126 – diverted) or to emails to [info@monaghansports.ie](mailto:info@monaghansports.ie)

please email any of your events to  
[collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)





# #BE ACTIVE WHILE NOT AT SCHOOL – ACTIVE HOME WEEK

## Children get active and win some prizes for your School!

Active School Week 2020 is due to take place from Monday 27th April – 1st May 2020. At this time of year all schools are encouraged to organise an Active School Week (ASW) as part of their school calendar.

As schools will not be able to run ASW this year, the Active Schools Committee wishes to promote the 'Active HOME Week' challenge instead.

To complete the challenge children and young people, have to find 4 different ways of being active each day making sure that this adds up to 60 minutes, or more. They are encouraged to try something NEW, have FUN with a family activity and ENJOY the week!

The 'Active HOME Week' challenge and the resource materials are available to view on Twitter @activeflag and on [www.activeschoolflag.ie](http://www.activeschoolflag.ie)

Monaghan Sports Partnership want to be able to help motivate and encourage children and families to stay active during this week and beyond.

**Did you know? Children should be active for a minimum of 60 minutes every day!**

The focus of ASW programme should be on FUN and PARTICIPATION. It's an ideal opportunity to introduce young people and their families to new ways of being active, and we have created these resources with this in mind. MSP have a number of initiatives including the 3 Week Active Homework Challenge, The Active Everyday Challenge, and the Climb the Heights Skipping Challenge.

All children who participate in these activities

### 60 MINUTES PER DAY

#### PHYSICAL ACTIVITY CHALLENGE CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/ Cycle/ Jog (within 20 minutes of your home)					
Play sports at home with parents/ siblings (i.e. football, hurling)					
Active learning during School Time (i.e. Active story telling)					
Use screen time for activities (i.e. Mink: Joe Wicks home workout)					
Physically active home chores (i.e. housework/ tidying)					
<b>TOTAL MINUTES</b>					

The World Health Organization recommends that children and youth aged 5-17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

Child Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

will be issued with a Monaghan Sports Partnership *Be Active Certificate of Achievement* and be in with a chance of winning €250 worth of sports equipment for your school –

Contact Monaghan Sports Partnership to register – via our facebook page @monaghansports or text

'Active' with your name, name and age of participating children and your email address to 087-7900515.

You will receive an email with the challenge to print off at home or request a copy by post. Record your progress and send it back by 31st May and we will choose a winner! *(due to the current situation, we will accept photographic evidence of completion)*

We would love to see photos and videos of children and families engaging in the active homework and active everyday challenges

## be Active!

### Certificate of Achievement

awarded to \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

SPÓRT ÉIREANN SPORT IRELAND | MONAGHAN SPORTS PARTNERSHIP | hi | Monaghan

### YOUR HOMEWORK CHALLENGE

60 minutes of daily physical activity for 3 weeks.

Colour in 3 star for every 10 repetitions (times) you complete the daily exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Week 1</b>	Jumping Jacks ☆☆☆☆☆ What: _____	Squats ☆☆☆☆☆ What: _____	Kneel Ups ☆☆☆☆☆ What: _____	High Knees ☆☆☆☆☆ What: _____	Long Jump ☆☆☆☆☆ What: _____	
<b>Extra Physical Activity</b>	How long for: _____	How long for: _____	How long for: _____	How long for: _____	How long for: _____	
<b>Week 2</b>	Jump & Reach ☆☆☆☆☆ What: _____	Knee Raise PullDowns ☆☆☆☆☆ What: _____	Quick Feet ☆☆☆☆☆ What: _____	Line Jumps ☆☆☆☆☆ What: _____	Bear Crawl ☆☆☆☆☆ What: _____	
<b>Extra Physical Activity</b>	How long for: _____	How long for: _____	How long for: _____	How long for: _____	How long for: _____	
<b>Week 3</b>	Stair Stepper ☆☆☆☆☆ What: _____	Air Boxing ☆☆☆☆☆ What: _____	Mountain Climbers ☆☆☆☆☆ What: _____	Shooting Hoops ☆☆☆☆☆ What: _____	Plank Jacks ☆☆☆☆☆ What: _____	
<b>Extra Physical Activity</b>	How long for: _____	How long for: _____	How long for: _____	How long for: _____	How long for: _____	
What do you like most about exercise: What do you dislike about exercise: What NEW Sport would you like to try:						

please email any of your events to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



# #BE ACTIVE THROUGH WALKING & JOGGING

(suitable for adults and young people)

## Walk to Jog

0 to 3k beginners



Monaghan Sports Partnership is announcing a new 6-week (0 to 3k) Walk to Jog Programme designed to equip complete beginners to increase walking fitness and progress to jogging with relative ease. This tailored programme is ideal for those who wish to improve their overall fitness and lifestyle while getting a little fitter.

It is a simple progressive programme that begins with more walking than jogging, and gradually evolves into more jogging than walking. No fitness levels are required, just a commitment to completing 3 sessions per week for the duration of the programme.

This programme is suitable for everyone and is designed to fit within the current government 2k radius restrictions of your home. The programme is absolutely FREE and all participants will be issued with weekly training plans as well as some video classes and tutorials from professionals on mobility/ core strength, flexibility and training and nutrition tips.

The programme will begin next Monday the 27<sup>th</sup> of April.

Registration is through Eventbrite: <https://monaghansportspartnership.eventbrite.ie/>



## Walk to Jog

0 to 3k beginners



## FREE FAMILY PROGRAMME

### BEGINNING MONDAY 27TH OF APRIL

#### WHAT IS IT:

- FREE BEGINNER 6 WEEK PROGRAMME...
- EASY TO FOLLOW, PROGRESSING TO 3K...
- 3 SELF GUIDED SESSION PER WEEK...
- SESSION PLANS SENT OUT WEEKLY...
- DESIGNED BY EXPERIENCED COACH...
- ALL SESSIONS WITHIN HSE GUIDELINES...

#### FOR THOSE WHO:

- ARE COMPLETE/ RELATIVE BEGINNERS....
- WANT TO GET FITTER AND MORE ACTIVE...
- WANT TO FOLLOW A TAILORED PROGRAMME...
- WANT TO IMPROVE HEALTH & WELLBEING...
- WANT TO ENGAGE IN REGULAR EXERCISE
- WANT TO ADOPT A NEW EXERCISE PLAN...



FOLLOW US ON FACEBOOK

"MONAGHAN SPORTS PARTNERSHIP"



## #BE ACTIVE with our '100 DAYS OF WALKING CHALLENGE' & WIN A FITBIT VERSA 2

# 100 DAYS OF WALKING



Monaghan Sports Partnership is introducing the 100 days of Walking Challenge aimed at motivating people to adopt walking as a daily lifestyle habit to help families stay active during the Covid-19 pandemic.

The challenge includes walking 100 days in succession, and we are suggesting for a distance of the 2km radius of your home and completing a total of 200 km at the end of 100 days.

Participants can record their daily walk progress on the MSP downloadable progress chart over the 100 days. This challenge is suitable for all ages and families are encouraged to get out and

walk together, in line with HSE guidelines, and see the huge benefits that walking can have on your physical and mental well-being.

The 100 days of Walking will commence on Friday 1<sup>st</sup> May and conclude on Saturday 8<sup>th</sup> August 2020.

This challenge is absolutely free for families. All registered participants will be entered into a draw at the end of the 100 days for a chance to win a Fitbit Versa 2 (T&Cs apply)

Participants can register on Eventbrite: <https://monaghansportspartnership.eventbrite.ie/>

100 DAYS OF WALKING

Set your own target.....  
Record your progress as you go along.....

#StayHome, #StaySafe, #StayActive, #StayConnected!

Please remember to adhere to HSE Guidelines when completing daily walks!

100 DAYS OF WALKING

- Get Fit With This FREE Family Walking Programme
- Walk 100 Continuous Days Starting 1st of May
- Adopt A Healthy Habit Possible Within HSE Guidelines
- Track Progress With MSP Progress Tracker
- Improve Physical & Mental Well-Being
- Be In With A Chance To Win Fitbit Versa 2



# #BE ACTIVE WHILE AT HOME (for Adults & Children)

Take on our skipping challenge and win a FREE skipping coaching session and skipping rope pack for your class! (participating adults can nominate a local School group)

Skipping is a fantastic activity for all ages to keep fit and exercise the body. The 'Climb the Heights' challenge creates an achievable challenge to aim towards in terms of repeated skipping!

Each skip is 'worth' 10 metres so the challenge is to keep skipping until you complete the heights of some of the worlds most famous mountains! For each mountain completed, the children can also find out a little bit more about the Country for their SESE School work!

To take part in the Challenge:

Contact Monaghan Sports Partnership to register – via our

facebook page @monaghansports or text 'Skip' with your name, name and age of participating children and your email address to 087-7900515.

You will receive an email with the skipping challenge to print off at home or request a copy by post.

Record your progress and send it back by 31<sup>st</sup> May and we will choose a winner! (due to the current situation, we will accept photographic evidence of completion)

We would love to see photos and videos of children and families engaging in the skipping challenge!

### 'Climb the Heights' Skipping Challenge


Monaghan Sports Partnership are encouraging our school children and their families to #BeActive and to work together to climb the highest peaks in Europe!


1 skip = 10 metres

#### Europe's Highest Mountains

Country	Mountain	Height (m)	We climbed it!	Country	Mountain	Height (m)	We climbed it!
	Großglockner	3,800	<input type="checkbox"/>		Gaiņukalns	310	<input type="checkbox"/>
	Signal de Botrange	696	<input type="checkbox"/>		Vaukl Gnosspiz	2,660	<input type="checkbox"/>
	Musala	2,930	<input type="checkbox"/>		Aukštojis Hill	290	<input type="checkbox"/>
	Dinara	1,830	<input type="checkbox"/>		Kneiff	560	<input type="checkbox"/>
	Mount Olympos (Cyprus)	1,950	<input type="checkbox"/>		Mount Korab	2,760	<input type="checkbox"/>
	Sašíka	1,660	<input type="checkbox"/>		Ta' Dinsjock	250	<input type="checkbox"/>
	Mølleløj	170	<input type="checkbox"/>		Vaalserberg	320	<input type="checkbox"/>
	Suur Munamägi	320	<input type="checkbox"/>		Mount Rysy	2,500	<input type="checkbox"/>
	Halti	1,320	<input type="checkbox"/>		Mount Pico	2,350	<input type="checkbox"/>
	Mont Blanc	4,810	<input type="checkbox"/>		Moldoveanu Peak	2,540	<input type="checkbox"/>
	2,960	<input type="checkbox"/>		Gerlachovský štít	2,660	<input type="checkbox"/>	
	Mount Olympos	2,920	<input type="checkbox"/>		Triglav	2,860	<input type="checkbox"/>
	Kékes	1,010	<input type="checkbox"/>		Mullacén	3,480	<input type="checkbox"/>
	Hvannadalshnúkur	2,110	<input type="checkbox"/>		Malaya Dağı	1,030	<input type="checkbox"/>
	Carnmorehill	1,840	<input type="checkbox"/>		Ben Nevis	1,340	<input type="checkbox"/>
	Monte Bianco	4,810	<input type="checkbox"/>				

How many mountains can YOU climb?





### "Climb The Heights" Skipping Challenge

#StayHome, #StaySafe, #StayActive, #StayConnected!

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Landmark: \_\_\_\_\_

Brief description: \_\_\_\_\_

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Location: \_\_\_\_\_

Population: \_\_\_\_\_

Language spoken in area: \_\_\_\_\_

How to say 'hello' when you reach your destination: \_\_\_\_\_

Three interesting facts about the landmark:


- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Three interesting facts about the country:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

A famous sportsperson from the country: \_\_\_\_\_

National sport: \_\_\_\_\_





## #BE ACTIVE WHILE ISOLATING / COCOONING

**A**nyone can get active, at any stage in their lives and it's never too late. While you are confined to home, try to stay motivated to do some daily exercise. Monaghan Sports Partnership aims to connect with people to support them in managing their physical and mental health through regular physical activity.

All older adults should aim to get at least 30 minutes of physical activity on at least 5 days of the week. These minutes can be accumulated over the course of each day and make sure to try and include some simple weight bearing and balance exercises 2-3 times weekly (where permitted by GP or health professional)

HSE Easy Chair exercises – a booklet of home-based exercises that can be carried out by people with limited mobility – this booklet is available online or you can request a copy from the Sports Partnership office by contacting 042-9755126

For those who can move more easily, check out our '100 days of walking' challenge to stay motivated through this time

Other resources:

Check out Ray & Ó Sé -on RTE1 every day at 2.20pm with fitness expert Ray Lally and Daithi Ó Sé for some in-house exercises that can be done in the home.

If you are online and can access internet based programmes:

Check out -

Age and Opportunity Active is a national programme designed to get older adults more active. To participate in their weekly 'movement minutes' and chair-based exercise session videos live on facebook (Mondays, Wednesdays and Fridays at 11am) or you can catch up on past sessions at [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

Siel Bleu Ireland provide life enhancing programmes for older adults and patient groups. To tune into their range of 'at home' activities go to Siel Bleu on facebook or see saved videos on [www.sielbleu.ie/home/at-home-guides/](http://www.sielbleu.ie/home/at-home-guides/)


The graphic features a central purple box with the text 'EASY EXERCISES' in white. Below it is a yellow box with the text 'A CHAIR BASED PROGRAMME FOR OLDER ADULTS' in black. The HSE logo and 'Feidhmeannacht na Seirbhíse Sláinte Health Service Executive' are positioned above the purple box. Four line-art illustrations of people sitting on chairs are arranged around the central text: a woman in a blue suit (top left), a man in a green suit (top right), a man in a yellow sweater (bottom left), and a woman in a pink dress (bottom right).



## LOCKDOWN CHALLENGE

**19 MINUTES**  
**19 DAYS**  
**19:00 HOURS**

From Friday 1st May to Friday 19th May



Take part in 19 minutes of physical activity by yourself or with your family every evening at 7pm for 19 days

Add some extra fun by wearing your club or county jersey, colourful gym gear or even fancy dress.

Take a 30 second video and post it on the Monaghan Integrated Development/Facebook for your chance of winning a prize



You can take part indoors or outdoors!

**#Together**



**WOW!**

# Lockdown Challenge ! Are you ready?



# Monaghan Education & Training Centre

Here to support teachers, pupils, and parents through Covid 19



## Primary School Support

At primary level, in addition to resources to help teachers and their pupils in various subject areas, an extensive range of educational websites are listed on the Monaghan Education & Training Centre which provide creative and fun-filled ways of passing the time - eg., games and quizzes.

A link to Twinkl, which provides an impressive class-specific bank of resources, is included. A well-being section features age-appropriate exercises focusing on positive mental health. A specific section provides help and ideas for teachers and parents supporting students with special educational needs, SEN

The Monaghan Education Centre, Education Support Officer (ESO) has developed a bank of teaching resources and wellbeing tips and tools to support teachers parents and pupils during Covid-19 pandemic. Click on this link to access them <https://metc.ie/index.php/about-eso/>

## Post Primary School Support

For Pupils

- Complementary resources to support home schooling
- Study skills tips <https://metc.ie/index.php/study-skills/>
- Coping with exam anxiety <https://metc.ie/index.php/well-being-teens/>
- Special educational needs

For teachers and parents

- Coping with the additional demands of home schooling
- Organising your day
- Staying positive in the midst of a pandemic
- <https://metc.ie/index.php/about-eso/>

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](mailto:emurphy@midl.ie)

**Ballybay** - 34 Birch Court, Main Street, Ballybay  
Phone - 042 974 8090, email [oduffy@midl.ie](mailto:oduffy@midl.ie)

**Castleblayney** - 9 Drumilard Business Park  
Phone 042 9749500, email [sfarrell@midl.ie](mailto:sfarrell@midl.ie)

**Clones** - McCurtain Street, Clones  
Phone - 047 52994, email [amccague@midl.ie](mailto:amccague@midl.ie)

**Carrickmacross** - The Workhouse, Shercock Rd  
Carrickmacross Phone- 042 9664051, email [ldonnelly@midl.ie](mailto: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



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](mailto: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**



# Alcohol is an immunodepressant

It weakens your immune system & increases your risk of infection

1

Research indicates that alcohol use can deliver a blow to our immune system

2

Intake does not have to be chronic to have negative health consequences.

3

One night of heavy drinking can dampen immunity, lasting into the following day, or possibly longer.

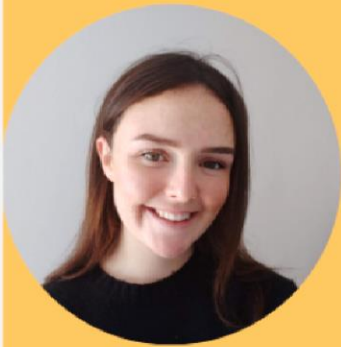
Contact the HSE support line -1800 459 459 - if you need help or support in reducing your alcohol use.

**#StaySafe#StayInformed**



With a 40% increase in alcohol sales The Irish Community Action on Alcohol Network (ICAAN) and national charity Alcohol Forum have this week launched an information resource to raise awareness across the population about the risk that alcohol use poses to the immune system. The WHO has recently published guidance relating to alcohol and Covid 19, specifically highlighting this issue

# VIRTUAL DEMENTIA CAFÉ



Date: Friday 1st May at 11am  
Guest Speaker: Aine Conway -  
Physiotherapist  
Theme: Staying Active in your Home

If you have any questions for Aine or you  
would like to join, please email  
[events@engagingdementia.ie](mailto:events@engagingdementia.ie)



Virtual Dementia  
Café to join email  
[events@engaging  
dementia.ie](mailto:events@engagingdementia.ie)



# Make time to unwind.



Use a few minutes of your day to do something you enjoy.

# LetsSupportOurMonaghanYouth

please email any of your events to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)

# WOW!



## Connect with others.

Talk to people you trust about your concerns and how you're feeling.



Over the next few week we will be featuring some of the fabulous work the young people of Monaghan Comhairle na nÓg have been doing including some uplifting posters .

listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



# For Grannie and Grandad



*Interview your Grandparents*



*Interview your Grandparents*

*Are you lucky enough to have Grandparents in your life?*

*Monaghan Age Friendly Programme*

*is asking to give them a call and have some fun!!*

*#inthistgether*



*Interview your Grandparents*



*Our Grandparents have lived a life long before they were grandparents, now that we can't visit them why not give them a call and interview them!*



*The family you grew up in*



*The family you made*



- ❖ Where were you born?
- ❖ Were you named after a family member or does your name have a special meaning?
- ❖ Did you have a nickname when you were young?
- ❖ What was your house like as a child?
- ❖ How did your family spend time together when you were young?
- ❖ What was your favourite subject or teacher in school?
- ❖ Who was your favourite teacher?
- ❖ What do you remember most about your Mother?
- ❖ What do you remember most about your Father?
- ❖ What did you want to be when you grew up?
- ❖ Did you ever get in trouble as a child or teenager?

- ❖ How did you meet Granny/ Grandad?
- ❖ What was your marriage proposal like?
- ❖ Where was your wedding?
- ❖ Who was your Bridesmaid/best man?
- ❖ What was your first job?
- ❖ What could you tell me that I would be surprised to learn about you?
- ❖ Tell me about the day my Mam/Dad was born
- ❖ What is your favourite memory with your children?
- ❖ What is your favourite thing about being a grandparent?
- ❖ What is the most important lesson that you have learned in life?
- ❖ What is your dream for your children and grandchildren?
- ❖ What makes you happy?



*#inthistgether*



events to

# Online Course Timetable

27TH APRIL - 15TH MAY 2020

Courses Delivered Via **zoom**

Course	Date	Time	How to Register
Maintaining my wellness through COVID	27th April	10.30am - 11am	NI: 077 6700 3866 ROI: 086 606 9480
5 ways to wellbeing	28th April	11.30am - 12pm	NI: 077 6700 3866 ROI: 086 606 9480
Tips for managing anxiety during COVID	29th April	2pm - 2.30pm	NI: 028 7129 6183 ROI: 087 781 7947
Physical activity for wellbeing	1st May	10.30am - 11am	NI: 077 6700 3866 ROI: 086 606 9480
Learning to like yourself	4th May	11am - 11.30am	NI: 028 7129 6183 ROI: 087 781 7947
5 ways to wellbeing	5th May	4pm - 4.30pm	NI: 028 7129 6183 ROI: 087 781 7947
The COVID wellness toolbox	6th May	2.30pm - 2.50pm	NI: 077 6700 3866 ROI: 086 606 9480
Tips for managing anxiety during COVID	7th May	1pm - 1.30pm	NI: 077 6700 3866 ROI: 086 606 9480
Maintaining my wellness through COVID	12th May	7pm - 7.30pm	NI: 028 7129 6183 ROI: 087 781 7947
Getting a good night's sleep	13th May	10.30am - 11am	NI: 028 7129 6183 ROI: 087 781 7947
The COVID wellness toolbox	14th May	1pm - 1.30pm	NI: 077 6700 3866 ROI: 086 606 9480
Introduction to mindfulness	15th May	11am - 11.30am	NI: 077 6700 3866 ROI: 086 606 9480



**Some fantastic new programmes to support mental well-being. All are delivered online ring for more information and to book**

**These courses are open to anyone over 16 years of age.**

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](http://www.nln.ie) to find out more

**National Learning Network can help you.**

Contact us on [monaghan@nln.ie](mailto: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](mailto:ciara.markey@tusla.ie)

[collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)

Get your service listed for free on our new website: [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



## 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 is easy to navigate and will help parents access the information and support they need quickly. 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](https://www.gov.ie/en/campaigns/lets-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. The Department of Children and Youth Affairs has worked with key experts across various sectors, Early Years, Education, Health, Local Authorities, Academic Partners in UCC and Mary Immaculate College, Creative Ireland, Tusla and others, in order to develop this resource.
- <https://www.gov.ie/en/campaigns/lets-play-ireland/>

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](mailto:collette.deeney@tusla.ie) or 087 349 4714



As always to all our frontline staff  
in the statutory community and  
voluntary sector who are working  
day and night to keep us safe.



## WOW will publish weekly to provide information during COVID 19



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 😊