



**WHAT'S ON WHERE IN MONAGHAN**

**NEWSLETTER**

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

**Issue 23**

**13/11/2020**



Well done to the people of Monaghan who have stayed home and are flattening the curve yet again!!!



Welcome to the 23<sup>rd</sup> edition of our electronic information bulletin, **WOW**. In this weeks edition its all about activities for parents babies young children and teens as well as info on local and national supports.

- **New exciting Music and Me for babies, toddlers and parents**
- **New WellÓige free online events for teens**
- **Information on webinars happening for parents and professionals supporting young people with autism**
- **'An Introduction to Psychological First Aid for Teachers and Community Volunteers**
- **Stand up Week Nov 16-20<sup>th</sup> send pics in of your events**

Thanks for your continued support to share this electronic newsletter and please contact us should you wish to promote any online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.

WOW is published on the second and last Friday of each month - email items to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie) previous issues available [here](#)



Cavan and Monaghan  
Networks Event

Save the  
Date

4th December  
10am to 11.30am  
Guest Speaker  
Jacintha Kitt

Our chance to celebrate  
our fantastic networks

JOIN US ON THE DAY  
FROM THE COMFORT OF  
YOUR OWN LAPTOP VIA  
ZOOM



TUSLA



## Cavan and Monaghan Annual Networks Networking Event

by Cavan and Monaghan CFSN, PPFS  
and CYPSC

Everyone is disappointed that we cannot hold our event this year the way we have always done it, but we are delivering an online relaxed and enjoyable event to celebrate our fabulous networks.

We promise to make this as enjoyable as possible without us all being together. We hope as many people can join us for our first online networking event. We have the fantastic Jacinta Kitt joining us the morning as a guest speaker .

**Book your place by Monday 23rd  
November to ensure you are  
included for your surprise !  
Dont miss out.....**

<https://www.eventbrite.ie/e/cavan-and-monaghan-annual-networks-networking-event-tickets-127984219245>



**Music Generation  
Cavan/Monaghan**  
an Chabháin/Mhuineacháin



# Music and Me!



It's Free

A 3 week musical experience for children aged 0-3 and their parent(s). Each weekly session will be delivered on Zoom and will run from the week beginning 30th Nov - week ending 20th Dec. Please fill out the form at the link below to register your interest.



Comhairle Contae  
an Chabháin  
Cavan  
County Council



An Roinn Oideachais  
agus Scileanna  
Department of  
Education and Skills

Music Generation is Ireland's National Music Education Programme. A Music Network Initiative, co-funded by U2, The Ireland Funds, The Department of Education and Skills and Local Music Education Partnerships



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

Here is a link to the expression of interest form:

[https://docs.google.com/forms/d/e/1FAIpQLSeoz-CntpagZ0n---UKm0JikvVtxjQTpML72Zmip503foNDYw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeoz-CntpagZ0n---UKm0JikvVtxjQTpML72Zmip503foNDYw/viewform?usp=sf_link)



**Barnardos**  
Online Safety  
Programme



## Online Safety Webinar for Parents

Delivered via Zoom by an experienced trainer, they are 45 minutes in length, with Q+A after. Attached is more information about the content, but you can sign up for a time and date that suit you on their website here - <https://www.barnardos.ie/learning-development/training/training-events-courses?k=&df=&dt=&c=42309&l=>

Here are the 3 dates that are available;

Tues 24<sup>th</sup> Nov @7pm

Wed 2<sup>nd</sup> Dec @1pm

Tues 8<sup>th</sup> Dec @7.30pm

New project to support Mums and Children in recovery from domestic violence and abuse

**WOW!**

## TLC KIDZ PROJECT

The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse.

At the core of this is the TLC KIDZ Programme. This is a 12-week group work programme for children and their mothers who have experienced domestic abuse.



  
**Barnardos**  
Because childhood lasts a lifetime

Please Contact:  
Eimear Kilpatrick,  
TLC KIDZ Coordinator  
086 060 0616  
[eimear.kilpatrick@barnardos.ie](mailto:eimear.kilpatrick@barnardos.ie)

### Referral criteria:

- Open to children between the ages of 5-16
- For children residing within counties Cavan and Monaghan
- Separation has occurred



## AN INTRODUCTION TO PSYCHOLOGICAL FIRST AID FOR TEACHERS AND COMMUNITY VOLUNTEERS

WHERE WE ALL BELONG

GAA

Hear from local GAA players, **Raymond Galligan** and **Sharon Courtney**, on how they are coping during these difficult times, hear some simple but effective messages from local HSE and NEPS Psychologists on how we can look out for and support one another, and find out about local services available to support people during these difficult times.

The event will conclude with a short Q & A involving local Psychologists **Dr. Aedamar Bergin** and **Philip Clarke**, along with the National GAA Community & Health Manager, **Colin Regan**.



**Alan O'Mara**  
Guest MC



NOV.  
16<sup>TH</sup>



7PM  
8PM

Visit [yourmentalhealth.ie](http://yourmentalhealth.ie) for information on #mentalhealth & services

**JOIN THE WEBINAR**  
[bit.ly/3eKoQ2N](http://bit.ly/3eKoQ2N)



Seirbhís Sláinte  
Níos Fearr  
á Forbairt



An Roinn Oideachais  
Department of Education

HSE Cavan Monaghan in partnership with National Educational Psychological Services (NEPS), Cavan and Monaghan GAA and Monaghan Education & Training Centre invite you to:  
"An Introduction to Psychological First Aid for Teachers and Community Volunteers" click the link to register

<https://t.co/yX9a8wxnfc?amp=1>



# Bereaved Children's Awareness Week

Children grieve too

# Week

23-27 November

[childhoodbereavement.ie](http://childhoodbereavement.ie)



proudly supported by **TUSLA**  Irish Hospice Foundation

We're hosting a special webinar for anyone who is supporting bereaved children during Bereaved Children's Awareness Week. Join us on Monday 23 November. It's free but you need to register. More details: <https://bit.ly/3eE6TCY> Proudly supported by [@IrishHospice](#) and [@tusla](#)





# FREE Online Events for TEENAGERS

Want to register? Go to [www.eventbrite.ie](http://www.eventbrite.ie) and search for "Wellóige" and book your place on one or all of our events

WELLÓIGE



## SELFIE CARE PROGRAMME Female Group Only

> Feeling drained with being online. Take time out for yourself and get rejuvenated. Starts Saturday 21st November. 12.00 - 1.30pm.

## RED EYE 30 MIN FITNESS CLASSES

> @ 6.45am with fitness guru Coach Shane Rice  
> Starts Monday 23rd November  
> For all fitness levels



## TEENAGE KICKS BOOT CAMP

> Tuesdays and Thursdays 6.30pm - 7.10pm  
> It is fun, it is free and it is for Teenagers of all fitness levels.  
> Starts Tuesday 24th November

## ZUMBA MAYHEM 13-16 Year olds Females

> Tuesday and Thursday from 6.30pm - 7.10pm  
> Starts Tuesday 24th November  
> With renowned Zumba and fitness instructor Pamela Treanor



## TRUAGH FORÓIGE CLUB YOUTH MENTAL HEALTH VIDEO LAUNCH

> Monday 30th November at 7pm. #You Matter

## COOKERY DEMONSTRATION

> Sunday 6th December at 5pm  
> Make it. Cook it. Eat it. Love it with Award winning baker Eabha Campbell



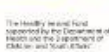
## "YOUNG OFFENDERS" COMEDY WORKSHOP

> Sunday night 13th December 7pm - 9pm  
> With Young Offenders cast members join Billy Murphy and Sergeant Healy

To book a place go to [www.eventbrite.ie](http://www.eventbrite.ie) and search for "Wellóige" or contact

Shane Cowley 086 413 5544  
Siobhan Collins 086 020 9181  
Colin McAree 086 648 1459

FITTER HEALTHIER HAPPIER  
Enabling young people to take charge of their health & well being



WELLÓIGE  
Free online  
programmes  
and events  
for teens.  
Something to  
suit  
everyone!

**LOW!**



**MentorMe** is a mentoring programme from Foróige where a young person chooses a mentor from their own social circle. This could be either someone from their extended family like aunts, uncles or cousins. It could also be a neighbour or coach.

Foróige staff will help young people to connect with the person they've chosen and support them for the first six months of their journey.



Contact Yvonne Mc Manus 086 0481992 for more info.

## BENEFITS FOR YOUNG PERSON

The mentor is someone the young person already knows, trusts, and enjoys spending time with.

- Trusting and supportive relationship
- Advice and guidance
- Ongoing positive encouragement
- Enjoyment and fun



## HOW IT WORKS

- 1 Young person identifies possible mentors and chooses one
- 2 Young person's guardian agrees to the mentor chosen
- 3 A request is sent to the mentor
- 4 Mentor accepts role and agrees to mentor young person
- 5 Mentor and young person meet regularly in the initial weeks
- 6 Focus on support goals for the young person

MENTORME PROJECT OFFICER:

.....

Contact Yvonne Mc Manus 086 0481992 for more info.

# AN ASIAM.IE WEBINAR

**AUTISM AND THE LAW: RIGHTS & ENTITLEMENTS**

NOVEMBER 25<sup>TH</sup> | 19:00

WITH



## JULIE AHERN

LEGAL & POLICY MANAGER, CHILDREN'S RIGHTS ALLIANCE

### SPEAKING POINTS

- CHILDREN'S RIGHT'S ALLIANCE
- THE SERVICE
- THEIR LEGAL & POLICY WORK

SuperValu

# AN ASIAM.IE WEBINAR

**AUTISM AND THE LAW: RIGHTS & ENTITLEMENTS**

NOVEMBER 25<sup>TH</sup> | 19:00

WITH



## GARETH NOBLE

LITIGATOR IN THE AREA OF CHILDREN WITH DISABILITIES

### SPEAKING POINTS

- ASSESSMENT OF NEED
- REDUCED TIMETABLES
- RIGHT TO A SCHOOL PLACE/RESOURCES
- ACCESS TO FINANCIAL SUPPORTS

AS I AM .IE

sIAM & @SuperValuIRL

are delighted to announce our next Community Support Webinar 'Autism and the Law: Rights and Entitlements', taking place Wednesday, Nov 25th at 7pm. It will feature guest speakers Julie Ahern & Gareth Noble. Register for free below:

[https://us02web.zoom.us/webinar/register/WN\\_A885rZ70TpuDFXtimEc0Ug](https://us02web.zoom.us/webinar/register/WN_A885rZ70TpuDFXtimEc0Ug)

# Tips on helping your child build resilience

## Recognising anxiety in your child

### How to Raise a Resilient Child With Strong Coping Skills

#### 1. Strike a Balance Between Supporting and Overprotecting

Let your child struggle with a problem – it stretches your child's mind, creating new connections and helping them develop solutions.



#### 3. Encourage Children to Solve Their Problems

Replace rescuing with coping skill education to help them learn to help themselves. Provide a coping skills box with a list of activities or items to help soothe strong emotions – a weighted blanket, puzzles, putty, and fidget toys.



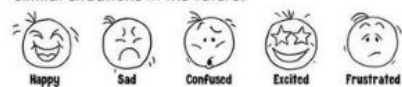
#### 5. Help Children Determine Their Threshold and Set Their Boundaries

If you sense your child becoming overly frustrated, identify physical symptoms you see and offer supportive solutions.



#### 2. Help Children Identify Emotions and Appropriate Responses

Behind every behavior is an emotion. Recognize these emotions, label them, and then work through them to help children develop skills to deal with similar situations in the future.



#### 4. Model the Skills and Behavior You Want Children to Exhibit

Take advantage of your own difficult moments to help children learn how to navigate big feelings. When traffic is making you late and you want to rage, breathe. Tell your child what you are doing and why.



Big Life Journal

### 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

#### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



#### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



#### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



#### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



#### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



#### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

### FOCUS

#### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



#### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.



Some free training available for parents and professionals supporting young people with autism



<https://www.middletownautism.com/training>

18  
NOV  
2020

Autism and the Post Primary School Programme (Joint Event)

## Autism and the Promotion of Positive Behaviour

Trainer: Frances O'Neill

📍 Online Webinars Middletown Centre for Autism Middletown

[View details](#)

[Register now to book](#)

**Booking closes**  
Monday 16 Nov 2020  
7pm

19  
NOV  
2020

Autism the Facts, The Teenage Years

## Autism and Anxiety Management

Trainer: Breiffni O'Reilly

📍 Online Webinars Middletown Centre for Autism Middletown

[View details](#)

[Register now to book](#)

**Booking closes**  
Monday 16 Nov 2020  
12am

# Welcome to Cavan and Monaghan AEGIS

*Our Centres are open to the public at present  
but due to Covid -19 meetings are by appointment only.  
We are here to support you at this time!*

## Cavan and Monaghan Education and Training Board Adult Education, Guidance and Information Service

### What we do

We aim to provide adults with the Guidance, Information and Advice needed to help them make the correct decisions regarding their education, training and career choices. We are a professional, confidential and impartial service and are here to help in these uncertain times.

### Remote Support

We can deal with your queries over the phone, by email or via video call on Zoom or Microsoft Teams. We are also available every morning to chat online via our chat service on [www.cmetbadultguidance.ie](http://www.cmetbadultguidance.ie) between 10am-1pm

## How you can reach us

MONAGHAN

CAVAN

047 30 800

049 437 7001

[aegis@cmetb.ie](mailto:aegis@cmetb.ie)

[cavanaegis@cmetb.ie](mailto:cavanaegis@cmetb.ie)

Visit

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

for full information and contact details

**Stay safe. Stay positive. Stay connected.**



Feel like getting back to  
education or a career  
change - contact Adult  
Education Guidance and  
Information service



EUROPEAN UNION  
Investing in your future  
European Social Fund

Rialtas na hÉireann  
Government of Ireland



## Childline

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

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

Helpline: **1800 66 66 66**

Freetext – **50101**



# tearmann

**DOMESTIC ABUSE SERVICE**

Email: [tearmanndvs@eircom.net](mailto:tearmanndvs@eircom.net)

Phone 0858102433

0873654101

0873654279

## Parentline

The national helpline for parents

[www.parentline.ie](http://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](http://www.womensaid.ie)



Standing Up for

# LGBT+ YOUNG PEOPLE

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

belong<sup>TO</sup>



## BEING LGBT+ AND COMING OUT

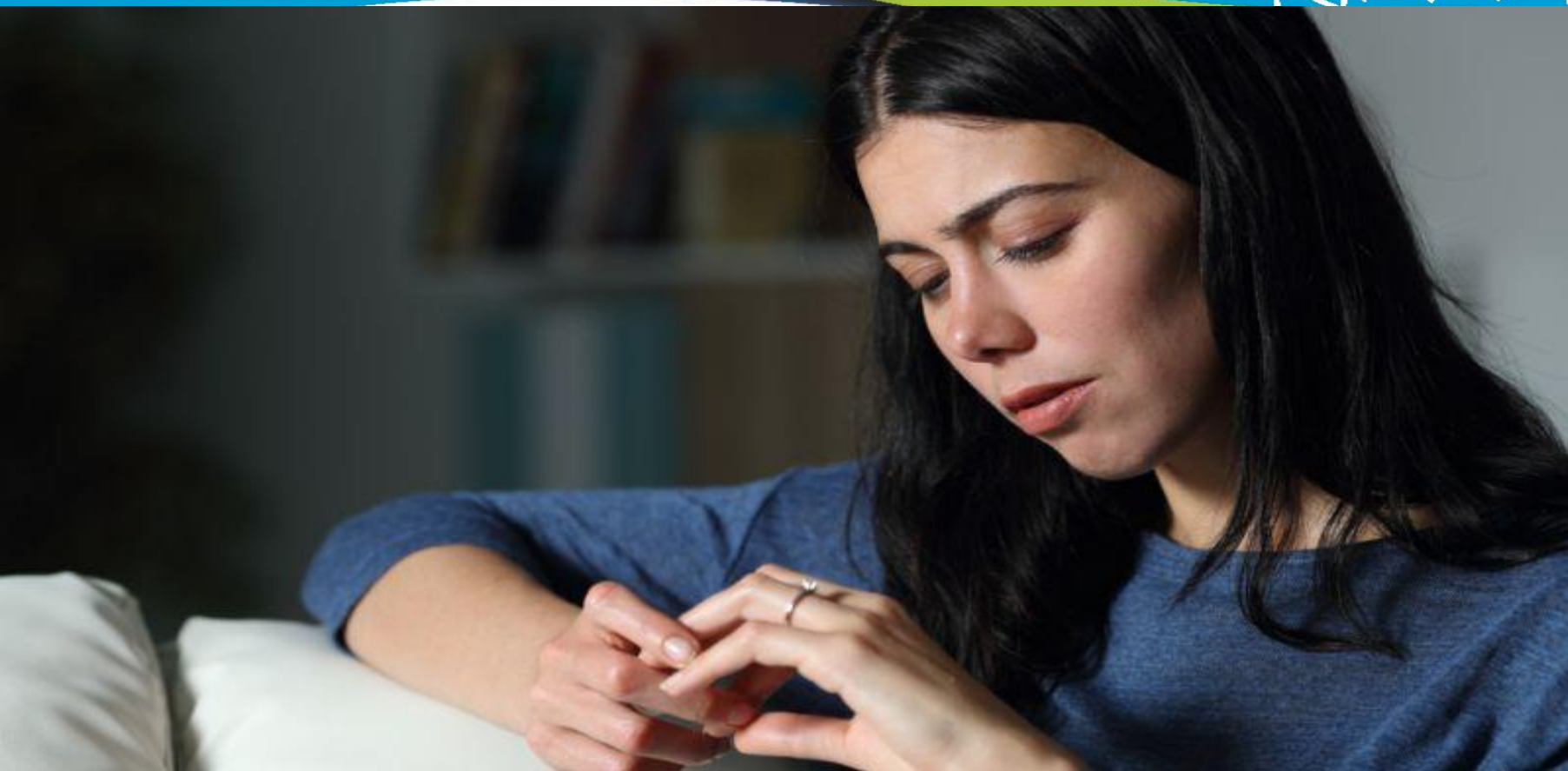
To help you prepare for **Stand Up Awareness Week (Nov 16-20)** we have created 3 In-Class Videos with Lesson Plans for you to share with your students.

<https://t.co/BLJrtZDDA5?amp=1>

Send some pictures in to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie) on how you supported stand up week in your work place, college, youth organisation school or creche.



Resources  
For  
Schools



If you are experiencing abuse, it can be difficult to open up but talking to someone about what is going on is a good first step. Learn more about your rights and supports that are available for you.

<https://spunout.info/3km8E96>



Youth Work Ireland  
Cavan Monaghan

# We're still here for you!

During Level 5

**Our Youth Centres and Projects will remain open  
for young people for support and help.**

**We can still work with young people in small  
groups, 1 to 1 and online.**

**Contact your local centre or get in contact**

**Snap-@youthcafe**

**FB- ywimonaghan1**

**Insta YWI\_CM**

**www.ywimonaghan.ie**

Call 042 9751979 , email info@ywimonaghan.ie



Youth Work Ireland  
Cavan Monaghan



cmeth  
Board Odochtóirí agus Oifigí  
an Chláirín agus Mhúinteoirín  
Cavan and Monaghan  
Education and Training Board

Peace



Northern Ireland - Ireland  
European Regional Development Fund

## Journeys



citizenship

personal  
development

one-2-one  
support

achieving  
personalised  
goals

group work &  
team building

QQI Level 3

good  
relations

leadership

Requirements: living in Cavan or Monaghan, aged 16-24 yrs,  
not in education, training or employment

For referrals or more information, contact:

Amy 087 978 7709 amy@ywimonaghan.ie

Lisa 087 710 9249 lisa@ywimonaghan.ie

Susuanna 087 339 7767 susuanna@ywimonaghan.ie



An Fionn Lárnál  
Agnal Síochána Oige  
Department of  
Children and Youth Affairs

A PROJECT SUPPORTED BY THE EUROPEAN UNION'S  
PEACE IV PROGRAMME, MANAGED BY THE  
SPECIAL EU PROGRAMMES BODY (SEUPB).



Northern Ireland  
Executive

www.northernireland.gov.uk

## Peace4Youth



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Help is at hand for your emotional wellbeing



Connecting for Life  
Cavan and Monaghan



If you are experiencing distress or worried about someone,  
please know that help is available.

Contact your GP, or out of hours North East Doc on Call  
on 1850 777 911 (6pm – 8am, Mon-Fri and 24 hrs at weekends).

The following supports are anonymous, free and available  
24/7, 7 days a week:

**Samaritans - Freephone 116 123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)**

**Pieta House – Freephone 1800 247 247 or text HELP to 51444**

**Text 50808 – Text YMH to 50808 or visit [www.50808.ie](http://www.50808.ie)**

**Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or call save 1800 111 888**

text about it

50808

116 123

SAMARITANS  
IRELAND

pieta

yourmentalhealth.ie

Information | Support | Services

# Children's Rights, Alcohol & other drugs

FREE Webinar Series



Webinar 1: Nov. 18<sup>th</sup>, 2-3.30pm

## SPEAKERS

Siobhan Cullen, Head of Dept of Law & Humanities, LYIT. 'Children's Rights Framework in Ireland'.

Dr Helen McMonagle, Alcohol Forum. 'Realising Rights and Responsibilities – Alcohol and Other Drugs and Adolescent Brain Development.'

## Other inputs from:

Comhairle Na nOg, Monaghan

An Garda Síochána

North East Regional Drug & Alcohol Task Force



First of 2  
free  
webinars

Brought to you by Cavan & Monaghan CYPSC's, Cavan & Monaghan Education & Prevention Sub Groups & the Alcohol Forum

Further information: [info@alcoholforum.org](mailto:info@alcoholforum.org)

**Nov 18, 2020 2:00 – 3.30pm**

**Alcohol & The Rights of the Child' - Webinar 1**

Please click the link below to join the webinar:

<https://zoom.us/j/92626821615?pwd=c1NpVjRhVERESkFHeVNaN29KdHVEUT09>



**Second  
of 2 free  
webinars**

Brought to you by Cavan & Monaghan CYPSC's,  
Cavan & Monaghan Education & Prevention Sub  
Groups & the Alcohol Forum  
Further information: [info@alcoholforum.org](mailto:info@alcoholforum.org)

## Children's Rights, Alcohol & other drugs

**FREE Webinar Series**



**Webinar 2: Nov. 25<sup>th</sup>, 2-3.30pm**

### SPEAKERS

Louise McColloch, PHD Candidate TCD, "Children living with Alcohol or other Substance Use"

Annie Nugent, ENDpae family support group 'The Rights of Children impacted by Fetal Alcohol Spectrum Disorder'

### Other inputs from:

Multiple Adverse Childhood Experiences programme (MACE)

Family Addiction Support Network

North East Regional Drug & Alcohol Task Force

**Nov 25, 2020 02:00 – 3.30**

## **Alcohol & The Rights of the Child - Webinar 2**

Please click the link below to join the webinar:

<https://zoom.us/j/97109949636?pwd=dIBNNUhIRnNBU2RFSDNXNnJjMk94UT09>



## **NEW: Wellbeing Campaign Together – Gov.ie**

ISL Translation on Healthy Ireland website – Wellbeing Campaign Together

Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.

<https://www.gov.ie/en/campaigns/healthy-ireland/?referrer=http://www.gov.ie/healthyireland/>

Keep an eye here for ISL translation on each category in the next few days

- ◆ Eat well
- ◆ Think well
- ◆ Be well
- ◆ Policies
- ◆ Supports
- ◆ Get involved



CYPSC are pleased to be a partner in Government's "Keep Well" Campaign to promote national resilience over the Winter months  
More info [here](#)

# RINKA:

## Kids fitness for pre-school children FREE



**LOW!**

To register

[https://www.eventbrite.ie/  
o/monaghan-sports-  
partnership-9906501466](https://www.eventbrite.ie/o/monaghan-sports-partnership-9906501466)

Every Tuesday and Thursday at 11am  
**Starting Tuesday the 17th of November**

Rinka, is leading the way in making exercise fun for kids. Rinka classes are all-inclusive and age appropriate and focus on making fitness fun for all, in a non-competitive environment. Each Rinka class is full of positivity and happy vibes, helping young children develop their self-confidence and communication skills. Classes help improve children's agility, balance and coordination, keeping them active and having lots of fun!!

These classes are delivered via **Zoom** by Rinka Monaghan specialist instructor **Emma Rooney.**

These classes are absolutely **FREE** for pre-school services in county Monaghan. However, pre-registration is essential.

 **SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS



To register your pre-school service please visit:  
<https://monaghansportspartnerhip.eventbrite.ie/>





Child  
Talks  
2020

**#WorldChildrensDay**

Friday, November 20th, 11am



## **Child Talks 2020 – A Day in my Life**

Child Talks is an annual event marking World Children's Day that features a number of children and young people (up to 18 years) sharing important stories about their lives, which highlight an issue that's important to them and children's rights.

Head over to <http://OCO.ie> on [#WorldChildrensDay](#) this November 20 at 11am to watch the show [#ADayInMyLife](#)



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 the second and last Friday of each month to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)
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.



# WOW!

WHAT'S ON WHERE IN MONAGHAN

