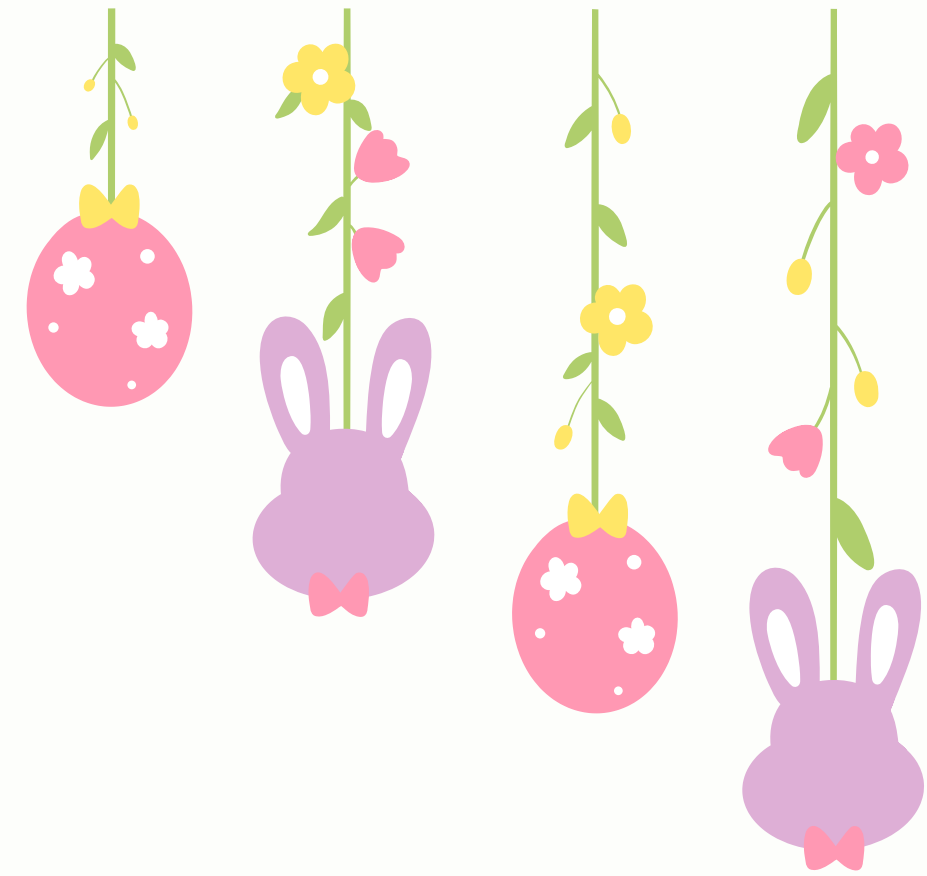


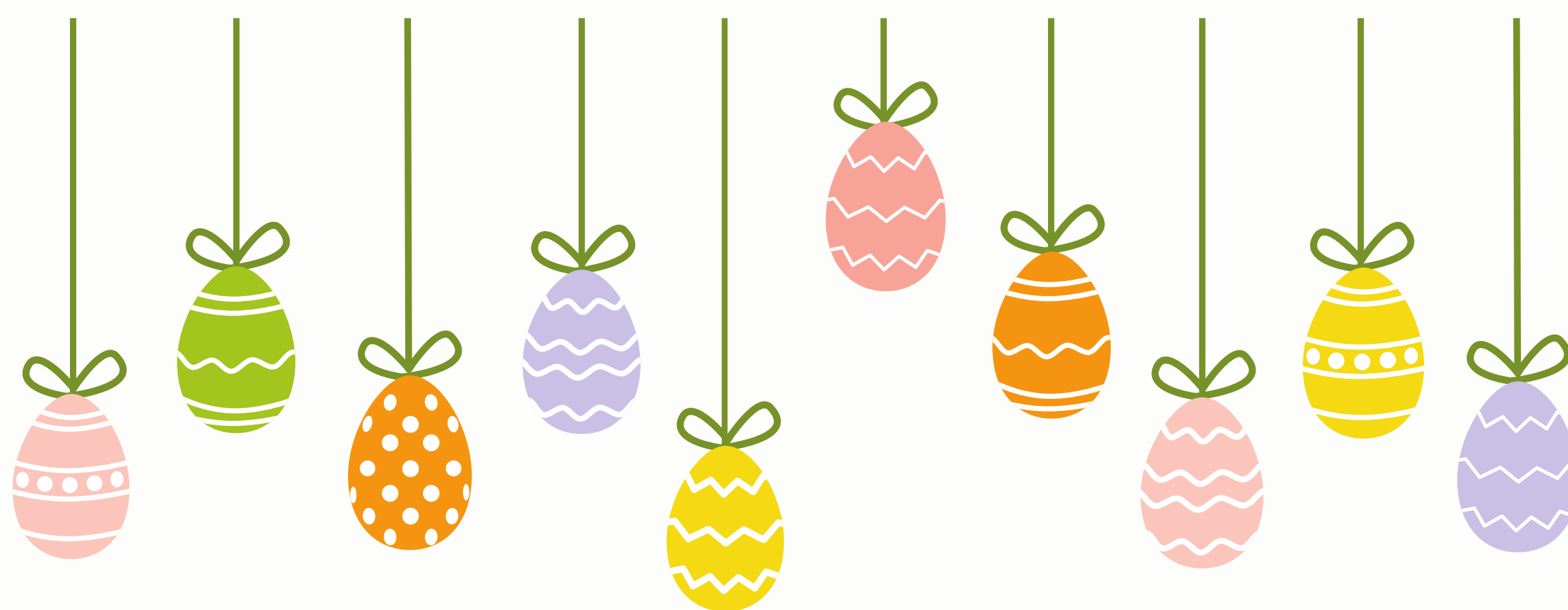
28/03/2024

**WOW!**



# What's On Where In Monaghan

Issue 65



**Welcome to our 65th edition of WOW!!**

**In this edition we have information on....**  
**Sibshops for siblings of children with additional needs**  
**GAA for all with Monaghan Sports Partnership**  
**A walk for DÁIRE on 21st April in Rossmore Park**  
**Free Baby Massage programme**  
**Free Songbird Stories in the library**

**Have a fabulous Easter everyone!**





SCAN FOR SURVEY OF INTEREST FORM



LINK ON MONAGHAN GAA WEBSITE

MONAGHAN GAA COACHING & GAMES IS HOSTING A "GAA FOR ALL" EASTER CAMP 2024

VENUE: CLOGHAN



AGE: 4-12 WITH ADDITIONAL NEEDS

TIME: 11- 1PM  
DATE: 26 & 27 MARCH

FOR FURTHER INFORMATION PLEASE CONTACT  
MACAYLA GREENAN 085 164 4037



*Lets get active in 2024 with Monaghan Sports Partnership*

Monaghan Sports Partnership has a huge and varied range of activity programmes and training and education opportunities coming up in Spring 2024.

There will be activities targeted at all ages and abilities, which will be spread widely across the County.

Several activities and training and education courses with further updates on future programmes will follow in due course. For more information on all activities click on the link to the MSP Eventmaster registration page. Please note that registration for all MSP activities is through the following Eventmaster link unless stated otherwise below.

Monaghan LSP Eventmaster:  
[https://eventmaster.ie/whatson/Monaghan\\_Sports\\_Partnership](https://eventmaster.ie/whatson/Monaghan_Sports_Partnership)

# A WALK FOR DAIRE

Honorary Garda Daire Gorman's Garda colleagues in Louth/Cavan/Monaghan are fundraising for Daire by taking part in a 5KM walk with Daire in Rossmore Park, Monaghan on Sunday, 21st April at 10am. We are so proud of Daire who has made the Belfast Trailblazers Powerchair Football Team, and his team are taking part in the Powerchair Football EPFA Champion's Cup in Paris, France from the 16th – 23rd June, 2024. All team members have to pay their own costs. We are hoping to raise enough money to send Daire, his parents Kenny and Shelly and his sister Aoife to Paris for the week and to Disneyland Paris for a few days aswell. After a tough year last year with Daire in daily pain, he needs another 2-3 operations on his legs this year. Any monies left over will go directly to Daires family for help with the ongoing costs for Daires care. We want Honorary Garda Daire to know that he'll never walk alone. You can donate below on his go fund me page and please share to help us get the word out. Thanks

<https://gofund.me/472a0272>

**You'll Never Walk Alone**

**WOW!**

Scan Here To Donate

**A WALK FOR DAIRE**

Family 5km Walk

**Rossmore Park, Monaghan**

Sunday, 21 st April 2024, 10am.

Organised by Daire's friends and colleagues at  
An Garda Síochána Louth/Cavan/Monaghan

To help fund Daire's Powerchair Football  
EPFA Champion's Cup in Paris, France  
and ongoing costs for Daire's care.

<https://gofund.me/472a0272>



Teach na nDaoine Family Resource Centre,  
Oriel Way, Monaghan

## Child & Family Activities (Children with Additional Needs)

January to June 2024

ALL  
activities  
are free of  
charge!

### Creative Class Support Group

Weekly on Thursdays - 29th Feb to 21st March - 10am - 12pm  
No experience necessary - Materials Provided

Catherine from Sew Arty will run a creative class, for parents of children with additional needs, creating an artistic project together, along with Pam Fausset to provide practical support to build on parenting skills.



### Sibling Support Online Seminar

To support Siblings of Children with Additional/Medical Needs  
Tuesday 12th March, 7.30 - 8.30pm

Facilitated by Liz Fitzpatrick and Linda Foley of Sibshop Ireland, this online seminar offers information on how to support children who have a sibling with additional needs and information on what those siblings would like parents to know.



### Moo Music (For children birth to 6 years old)

Thursday 28th March - 2 sessions - 10am & 11am

Fun and interactive music experience which encourages children and adults to take part. Music has been found to be beneficial in childrens' developmental skills. This session is aimed at children with additional needs. Siblings Welcome!



### Sibshop Workshop (For children 8 to 12 years old)

Wednesday 3rd April - 2pm-4.30pm

Following on from the online Sibshop seminar, Liz Fitzpatrick and Linda Foley of Sibshop Ireland will run a fun workshop for siblings of children with medical or additional needs.



### OT Led Sensory Play (For children 4 to 8 years old)

Thursday 4th April - 2 sessions - 10am & 11.30am

An Occupational Therapist-led workshop for children with additional needs exploring child-led sensory and messy play.



To book any of the above activities please contact Teach na nDaoine FRC:  
phone 047 71398 - Mon to Thurs 9.30am to 4.00pm, Fri 9.30 to 1pm  
or email - [info@teachnadaoine.com](mailto:info@teachnadaoine.com)

**LIMITED PLACES - BOOKING ESSENTIAL**

# Teach na Daoine



Parents,  
grandparents &  
all care givers  
welcome!

## MONAGHAN PARENT AND TODDLER GROUP

at Teach na nDaoine main hall

Small lunch  
provided

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday in the  
month from 11am - 12.30pm .

Suitable for new born to 3 years.





# OT LED SENSORY PLAY WORKSHOP



SENSORY EXPLORATION

FOR CHILDREN WITH ADDITIONAL NEEDS  
AGED 4-8 YEARS OLD

THURSDAY 4TH APRIL -  
2 SESSIONS 10AM & 11.30AM

BUILDS ON GROSS  
AND FINE MOTOR  
SKILLS

Please note that places will be allocated to groups depending on age, stage & sensory preferences once forms received & assessed by our Occupational Therapist.

SOCIAL  
ENGAGEMENT

TEACH NA NDAOINE FAMILY RESOURCE CENTRE,  
MONAGHAN

To book your child's place please complete form via QR Code on or before 02/04/2024, Email [info@teachnadaoine.com](mailto:info@teachnadaoine.com) if you experience any difficulty in accessing form.

LIMITED PLACES - BOOKING ESSENTIAL



CHILDREN WITH  
ADDITIONAL NEEDS  
MOO MUSIC  
INTERACTIVE  
MUSIC  
CLASSES  
AGES 0-6  
SIBLINGS WELCOME



Moo Music is a fun and interactive music session for 0 to 6 year old children and their parents, grandparents or carers too, where the children sing, dance and play.

TEACH NA NDAOINE  
FAMILY RESOURCE CENTRE  
THURSDAY - MARCH 28TH

Session 1 - 10.00am -10.45am  
Session 2 - 11.00am -12.00am

LIMITED NUMBERS-BOOKING ESSENTIAL

To book your place contact:

Tel: 047 71398 -

Mon -Thur - 9.30am-4pm, Fri 9.30am to 1pm

Email: [info@teachnadaoine.com](mailto:info@teachnadaoine.com)





# SIBSHOP WORKSHOP



Healthy  
Monaghan



Free Support workshop for siblings  
of children with medical and  
additional needs

**FUN-FILLED  
GAMES**

**WEDNESDAY, 4TH APRIL  
2-4.30PM**

**MEET OTHER  
SIBLINGS**

**TEACH NA NDAOINE FAMILY RESOURCE CENTRE**

**BONDING  
ACTIVITIES**



Ages 8-12  
Numbers limited, Booking Essential  
to book your place, complete form via QR Code  
or email [socialprescribing@teachnadaoine.com](mailto:socialprescribing@teachnadaoine.com)



**FOR MORE INFORMATON ON SIBSHOPS VISIT SIBSHOP IRELAND ON FACEBOOK**

NEW SOCIAL GROUP  
FOR  
NEURODIVERGENT  
TEENS!  
AGES 13-16  
COMING  
SOON..!



For more details email Kellie-ann: [NDteens@gmail.com](mailto:NDteens@gmail.com)







## Carrickmacross Toy Library

On the first Sunday of every month we hold a 'Tiny Tidy Towns' litter pick to encourage little ones and their parents/caregivers to play a part in looking after their local environment.

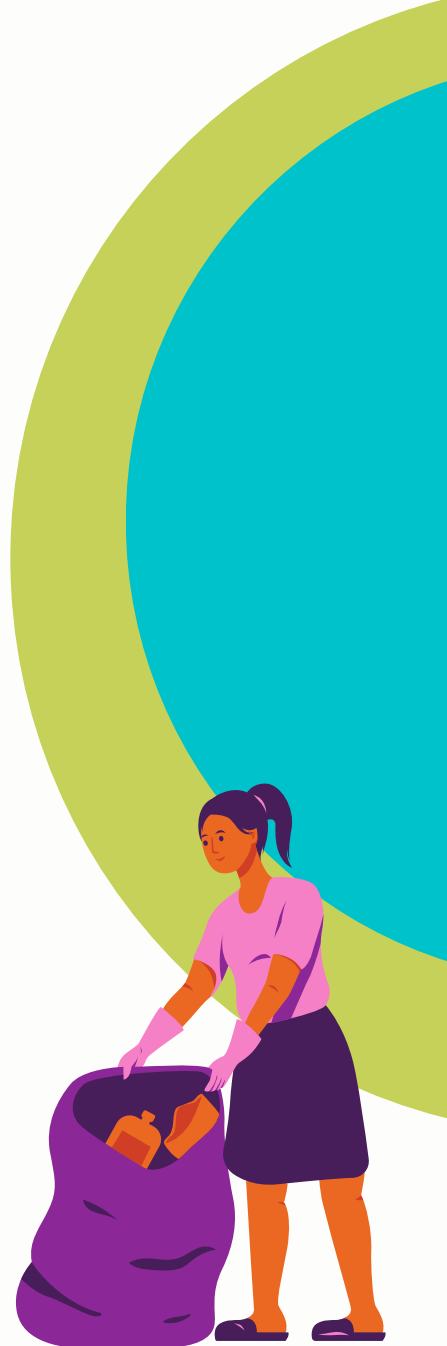
The next litter pick will be Sunday 7th April at 10:30am, meeting at the Civic Centre carpark in Carrickmacross (opposite Aldi).

We provide sacks and pickers, and all are very welcome to attend.....there is no upper or lower age limit!

**Litter Pick**

Meet at the Civic Centre/Library,  
(Opposite Aldi)

**FIRST SUNDAY OF  
THE MONTH, 10.30AM**



# OLSS / ZAMBIA CASH FOR CLOTHES APPEAL



*We Want The Things You Don't*

Saturday 20th of April between  
10am & 4pm

What can I put into the bags-  
YES

Women's Men's & Children's clean clothes,  
Paired shoes, Handbags, Belts, Curtains, Bed linen

NO-

Dirty or wet clothes, Single Shoes, Off cuts of  
material, Uniforms.

Drop of Points-  
Castleblayney Scouts Hall &  
Cremartin GAA Club



# BABY MASSAGE COURSE



BIRTH-12 MONTHS

LEARN HOW TO MASSAGE YOUR BABY.

BABY MASSAGE ENHANCES CONNECTION AND BONDING, IS RELAXING FOR BABY AND PARENT, CAN IMPROVE SLEEP & HELP RELIEVE DISCOMFORT FROM COLIC, WIND, CONSTIPATION.

FREE 5 WEEK COURSE STARTING 9TH APRIL 10-11.30 AM  
CASTLEBLAYNEY CHILD WELLBEING CENTRE A75 RT02.

CONTACT 086 4110464 FOR MORE DETAILS AND TO BOOK



register now  
before it fills  
up!

Cavan/Monaghan

# Why Breastfeed?

**hi**  
Healthy Ireland

**Benefits of breastfeeding for Mum**

- It's free and always available
- Less risk of diabetes, breast and ovarian cancer
- Burns up to 500 calories a day

**Benefits for Baby**

- Enhanced immune system
- Human milk for human baby
- Reduced risk of obesity
- Increased IQ

*Who do I ask about Breastfeeding?*



**breastfeeding.ie**  
Your breastfeeding support network  
HSEBreastfeeding



**La Leche League of Ireland**  
Breastfeeding Help & Information  
lalecheleagueireland.com  
LaLecheLeagueCastleblayney



**friendsofbreastfeeding.ie**  
Breastfeeding mummies in Cavan

*Also you can speak to your HSE Midwife and/or Local Public Health Nurse*

Your nearest breastfeeding Support Group is

**North Monaghan Primary  
Care Unit, St. Davnets  
Campus, Rooskey,  
Monaghan. H18DE78**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday each  
month. 10:30 – 12:00hrs

Logos at the bottom: hi, pobal, LCDC, HSE, NUI Galway, Building a Better Health Service

## Supports for Parents



HSE Health and Wellbeing (CH CDLMS) partnered with the Children and Young People's Services Committees across Cavan Donegal Monaghan and Sligo Leitrim in developing a proposal and EOI for an innovative project of support for parents and parenting. Parent Hub Donegal led out by Lifestart Services, were successful in securing the funding of €11,000.

The purpose of this Parenting Initiative is to provide you as parents with a platform where you can access videos, webinars, and podcasts on parenting related issues. Click [here](#) to access the platform for free

## TLC KIDZ Project

Individual Work and Group Work Programme for children and their mothers who are experiencing or have experienced Domestic Violence and Abuse

  
**Barnardos**  
Because childhood lasts a lifetime



### Please call:

Linda McDonald, TLC Project Coordinator

t: 086 0600 616 or 086 165 3322

e: [linda.mcdonald@barnardos.ie](mailto:linda.mcdonald@barnardos.ie)

TLC KIDZ Project Partners - Barnardos, Tusla Prevention, Partnership & Family support (PPFS), Children & Young People's Services Committees (CYPSC), Tearmann, DARP, Gardai, Family and Community Support Services, Youth Work Organisations and .CMETB/ TESS

RCN 20010027



  
**Barnardos**  
Because childhood lasts a lifetime

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

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

## Interagency Partners of TLC KIDZ Project

- Barnardos
- Tusla Prevention, Partnership & Family support (PPFS)
- Children & Young People's Services Committees (CYPSC)
- Tearmann
- DARP
- Gardaí
- Family and Community Support Services
- Youth Work Organizations
- CMETB



### Referral Criteria

Open to children between the ages of 5-18 from Cavan/Monaghan.

If you would like to make a referral or hear more about the TLC KIDZ Project please contact

**If you would like to make a referral or hear more about the TLC KIDZ Project please contact:**

**Linda McDonald**, TLC KIDZ Project Coordinator, Barnardos  
Tel: 086 0600 616  
Email: linda.mcdonald@barnardos.ie

**Sharon Cullen**, TLC KIDZ Project Worker Barnardos  
Tel: 086 1653 322  
Email: Sharon.cullen@barnardos.ie

### Our Centre:

Barnardos – TLC Kidz Project  
Child and wellbeing Centre  
Bree  
Castleblayney  
A75 RT02

Registered Charity No. 20010027

  
**Barnardos**  
Because childhood lasts a lifetime

  
**Barnardos**  
Because childhood lasts a lifetime



## TLC KIDZ Project Cavan and Monaghan

Group Work Programme for children and their mothers who have experienced Domestic Violence and Abuse

Individual Therapeutic Support for children who are experiencing or have experienced Domestic Violence and Abuse



## The TLC KIDZ Project gives children the opportunity to:

- Talk about hurting in their families and be heard, believed & validated, therefore breaking the silence
- Achieve an understanding that any type of abuse is wrong
- Develop an understanding that they are not responsible for what happened
- Identify & express their emotions
- Learn effective problem-solving skills  
Enhance their self esteem

## Group Work Programme

**Children's Groups** support children begin the healing process by:

- Enabling children to share their experiences with other children
- Exploring ways of expressing their feelings safely
- Helping children understand that the hurting and fighting is not their fault
- Enhancing coping strategies for the future

**Mother's Groups** support mothers to understand how to help their children's recovery by:

- Facilitating the opportunity for mothers to meet other mothers who have had similar experiences and share their feelings
- Exploring the impact that the hurting in the family may have had on their children
- Finding ways to heal from the past and look to the future with hope and confidence

## Individual Work

If children are not yet ready for Group Work we can support them through Individual Therapeutic Work. This support is:

- Trauma Informed Approach
- Needs led and can adapt to the changing needs of the child
- Opportunity to explore complex emotions
- Support to develop healthy coping strategies for stressful and difficult situations
- Key messages and support delivered through child friendly activities





# Songbird Stories

*with Brioni Gallagher*

**Songbird Stories is an Early Years  
Music Programme Inspired by  
Children's Literature**

**Thursday March 7th for 6 Weeks**

**Carrickmacross Library: 10.30am**

**Castleblayney Library: 11.45am**

**Children Age 2-3yrs**

Booking through Libraries  
Carrickmacross (042) 966 1148  
Castleblayney (042) 974 0281

Places limited







### Have you been bereaved by suicide?

You are welcome to join one of our HUGG Suicide Bereavement Support Groups  
Every second Tuesday 7:30pm - 9:30pm  
In person or online.

Our groups are free and led by volunteers who have been bereaved by suicide.

### Volunteering with HUGG

If you're further along in your bereavement journey, you may want to consider volunteering with us to become a support group facilitator.

**To learn more about our support groups or volunteering, please visit our website or give us a call.**

 [www.hugg.ie](http://www.hugg.ie)  01 513 4048

(monitored answering machine)

   @HUGGIreland



CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420



### About HUGG

HUGG is a national suicide bereavement charity. We support adults who have been bereaved by suicide by reducing isolation and stigma and promoting resilience and healing. We offer support groups, information and resources on our website and telephone support.

Our support groups are led by trained volunteers with lived experience of suicide bereavement.

We provide a free, non-judgemental, safe and confidential space where people bereaved by suicide can share their experiences and feelings and receive and offer support to each other.

**To learn more about our support groups or volunteering, please visit our website or give us a call.**

 [www.hugg.ie](http://www.hugg.ie)  01 513 4048

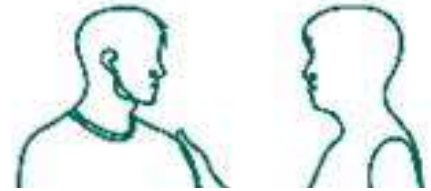
(monitored answering machine)

   @HUGGIreland



CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420





### Let's Talk About Suicide

Let's Talk About Suicide is a free online suicide prevention training programme that helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.



## HSE Cavan Monaghan Suicide Prevention, Self-Harm & Postvention Training Programmes April - December 2024

HSE Cavan Monaghan Mental Health Service, in partnership with the HSE National Office for Suicide Prevention are offering a wide range of free suicide prevention training programmes – both online and in person across Counties Cavan and Monaghan.

Details for the various programmes plus dates and booking links are [HERE](#).

This includes a new free online training programme “Let’s talk about suicide” which takes about one hour to complete.

All programmes listed are free to attend and are aimed at adults over 18 years of age.



# safeTALK

*suicide alertness for our communities*



# ASIST

*Applied Suicide Intervention Skills Training*



# Suicide Bereavement



**Mental Health  
Ireland**



Connecting for Life  
Cavan and Monaghan



**HSE Cavan Monaghan FREE Suicide Prevention, Self-Harm & Suicide  
Bereavement Training Programmes**

Information and registration to attend scheduled workshops is available on:

**[Upcoming events - Booking by Bookwhen](#)**

Queries to Edel Doherty: **[cdlmstraining@pieta.ie](mailto:cdlmstraining@pieta.ie)** or Tel: (086) 394 5957

**If you would like to schedule a Workshop on The Five Ways to Wellbeing\* please  
contact Kim Doherty on 086 383 7607 or email [kim@mentalhealthireland.ie](mailto:kim@mentalhealthireland.ie)**

**\*The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our  
mental health and wellbeing. More details at:**

**<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>**

CAVAN MONAGHAN YOUTH ARTS HUB

# CIRCUS SKILLS WORKSHOP

With Circusful



## Circus Skills Workshop

Date: Monday, April 29

Time: 9.30 – 1.30

Venue: Presbyterian Hall , Bridge St Drumaveil North, Cootehill, Co. Cavan



Join the Cavan/ Monaghan Youth Arts Hub and Circusful for a tailored training designed to enhance your youth work 'toolkit' by adding a range of beginner circus skills!

### How to Book your Place

Click on this Eventbrite link to book your free place for this event:

<https://cm-youth-arts-hub-Apr29.eventbrite.ie>

If you have any questions, please contact [joannebrennan@cmetb.ie](mailto:joannebrennan@cmetb.ie) or [rhona@nyci.ie](mailto:rhona@nyci.ie)

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

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



## 'Moving Beyond the Individual- Why families matter in the alcohol & other drugs field'

**April 3rd, 10-11.30am**

Hosted by AFI's family support team, the key speaker for this webinar is Jennifer McKinney. Jennifer is a lecturer & a systemic psychotherapist with over 20 years experience working with children & families in the areas of social services, Children in Care, CAMHS. She currently specialises in trauma



**Webinar Wednesdays**

Your 'go-to' online learning  
space in 2024

To book :  
[info@alcoholforum.org](mailto:info@alcoholforum.org)



**'Moving Beyond the Individual- Why families matter in the alcohol & other drugs field'**

**April 3rd**

With Jennifer McKinney, Clinical lecturer/Clinical lead for family trauma/Systemic Psychotherapist

**Building Communities free from Alcohol Industry Influence - Why Adopt the I-Mark for community, voluntary and youth organisations in Ireland**

**May 22nd**

With Paula Leonard, CEO Alcohol Forum Ireland

**What works - Understanding why evidence based practice matters in reducing alcohol & other drug harm**

**June 5th**

With Dr Gregor Burkhart Principal Scientific Analyst, European Monitoring Centre for Drugs and Drug Addiction (EMCDDA),

**It's a no brainer- why considering a brain health approach is key to providing support to people with alcohol use disorders**

**June 12th**

With Professor & consultant psychiatrist, Ken Wilson

**Webinar Wednesdays  
(from 10-11.30am)**

**Your 'go-to' online learning  
space in 2024**

**To book:  
[info@alcoholforum.org](mailto:info@alcoholforum.org)**



# Ballybay Youth Centre

**MONDAY** 4th+5th class - Full  
3-4

**TUESDAY** 6th class 3-4 -Full  
Eco Unesco 4-5

**FRIDAY** 1st+2nd years 2-4  
Healthy Minds Group 5-6  
Seniors 7-10

For more info contact Ceara on  
0873961200  
Reserve list in place for full  
groups :)  
New Group Ideas are Welcome

Made with PosterMyWall.com

Youth Work Ireland  
Cavan Monaghan



**BALLYBAY YOUTH CLUB**  
**TUESDAY (FOR 4 WEEKS)**  
**4-5PM**

Booking essential, Spaces limited

Contact Liam: 0877201516

Instagram: include\_ys



The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) funded youth scheme with funding from the National Lottery and administered locally by Cavan and Monaghan Education and Training Board (CMETB).

# CASTLEBLAYNEY YOUTH CENTRE



April 2024

## MONDAY

4:00-5:30 1st & 2nd years Club  
5:45-7:00 Castleblayney CAMRY

## WEDNESDAY

1:30-2:30 Senior Study Hour  
3:00-5:00 Junior Baking (10yrs-6th class)

## THURSDAY

3:00-4:30 Junior Homework Club  
4:00-5:30 Young Men's Soccer (10-13 years)

## FRIDAY

4:00-6:00 Junior Youth Cafe (10yrs-6th class)  
6:00-7:30 1st & 2nd yrs Youth Cafe  
8:00-10:00 Senior Youth Cafe (3rd-6th yrs)

**PLEASE GET IN TOUCH FOR 1-TO-1 SUPPORT**

Contact Amy or Iosa 087 2670105

Youth Work Ireland  
**Junior Youth Cafe**  
Fridays at Castleblayney Youth Centre  
4:00-6:00 Juniors (age 10 - 6th class)  
6:00-7:30 1st & 2nd years

Contact Amy or Iosa  
087 2670105



**Cavan Monaghan**

**AFTER  
CARE**

**SERVICE**



**SUBSCRIBE TO  
OUR  
NEWSLETTER**



**TÚSLA**  
Ireland's Child & Family Agency



**Our Aftercare Drop-In services:**

are a source of support for Care-Leavers who do not have an allocated Aftercare Worker

available to foster carers, residential care staff and any other professionals or key stakeholders engaged with a Care-Experienced person

is a weekly, predictable point of contact



**TÚSLA**  
Ireland's Child & Family Agency



Monaghan Youth Activists are supported through Monaghan CYPSC



**Monaghan Youth Activists**  
**ARE LOOKING FOR YOU**

If you are interested in issues of equality, diversity & inclusion - Are aged 13years+  
Why not join us and make a difference in your county for teens and young adults.

For more details please contact  
[collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie) or 0873494714



# Youth Participation Opportunities



# FAMILY SUPPORT CLINICS

## MONAGHAN



What is a drop-in clinic?



	DAY	TIME	ORGANISATION	EIRCODE
<b>MONAGHAN TOWN</b> (047) 71398	THURSDAY	10AM - 12PM	TEACH NA DAOINE	 H18 D218
<b>CARICKMACROSS PRIMARY CARE</b> (049) 436 9800	WEDNESDAYS	10AM - 12PM	TUSLA FAMILY SUPPORT	 A81 C642
<b>ST. PATS (IPAS)</b> (047) 71398	THURSDAY (FOR RESIDENTS OF ST. PATS ONLY)	4PM - 6PM	TEACH NA NDAOINE	 H18 VX59
<b>CLONES TOWN</b> (047) 52919	MONDAY & TUESDAY	10AM - 1PM	CLONES FRC	 H23 AE75
<b>CASTLEBLAYNEY WELLBEING CENTRE</b> (042) 979 5623	TUESDAYS	10AM - 11:30AM	TUSLA FAMILY SUPPORT	 A81 C642

# ISPCC SERVICES

Find out more at [www.ispcc.ie](http://www.ispcc.ie)

Childline  
by ISPCC



## WHO WE ARE?

ISPCC is a national charity dedicated to enhancing the lives of children and young people; they are at the heart of everything we do.

We do this by providing a suite of relevant services, all under the Childline brand.

Our child-centred services, programmes and supports focus on strengthening resilience and developing coping competencies.

### Our Purpose

ISPCC is for children. We are here to build a nation of resilient children.

### Our Vision

That every child has the skills to cope with life's ups and downs.

### Our Mission

That every child who wants to connect with us can, when and how they want to.

## CHILDLINE LISTENING

Childline is Ireland's 24-hour national listening service for all children and young people (up to and including the age of 18) in Ireland. It is private, confidential and non-judgmental and can be contacted for free from anywhere in Ireland.

Childline can be contacted by any child or young person by calling 1800 66 66 66 or chatting online at [Childline.ie](http://Childline.ie) 24 hours a day, every day.

## GET IN TOUCH



[outreach@ispcc.ie](mailto:outreach@ispcc.ie) to organise a talk for your organisation



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



01-234 2000

## DIGITAL MENTAL HEALTH AND WELL-BEING PROGRAMMES

We offer FREE digital programmes aimed at reducing anxiety for children and young people and digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. A trained member of our Childline team guides and supports each participant through their programme confidentially. For more information, please email [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)

## SMART MOVES

The programme aims to support the emotional resilience of children as they prepare to transition from primary to secondary school. The Smart Moves programme also has a secondary school programme that supports young people as they begin their journey in secondary school or transition into their new secondary school. For more information, please email [smartmoves@ispcc.ie](mailto:smartmoves@ispcc.ie)

## SHIELD ANTI-BULLYING PROGRAMME

The Shield Anti-Bullying Programme aims to support organisations in their efforts to proactively manage bullying and protect children and young people from bullying through prevention and intervention strategies. We offer a Self-Evaluation Tool that organisations can complete to receive Shield Status. For more information, please email [shield@ispcc.ie](mailto:shield@ispcc.ie)

## YOUTH PARTICIPATION

Children's Advisory Committees currently operate nationally through online and face-to-face meetings. Group members range in age from 10 to 17 and meet with the ISPCC monthly. For more information, please email [youthparticipation@ispcc.ie](mailto:youthparticipation@ispcc.ie)

## PARENTS HUB

Our website has a Parenting Hub that offers support to parents/caregivers and professionals. The ISPCC's Support Line service can be contacted by email to [parentingsupport@ispcc.ie](mailto:parentingsupport@ispcc.ie) or between 9 am - 1 pm Monday - Friday by calling 01 522 4300.

## CHILDLINE THERAPEUTIC SUPPORT

Service for 0-18 years of age, and based on a resilience model to provide children, young people and families with therapeutic support during difficult or traumatic times in their lives. We can meet children and young people where they are most comfortable, whether online, in your home, at a local community Centre or their school.



An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Oige  
Department of Children, Equality, Disability, Integration and Youth

ispcc



# MONAGHAN ISPCC PROJECT

The Monaghan ISPCC Project, funded through UBU is a youth centred service operated by the ISPCC who engage with young people

**aged 10 – 18 years.**

The project works on an ethos of voluntary participation, where each individual is respected and valued. The aim of the project is to support young people who have identified needs and may be experiencing challenges or adversity in their lives to help them reach their full potential in a safe, supportive and engaging environment.

THE MONAGHAN ISPCC PROJECT WORKS WITH YOUNG PEOPLE ACROSS CO MONAGHAN AND OPERATE ON A MOBILE SERVICE BASIS MEETING THE YOUNG PERSON WHERE THEY ARE HAPPY TO MEET.

## How will this be achieved?

This will be achieved through weekly individual session interventions that build confidence, resilience, relationships and life skills, the interventions are co-designed in partnership with young people. Through a strengths based assessment utilising trauma informed care, the resilience support worker will create an individualised programme plan together with the young person. This focuses on the goals and outcomes to be achieved and agreeing on the steps to success.

We provide a range of services for young people including: One to one strengths based and needs led tailored support, Advocacy, Group work and outreach. Through the various programmes of work the young people are supported with:

- Communication skills
- Confidence and agency
- Planning and problem solving
- Relationships
- Creativity and imagination
- Resilience and determination
- Emotional intelligence

## Who can Refer & How?

Referrals are accepted from young people and parents along with professionals working alongside young people from Co Monaghan.

CONTACT

If you are interested in making a referral or finding out more about this service please contact the below:

Bridgin McMahon on mobile: 087 388 0815

Email: [bridgin.mcmahon@ispcc.ie](mailto:bridgin.mcmahon@ispcc.ie)

Karen Smyth on mobile: 0876128487

Email: [karen.smyth@ispcc.ie](mailto:karen.smyth@ispcc.ie)

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

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



## *Meet Aleksandra Barczykowska, Childline Therapeutic Support Worker*

My name is Aleksandra Barczykowska, and I work as a Childline Therapeutic Support Worker in ISPCC.

Our organization specifically caters to children and young people aged 4 to 18 from Ukraine, residing in IPAS, and war-torn countries. Our resilience model approach offers 1:1 therapeutic support to children and young people during difficult or traumatic times in their lives.

If you require referrals or further information, please do not hesitate to contact me at [aleksandra.barczykowska@ispcc.ie](mailto:aleksandra.barczykowska@ispcc.ie).





*Ireland has been represented by our very talented Senior Child and Family Support Network Coordinator Gretchen Swinburne in 'Rally Jameel'*



Rally Jameel is an off Road Navigational Rally, in which competitors use state of the art navigational equipment to follow a defined route of 1600 km in the beautiful deserts of Saudi Arabia. The team that accumulate the most points win the Rally. This year the event saw a very competitive and multinational entry list of 55 teams from 38 different countries including previous award winners. Motorsport Ireland were represented by co-driver Gretchen Swinburne (Monaghan Motor Club). This was the first time that Ireland had representation at this event. The Irish team finished 2nd in class which was a fantastic achievement as this was a 4 day endurance event covering 300-400k each day through the desert terrain of Saudia Arabia, starting in Hail, to picturesque Al-Ula, to Umluj, then Yanbu, and finally the end of the event in Jeddah on the Red Sea on International's Women's Day.

“..A high point for me as a navigator was validating over 200 waypoints in 1600km. Rally Jameel is not like home, you are in the middle of nowhere, roads are not defined, there are no road signs, you need to stay focused throughout and work together to ensure you don't get lost. Also to see the finish line on the fourth and final day, was an achievement in itself.”

Gretchen arrived back to Ireland on Saturday 9th March just in time to compete at the Monaghan Night Navigation achieving 2nd in class and 8th overall, a great way to end an amazing journey.

# YOUNG MEN'S GROUP

ages  
10 - 13  
years

Thursdays 3-5pm at  
Castleblayney Youth Centre

# Creative Care

explore self-care and positive  
mental health through creativity

Wednesdays 3-5pm

ages 14-18

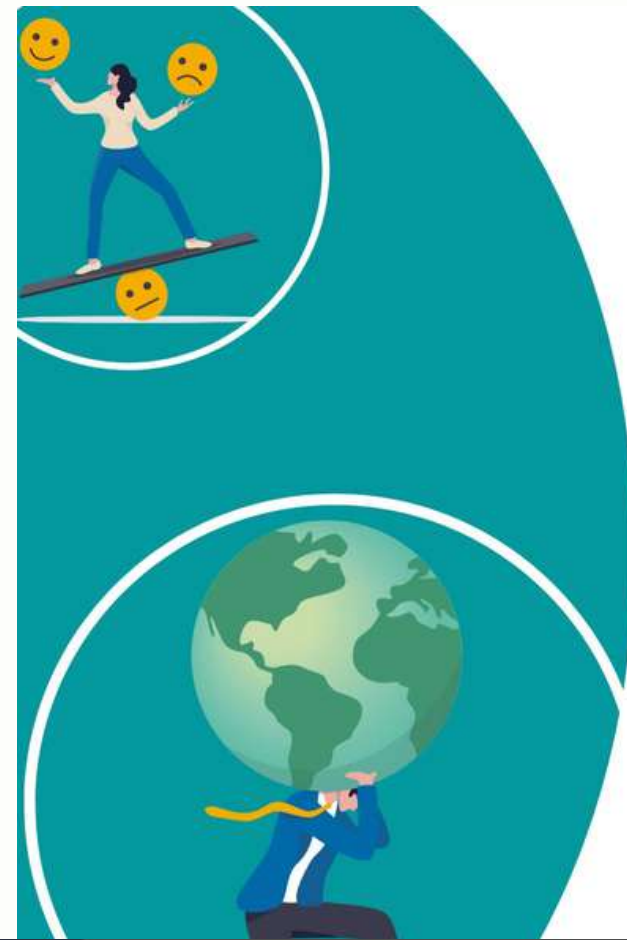
contact Iosa or Amy  
087 2670105



Clár Éire Ildánach  
Creative Ireland  
Programme



Rialtas na hÉireann  
Government of Ireland



## Do you feel stressed right now?

If you feel like you have the weight of the world on your shoulders then Stress Control can help

Our online course will teach you the skills you need to fight back against your stress and get your world back under better control

There is no need to register and the course is completely free of charge



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



Anxiety may have many different causes but bottling things up can sometimes prolong it or make it worse.

Visit our website [here](http://www.stresscontrol.ie) for some helpful tips on how to manage anxiety.





# HAPPY EASTER



This newsletter is to highlight all the supports, services, and events happening in Monaghan.

Please share WOW through all your networks, parents, and with friends.

All suggestions and feedback are welcome for future monthly editions.

Email [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie) to go on the WOW mailing list

