



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

UP COMING EVENTS NEAR YOU.....

**Issue 40
10/09/2021**



Welcome to the 40th edition of our electronic information bulletin **WOW**.

In this edition

- **LA 519 BIG breakfast**
- **culturenight.ie**
- **The Psychology of Renewal**
- **National Bike week**
- **Back to School tips from jigsaw.ie**
- **Stories of Recovery with Miffy Hoad**
and much more.....

Thanks for your continued support to share this electronic newsletter and please contact us at collette.deeney@tusla.ie should you wish to promote any not for profit online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.

Come Together Again

Friday 17 September
CULTURENIGHT.IE



Ballybay Community Arts Initiative present

CULTURE & ARTS IN OUR COMMUNITY

A Ballybay Chamber of Commerce Community Arts Initiative, with a series of events taking place across the town of Ballybay as follows:

1. Youth Arts Workshops in Drama, Photography & Film at Ballybay Youth Centre, Birch Court for 12 to 16 years, from 6pm- 9pm. To Register Contact: Kevin McMahon at 087 3918505 kevin@ywimonaghan.ie or Grainne McPhillips at 087 3753274 grainne@ywimonaghan.ie
2. 'Try it Out' at Sew Arty Studio, 40 Main Street, Ballybay, from 6pm to 8pm. Try out Painting, Fashion Design & Sewing Skills. Colour & Style Analysis Consultation. Contact Oatherine McGregor at 087 935 3182 to book a place or sewartystudio@gmail.com

3. An Exhibition of Photographs by John McAviney at Ballybay GAA Centre, Pearse Park, Ballybay from 7.30pm. This exhibition will give an glimpse into the unique skills John had who had an eye for "capturing the moment" which is the skill of a great photographer. For further information Contact: Alan McDullian at 088 8507819 enaghlan@gmail.com

4. 'A Night to Remember Concert' William Clarke a Ballybay Piper. The Music of William Clarke with Tairín Ó Duinnín along with Guest Pipers.

'Some Stories to Remember' - Original Storytelling, Drama & Music by local writers and actors with Francía Gerard Duffy, Emma Duffy, David Maine and Erid McCabe.

All taking place in Ballybay GAA Centre, Pearse Park from 8.30pm This will be a ticket only event with limited availability. In accordance with current public health guidelines. Contact Smyth's Newsagents, The Square, Ballybay for tickets.

Venue: Various locations in the town
Time: 8-11pm
Booking: See each of the events for information.



Busy Bee's, Glaslough present CLAY'N'CEOL

A Night of Pot Throwing opens Ceol!
Come along to Busy Bee Ceramics where the doors will be thrown wide open for the public to come in and join in the fun and creativity of working with clay, while listening to a local traditional Irish Ceil band.

Venue: Busy Bee's, Glaslough
Time: 6:30-9:30
Booking: No booking required.
Website/URL: www.busybeeceramics.ie



Visit culturenight.ie for a full list of events

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

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

Back to School advice for young people jigsaw.ie

It's 'Big Fish to Little Fish' for those transitioning to secondary school, for some back to school can be an anxious time [@JigsawYMH](https://twitter.com/JigsawYMH) have put together this brilliant resource to help ease you in <http://jigsaw.ie/back-to-school/> Back to school | [@Cypsclrl](https://twitter.com/Cypsclrl)



A stylized graphic of the word "WOW!" in a jagged, comic-book style font. The letters are white with a thick black outline and are set against a blue background with a white starburst pattern. The exclamation point is also white with a black outline and a blue dot.A dark-themed event poster. On the left, there is a photograph of a man with curly hair and a beard, wearing a patterned shirt and a tie, looking down. To the right of the photo, the text is arranged vertically: "IN AID OF CROCUS CANCER TRANSPORT FUND" in a light blue font, "8-11 PM" in a large white font, "LOCATION: WESTPARK AT THE WESTENRA HOTEL" in a light blue font, "€30 PER TICKET" in a large white font, and "AVAILABLE TO PURCHASE" in a light blue font.

IN AID OF CROCUS CANCER
TRANSPORT FUND

8-11 PM

LOCATION: WESTPARK
AT THE WESTENRA HOTEL

€30 PER TICKET

AVAILABLE TO PURCHASE

This is the launch of our transport fund for CROCUS, where we hope to raise funds to acquire a vehicle to bring members of our community to hospital appointments where ever they may be.

Stay tuned for more raffles with some amazing prizes, all generously donated. For now, we hope you can get your hands on one of the limited tickets to Mundy plus special guest live music event on Sept 24th 8-11pm.

Link to Eventbrite here:

<https://www.eventbrite.co.uk/.../crocus-cancer-transport...>

ASIAM.IE



AsIAm are running focus groups that will enable us to gain better insights into how and why an autism information line might be used in the Irish autism community. Places are limited but if you would like more information on joining please email niamh@asiam.ie



AsIAm to launch an information line to provide a direct contact where they can seek information on a wide range of autism related issues.

We will be hosting three focus groups for:

- autistic adults
- parents/guardian(s) of autistic children and teenagers
- parents/guardian(s) of autistic adults

We appreciate you may fall into more than one of those groups, and we would suggest you select the group that most likely represents why you would be using an autism information line. Places are limited.



WOW!

Appointments Available in our North Dublin Clinic!



Q SERVICES OFFERED

SPEECH & LANGUAGE THERAPY
OCCUPATIONAL THERAPY

Q WEEKDAYS AVAILABLE

TUESDAY, WEDNESDAY & THURSDAY

Q LOCATION

LE CHEILE COMMUNITY CENTRE
DONNYCARNEY DUBLIN 5

TO REGISTER YOUR INTEREST PLEASE EMAIL:
INFO@DOWNSYNDROMECENTRE.IE



Our October SIBSHOP 2021

Commences Tuesday the 26th in our Sandyford centre & Wednesday the 27th in our Donnycarney centre from 11am-2pm

To register your interest e: info@downsyndromecentre.ie

Can you provide a caring & supportive home for a separated child seeking international protection? Tusla is seeking carers from different family, cultural, religious, social & linguistic backgrounds to help young people develop confidence & life skills



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

An Roinn Leanaí, Coibhionannais,
Míchumais, Líonpháiríochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

He's come so far alone.
**Can you help
him on his
journey in life?**

**Carers are needed for
separated children
seeking international
protection.**

For more information:
Visit: fostering.ie
Call: **Freephone 1800 226 771**
Email: tusla.fostering@tusla.ie

Future in Perspective Limited, with support from the New Opportunities for Women project are happy to invite you to attend a free online workshop:

Psychology of Renewal

This free webinar will be delivered by Shane Martin, from MoodWatchers.

Shane will provide us with self-care routines and activities for supporting us to re-engage in society, following the COVID-19 lock-downs in Ireland



**THURSDAY, 23RD SEPTEMBER
@ 7.00PM**

THE WORKSHOP IS FREE BUT
PLACES ARE LIMITED SO
REGISTER TODAY!



To support Future in Perspective in launching the NOW - New Opportunities for Women project in Ireland, Shane Martin from MoodWatchers will provide a one-hour workshop on:

The Psychology of Renewal

In this brand new seminar Shane will explore the psychological consequences of this pandemic and offer pathways to learning from the experience and turning a new page.

As human beings need to learn in order to continue to grow and develop.

We need to rise not only to the challenges of a post-COVID world but possibly adapt to a continuous stream of variants of the virus.

For this, we need to build our resilience and self-care!

To find out more about this workshop, please email:
sarah@fipl.ie





BikeWeek



**12th-18th
September
2021**
*Love Your
Bike!*



Saturday September 11th

Family Cycle of Sliabh Beagh @ 10am
E-Bike Lap of Lough Muckno @ 12pm

Thursday September 16th

Women's Cycle of Sliabh Beagh @ 6:30pm

Sunday September 12th

E-Bike Guided Cycle of Sliabh Beagh @ 12pm
Family Cycle of Monaghan Greenway @ 3pm

Saturday September 18th

Family Cycle of Sliabh Beagh @ 10am
E-Bike Monaghan Greenway Cycle @ 12pm

Monday September 13th

E-Bike Tour of Emy Lough @ 6:30pm

Sunday September 19th

E-Bike Guided Cycle of Sliabh Beagh @ 12pm
Family Cycle of Monaghan Greenway @ 3pm

Wednesday September 15th

E-Bike Guided Cycle of Sliabh Beagh @ 6:30pm



Monaghan Bike Week Events are coordinated
by Monaghan Sports Partnership on
behalf of Monaghan County Council



To find out more visit www.bikeweek.ie



Stories of Recovery podcast series - World Mental Health Day



A new podcast series will share the mental health stories of people local to Cavan and Monaghan and their journeys to recovery.

'Stories of Recovery', a podcast series will hear from local people who have lived through adversities that challenged their mental health and wellbeing and how they now flourish and continue to stay well.

They are joined in the conversation by people who provide supports and services locally and offer mental health signposting for those who need it.

This initiative is a collaboration between Mental Health Ireland and the HSE Cavan Monaghan Mental Health Services as part of the Connecting for Life Cavan Monaghan strategy to reduce suicide in our communities.

Each episode will be released at the beginning of the month, starting on September 10th to coincide with World Suicide Prevention Day. As well as each podcast episode, there will be a corresponding interview on The Wider View lunchtime show on local radio channel Northern Sound.

The podcast is hosted by Miffy Hoad, Development Officer with Mental Health Ireland for the [Cavan Monaghan area](#).

The first episode of 'Stories of Recovery' Podcast will be published on Friday September 10th and will be available at [Mental Health Ireland's Podcast Channel <https://audioboom.com/channels/5013394>](#) or wherever you like to listen to podcasts.

Childline

A 24 hour helpline for people under the age of 18 who need support.

www.childline.ie

Helpline: **1800 66 66 66**

Freetext – **50101**



tearmann

DOMESTIC ABUSE SERVICE

Email: tearmanndvs@eircom.net

Phone 0858102433

0873654101

0873654279

Parentline

The national helpline for parents

www.parentline.ie

Helpline: **1890 92 72 77**

or **01 873 3500**

Women's Aid

Confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands.

Helpline: **1800341900**

www.womensaid.ie

WOW!



Rights Rangers



Safety Planning

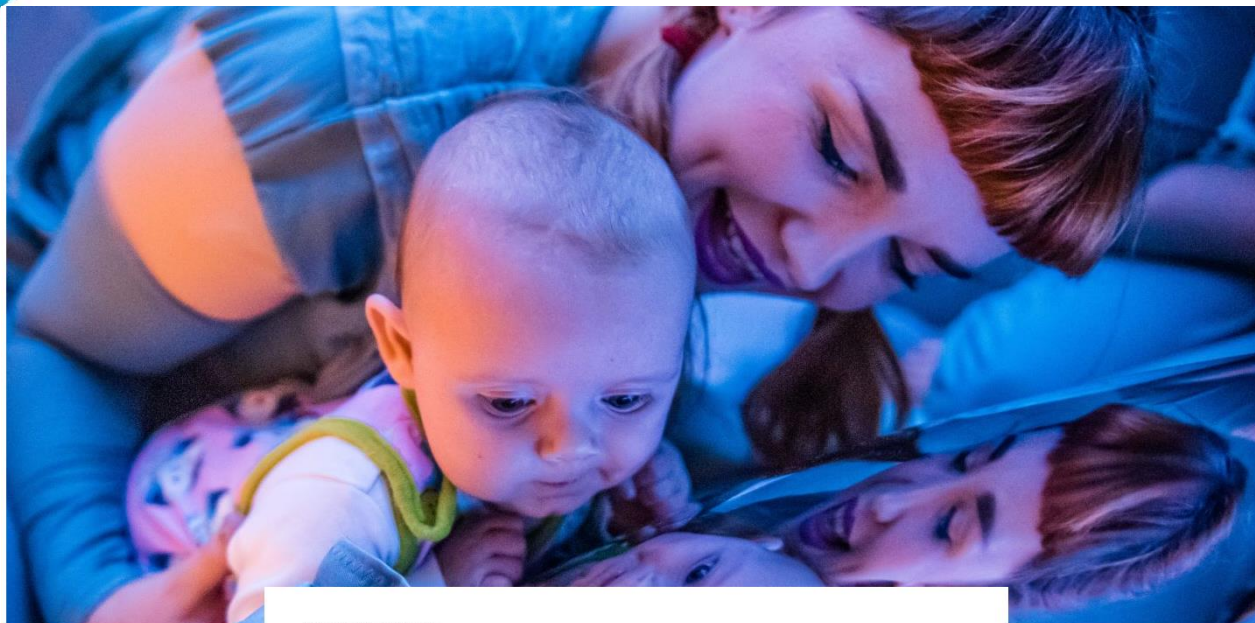
The Limerick and Clare Children and Young People's Services Committees (CYPSCs), with support from Clare Tusla social work team, worked with a group of children to create two animations which are now available on [Changing Futures website](https://www.changingfutures.ie).

The animations can be used by practitioners as simple engaging tools to connect with children and explain complex issues. The Rights Rangers animation aims to help children, aged 6 to 9 years old, to understand their rights. The Safety Planning animation is a creative way for Tusla staff to help young children understand what a safety plan is and their role within it.

Children assisted in the design and storyboarding for both animations, which were built by a team of animation students in the Limerick Institute of Technology (LIT) Clonmel under the tutelage of professional animation studio Springbear Animations. Local children from Limerick City and Kilrush in Clare also provided voiceovers for the child characters.

For more information, go to: [changingfutures.ie/futures-feed](https://www.changingfutures.ie/futures-feed)

WOW!



2017-2021 / BABIES

I Am Baba

A magical adventure of song, lights and textures for babies aged 0-12 months.

I Am Baba is a show about identity, agency and personhood. For babies.

I AM BABA coming
on the **6th Oct**

To MCCC
17 the Grange
Plantation Walk
Monaghan town

Booking essential
as places limited
for
Babies 0-12
months



To book and for more info
Ring 047 72896
087 349 4714



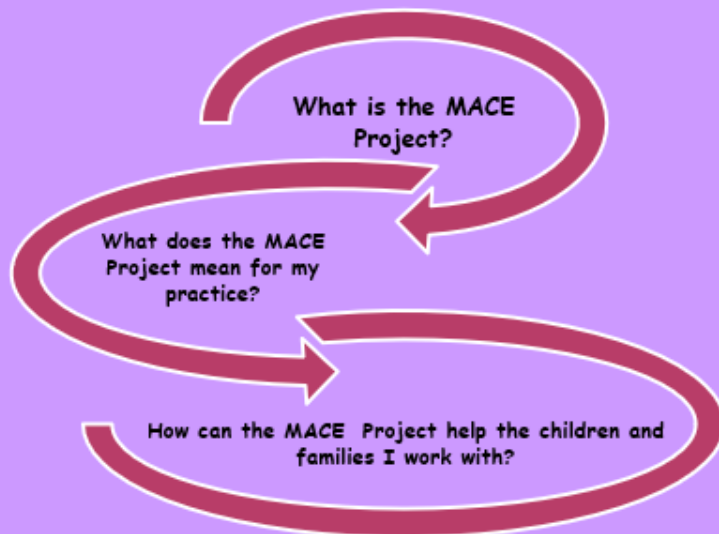
A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body.

'The MACE Project'

Working to reduce Multiple Adverse Childhood Experiences (MACE)

Supporting families and Strengthening Communities.

In Cavan, Monaghan & the SHSCT,



If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

26th of July 2021 at 2pm,
15th of September at 3pm,

27th of August at 10am,
19th of October at 3.30pm

Please contact Bernadette.lally@southerntrust.hscni.net to book.

WOW!

If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

26th of July 2021 at 2pm,
27th of August at 10am,
15th of September at 3pm,
19th of October at 3.30pm

Please contact Bernadette.lally@southerntrust.hscni.net to book.

**LA 5 19 SELF CARE
RAFFLE PRIZES**



- LA519 Training Top signed by Cillian Murphy main star of Peaky Blinders
- 500 litres of home heating oil from McCaugheys Fuels, Clones
- 3 Month Family Membership for Hillgrove Gym and Leisure Complex
- Tackle Bag and Training Bibs from TackleLow Training Products
- 3 Month Membership for Gym and Pool – Coral Leisure
- €100 Voucher for Enzo Shoe Boutique Monaghan
- €100 Voucher for House of Labels or Inka
- €80 Voucher for Happy Body Acupuncture Monaghan
- €80 Homoeopathy Consultation Voucher with Ingrid Sudway from Bee Healthy Monaghan
- €50 Voucher for Bee Healthy Monaghan
- Personal Training Session which includes Body Composition and Movement Analysis with Emma Rooney PT
- Wash and Blow dry for J'adore Hair Salon Monaghan.
- Half zip, top and hat from Breakthrough Performance – Dessie Ward
- £50 Fuel Voucher for Centra, Curr Road, Omagh
- £50 Shop Voucher for Centra, Curr Road, Omagh

Log on to www.la519.com to purchase your ticket or call in to Monaghan Shopping Centre on Friday 10th and Saturday 11th Sept.

A big thank you to all our sponsors for their generosity.

€5
each



Thank
you!

FOR MORE INFO
LA519.COM



We are looking for breakfast hosts! Host a breakfast and raise money for Question persuade and Refer (QPR) training in your community. QPR training gives people the life skills to help someone who is suicidal. LA 519's core objective is to provide this training across Monaghan and Cavan via schools, GAA clubs and workplaces.
[@LA5_19](https://www.instagram.com/LA5_19)

WOW!

**NUMBERS
IF YOU
NEED
THEM**



If it's an emergency, Dial 999/112

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

116 123

jo@samaritans.ie www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

**ISPCCC
Childline**

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat - www.childline.ie

SPUN OUT

SpunOut.ie
@SpunOut
SpunOutMedia

HE Seirbhís Sláinte
& Fórsaí Building a
Better Health
Service

Connecting for Life
Nósnála, Iarthair agus Abú

**your
mental
health.ie**

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

text about it

TEXT HELLO 50808

A free 24/7 text service, providing support for people going through a mental health or emotional crisis - big or small.

www.text50808.ie

CONTACT YOUR GP OR GP
OUT OF HOURS SERVICE

MIDOC
1850 302 702

NEDOC
1850 777 911



Do you need someone to talk to right now?

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808.**

If your life is in imminent danger, please call 999.

We can help with urgent issues such as:

- Suicidal thoughts
- Self-harm
- Anxiety, panic or stress
- Depression or sadness
- Isolation or loneliness
- Relationship challenges
- Abuse or assault
- Bullying

Get help now

For free 24/7 support in a crisis, text **HELLO to 50808.**

If your life is at imminent risk, call 999 for emergency help.

[TEXT 50808](https://www.cavanmonaghanservices.ie/text-50808)

Do you need someone to talk to right now?



text about it

50808



The Creative Tech Fest 2021 Monthly Awards Are Live!
Pick your category! Create and Invent your idea!
Tá na Gradaim Creative Tech Fest 2021 Ar Oscailt Anois!
Roghnaigh do Chatagóir!
Cruthaigh agus Múnlaigh do Smaoineamh!

[Submit / Nasc Your Award Entry](#)

[Read The Award Guidelines](#)

This is open to any young person supported by a staff or volunteer who has completed a TechSpace training with Camara Ireland. All entries will be uploaded to this year's Creative Tech Fest Virtual Reality Gallery and celebrated during our Annual Awards Ceremony Broadcast on the 28th of October!

Uaslóidailfear gach iontráil chuig Gailliarí Fíorúil Creative Tech Fest na bliaina seo agus tabharfar aitheanas dóibh i rith Shearmanas Bliantúil na nGradaim ar an 28ú Deireadh Fomhair.

www.cavanmonaghanservices.ie local services and supports directory

WOW!

WHAT'S ON WHERE IN MONAGHAN

