

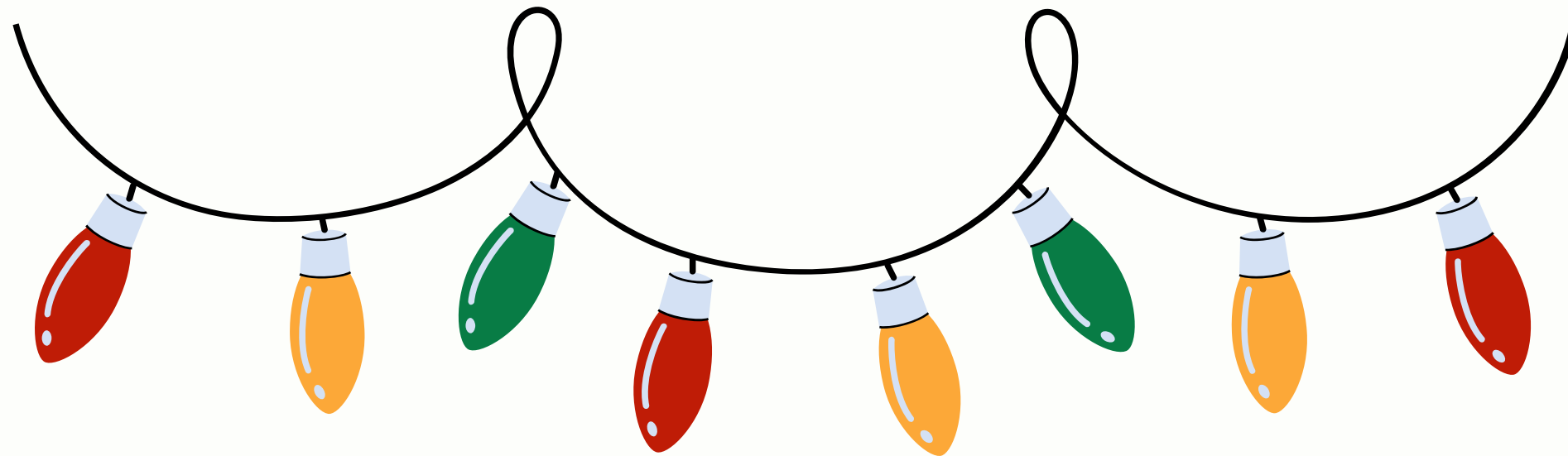
24/11/2023



What's On Where In Monaghan



Issue 61



Welcome to our 61st edition of WOW!!

As the festive season is nearly upon us, we would love to hear of services and supports available for children, young people and families in Co. Monaghan.

Also it would be great to get some tips from organisations on managing costs and emotions over the festive period.

Our final WOW for 2024 will be on the 15th of December so please have any information send to us by the 12th of December.





SUN, 3 DEC AT 10:00
Bad Examples Mcc Santa Run.





How do #WAMworks roles work?



Register on the #WAMworks database and apply for the role you want. If your application is successful the company will invite you for **interview**



If you're offered the role, AHEAD will do a **needs assessment** to see what help or support you may need for this specific job



The company, your line manager and a mentor will receive **training and advice** from AHEAD to ensure you're supported throughout the role



#WAMWorks
Mentored, paid work for graduates with disabilities

**Hiring! Have a disability and looking for work?
We have exciting jobs for you. Level 6 or higher qualification. 12 month contracts. Based in Monaghan County council.**

➡ Join the WAMworks database at ahead.ie to apply 

SUNDAY
03rd
DEC 2023
12 PM TO
7 PM

The Muckno Mania Festival Committee in association with
Carrickmacross Castleblayney Municipal District presents

Lough Muckno Christmas Market

Food & Drink, Arts & Crafts,
Carol Singing, Meet Santa Claus,
Complimentary Mulled Wine
and much more



Now taking expressions of interest for suitable market stalls
Please contact cceltd@castleblayney.ie

WOW!







Join us in The Diamond, Monaghan on Saturday 9th and Sunday 10th December for our magical Christmas markets and to visit Santa's Grotto!

[Click here](#)



CELEBRATION OF GRATITUDE & LIFE

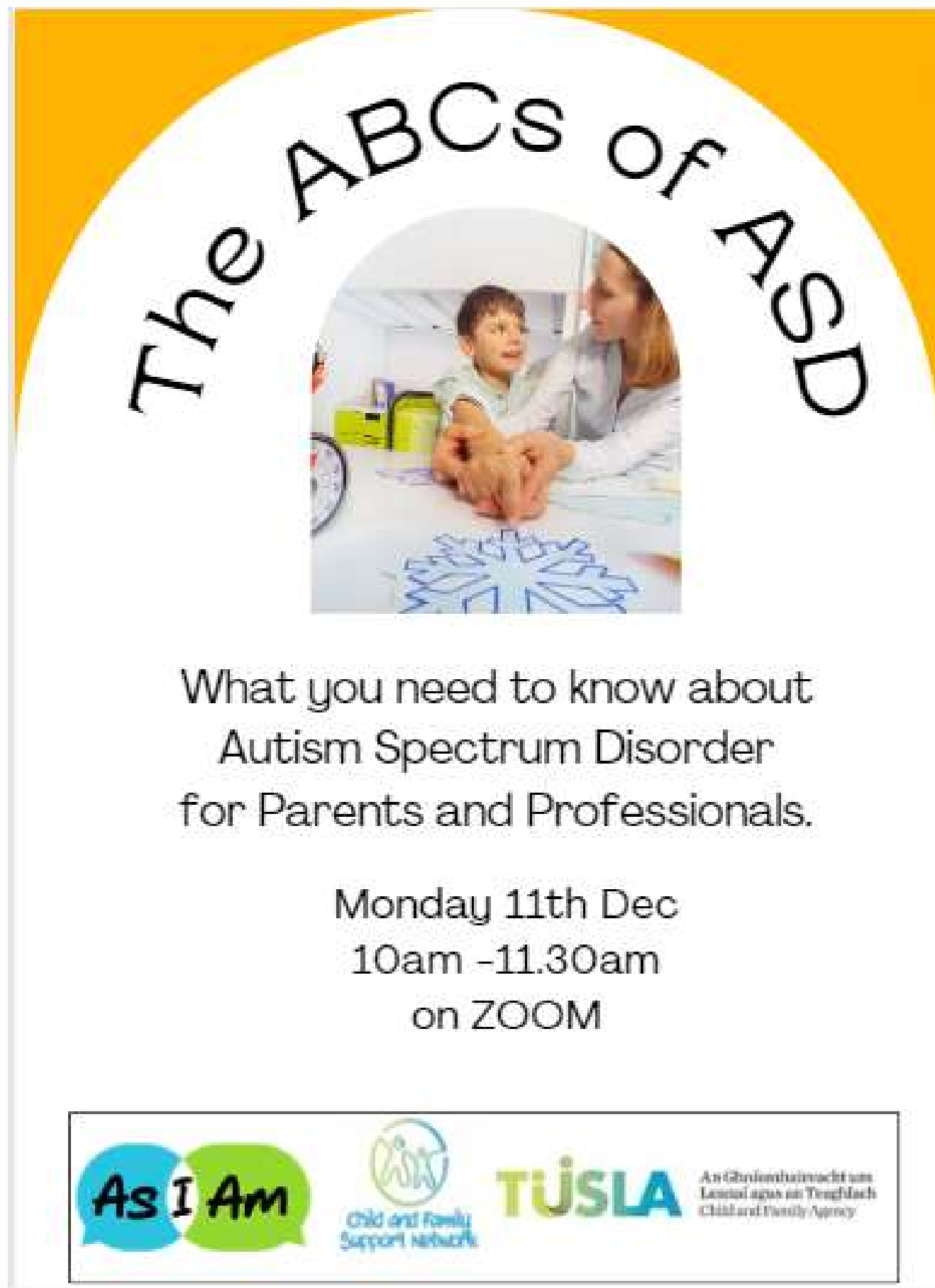

Fire Ceremony, Grounding & Mindfulness
with Stephen Dalton, *Psychotherapist*

Sunday 26th November 2023
Crocus Sage Garden, 3pm

For Crocus Members & Their Families

Mulled Wine & Festive Treats Served Afterwards
in Crocus Centre








The ABCs of ASD


What you need to know about
Autism Spectrum Disorder
for Parents and Professionals.

Monday 11th Dec
10am -11.30am
on ZOOM

   An Ghriúchtaíocht um Leasú agus an Tugbhadh
Child and Family Agency



Contact ciara.markey@tusla.ie
for a link





Youth Work Ireland
Cavan Monaghan

CASTLEBLANEY YOUTH CENTRE

*New
timetable!*

MONDAY

3:00-5:00 Junior Homework Club
4:00-6:00 LGBTQ+ & Allies

WEDNESDAY

1:30-2:30 Senior Homework Club
3:00-4:00 Drugs & Alcohol Awareness

THURSDAY

11:00-12:30 Young Mother & Baby Group
3:00-5:00 Young Men's Group (10-13 years)
4:00-6:00 Creative Care

FRIDAY

5:00-7:00 Junior Youth Cafe (10-13 years)
7:00-8:00 1-2-1 (contact us to book)
8:00-10:00 Senior Youth Cafe (14-18 years)

Contact Amy 087 2670105



Mini Me

young mother and child group



Thursdays 11:00-12:30

Castleblaney Youth Centre

Connect with other young mums (up to 24 years old) and their little ones. Chat, share, gain confidence and discuss the challenges and joys of motherhood.

**For more info or to join, contact
Amy on 087 2670105**

Creative Care

explore self-care and positive
mental health through creativity

Thursdays 4-6pm

**contact losa or Amy
087 2670105**



cmetb
Bord Oideachais agus Oiliúna
an Chabháin agus Múscineacháin
Cavan/Monaghan
Education and Training Board

Clár Éire Ildánach
Creative Ireland
Programme



Rialtas na hÉireann
Government of Ireland





Connecting for Life Cavan Monaghan FREE Training in Suicide Prevention and Awareness

Details of all upcoming training workshops as well as access to the FREE 90 minute online Suicide Prevention Programme – START can be accessed at the following link:

<https://bookwhen.com/suicidepreventiontrainingcho1>



HUGG

HEALING UNTOLD GRIEF GROUPS

Suicide Bereavement Support Groups

**Every second Tuesday
(7.30pm to 9.30pm)**

Group facilitators are from the community
AND have lived experience of suicide
bereavement

To join visit www.hugg.ie and complete the
'Join a HUGG Group' form

We will call you to answer any questions

Anyone over 18 years welcome

✉ support@hugg.ie 🌐 www.hugg.ie ☎ 01 513 4048
(monitored answering machine)

🐦 📺 📷 @HUGGIreland



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



HUGG

HEALING UNTOLD GRIEF GROUPS

HUGG YOUNG ADULTS 18-25 years old

Suicide Bereavement Support Group

Every second Tuesday evening via Zoom

Facilitated by trained young adult volunteers
with a lived experience of suicide bereavement

To join visit www.hugg.ie and complete the
'Join a HUGG Group' form

We will call you to answer any questions

✉ support@hugg.ie 🌐 www.hugg.ie ☎ 01 513 4048
(monitored answering machine)

🐦 📺 📷 @HUGGIreland



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





Cavan Monaghan
AFTER CARE
SERVICE



SUBSCRIBE TO OUR NEWSLETTER



Teach n' Doine Family Resource Centre

TUSLA
Ireland's Child & Family Agency

TEACH O'SCAIL
Family Resource Centre
Supporting Families, Supporting Communities

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



Jumpstart your Career

with **National Learning Network Monaghan**

An 8 week programme of Self Discovery, Career Exploration and Planning



Jumpstart will help you to

- Discover your own potential
- Explore and identify your strengths and interests
- Identify the type of work you would like to do
- Recognise any training needs you have to accomplish this
- Develop a plan for achieving your goals

READY for a CHANGE?

"A journey of a thousand miles starts with one step" – Chinese Proverb

For more information please contact us on: 087 431 3096/ or email monaghan@nln.ie

ISPCC SERVICES

Find out more at 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-centered 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 24 hours a day, every day.

GET IN TOUCH



outreach@ispcc.ie to organise a talk for your organisation



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

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

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

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

PARENTS HUB

Our website has a Parenting Hub that offers support to parents/carers and professionals. The ISPCC's Support Line service can be contacted by email to 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



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

Karen Smyth on mobile: 0876128487

Email: karen.smyth@ispcc.ie



**CHRISTMAS
PHOTOGRAPHY
WORKSHOP
(AND PARTY!)**

**THURS 14 DECEMBER
5-7PM
TEACH NA NDAOINE**

**FOOD AND
DRINK
PROVIDED**

**GAIL: 085 851 3588
CELINE: 086 809 8443**

 Clár Éire Ildánach
Creative Ireland
Programme



 **cmethb**
Bord Oideachais agus Oiliúna
an Chathair agus Mionraetha
Cities and Towns
Education and Training Board

 **Rialtas na hÉireann**
Government of Ireland





Teach na Daoine



Our free food pantry is restocked and ready to go-don't forget to book your appointment on 047-71398.

**WELCOME
BACK!**

MONAGHAN

PARENT AND

TODDLER GROUP

at Teach na nDaoine main hall

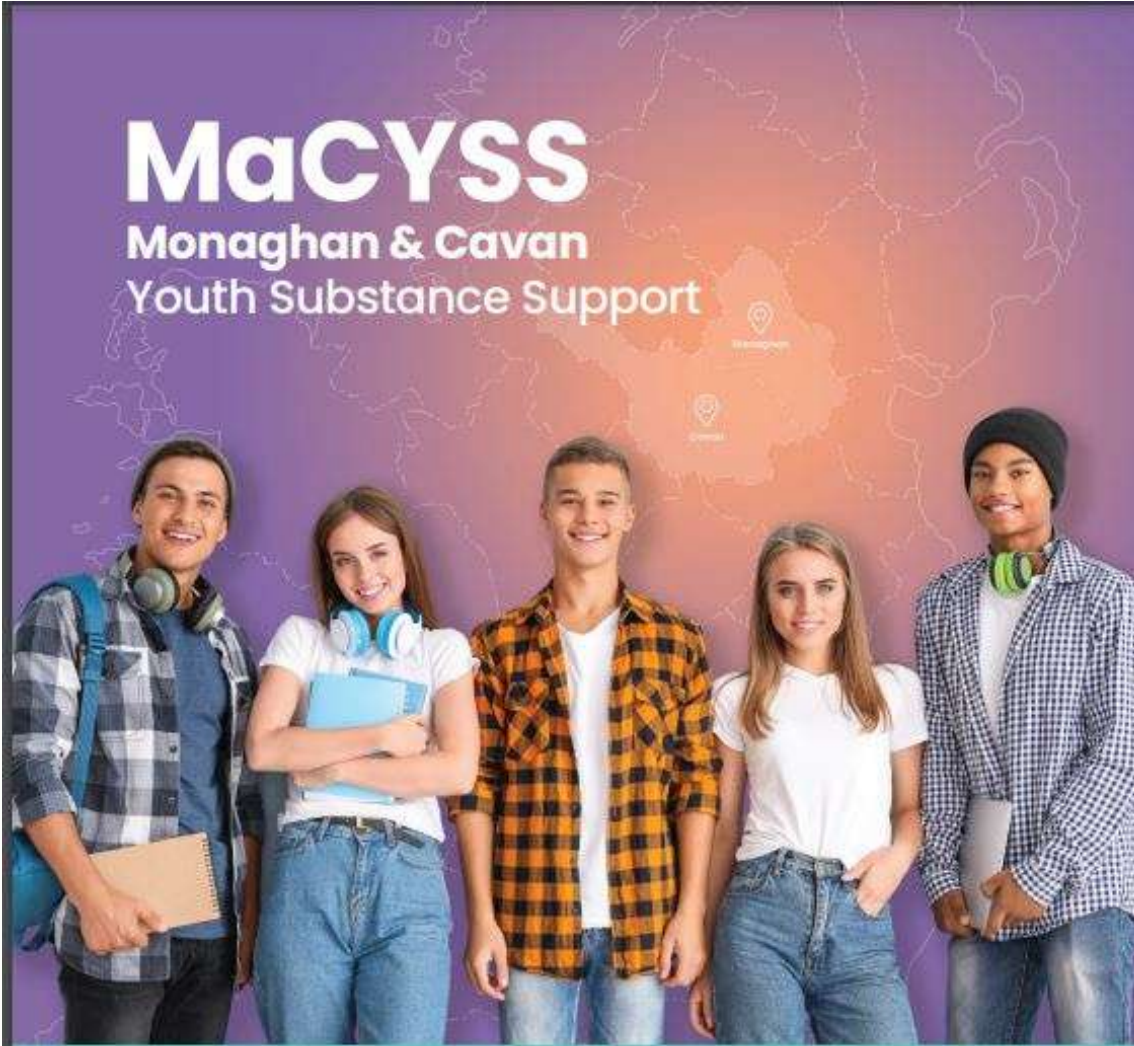
Small lunch provided

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

Suitable for new born to 3 years.

Parents, grandparents & all care givers welcome!





MaCYSS


Monaghan & Cavan
Youth Substance Support

MaCYSS is here to help Young People to 'live their best life'.

Support | Advice | Awareness | Education | Resource

MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support

 **Alcohol Forum Ireland**

www.alcoholforum.org

Contact 085 744 2857
macyss@alcoholforum.org

Who are we...

A skilled team of practitioners who are non-judgemental and passionate in supporting Young People.

We value and respect diversity, cultures and languages and MaCYSS will work with Young People to eliminate any blocks in accessing our support.

Did you know that by law a Young Person under 18yrs will need consent from their parents/guardians to attend MaCYSS. However, MaCYSS support for a Young Person can also be requested by a trusted adult through most approved local services i.e. schools, Youth Services, family, primary care, etc.

How to find us...



Phone: **085 744 2857**

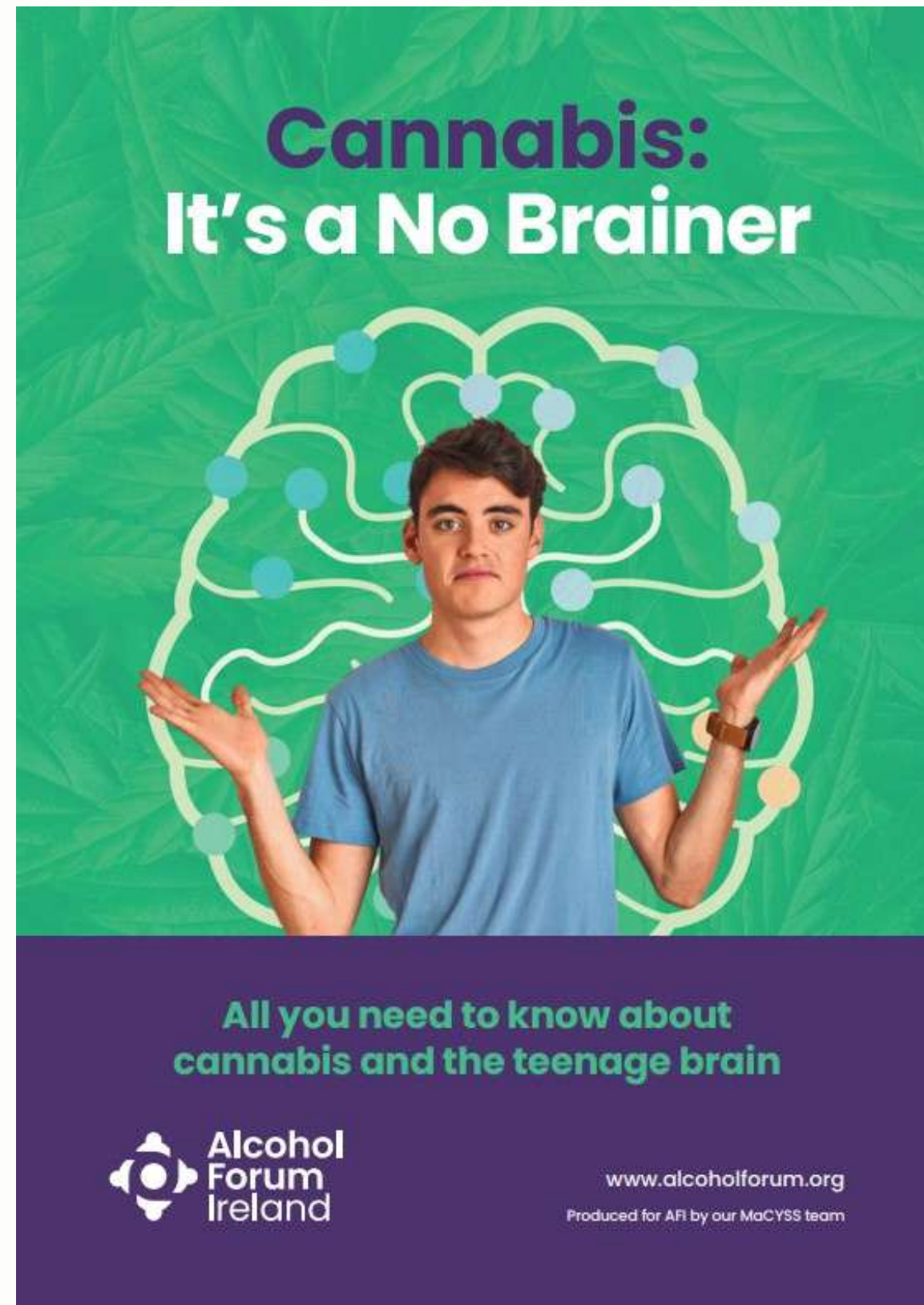
Mon– Fri 9.30am to 4.30pm (Closed 1 pm–2pm)

Email: macyss@alcoholforum.org

Visit: www.alcoholforum.org/macyss



Our office base is in Cavan but our 'Outreach Service' allows us flexibility to find a confidential venue closer to where you live.



Did you know?

- » The brain is not fully developed until the age of 25.
- » Even low level or occasional cannabis use can cause changes in the adolescent brain.
- » Scientists have discovered that the teenage brain is more likely to become addicted to substances than the adult brain ... This is why it is so important to avoid all substances during adolescence.
- » In Ireland, cannabis is the main substance that under 18's seek treatment for.

References

To view a full list of references and sources used in the production of this booklet, visit <https://alcoholforum.org/cannabis-booklet-references/>

To download the leaflet follow the link below

<https://t.co/3i3KMsqS9k>

353 85 744 2857

macyss@alcoholforum.org

FAMILY SUPPORT CLINICS

MONAGHAN



What is a drop-in clinic?



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





Contact MABS, the Money Advice & Budgeting Service. MABS is a free, independent and confidential service, that provides practical support and advice on managing money and debts, including energy bills.

**Call: 0818 07 2000,
Mon-Fri 9am-8pm
or visit: mabs.ie**



Contact the Commission for Regulation of Utilities (CRU). They can help you understand your rights as an energy consumer.

**Call: 1800 404 404
or visit: cru.ie**

Visit gov.ie/ReduceYourUse



YOU'RE NOT ALONE

If you are over 60 contact ALONE on their National Support & Referral Line for a range of supports & assistance with energy bills.

**Call: 0818 222 024,
Mon-Sun 8am-8pm
or visit: alone.ie**



If you would like further advice on how to reduce your energy use at home then visit the **Sustainable Energy Authority of Ireland** at seai.ie/reduceyouruse



More information on the services and supports available can be found at gov.ie/ReduceYourUse

Visit gov.ie/ReduceYourUse

Struggling to pay your energy bills?

Support is available.
Visit gov.ie/ReduceYourUse



REDUCE YOUR USE



Rialtas na hÉireann
Government of Ireland







This event spotlights Creative Ireland projects that have sparked inspiration and transformation in County Monaghan. A testament to the power of creativity in shaping communities!

#CreativeCommunities #Monaghan #CreativeIrelandShowcase
Iontas Theatre | Monaghan County Council

Cavan & Monaghan Youth Work Ireland






Employment Prep Support Teenagers and young adults

MONDAYS 11:00-12:30PM

Clones Youth Club, Church Hill Clones




Whats on offer?


Internet Access, CV Building, Job Hunting, Tea/Coffee Facilities, Access to Driver Theory Test, . Call in for a cup of tea and a chat

Contact Liam on 0877201516
Facebook: YWICM Include Clones
Instagram: include_ys


Made with PosterMyWall.com

Mobile Film making group





When: Mondays 1-3pm
Where: Clones Youth Club
Why: Develop the skills to create your own content (Story boarding, Scripting, Shooting, Editing)
Who: 6th class and above



Contact Liam:
0877201516
include_ys - Instagram
ywimClones - Facebook

Made with PosterMyWall.com



actiontrauma.com/events



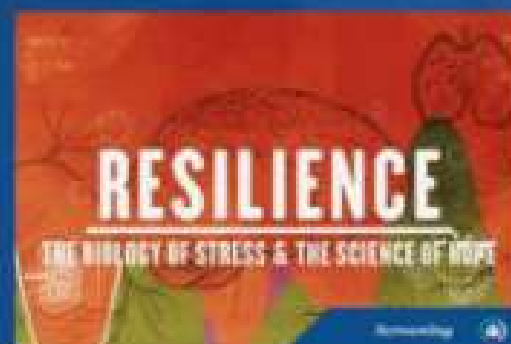
Upcoming Events



Creating a Trauma Informed Workplace

6th December 2023
10am - 11am (GMT)
FREE to everyone

6th
Dec



'Resilience' The Biology of Stress and the Science of Hope

7th February 2024
5.30pm - 8pm (GMT)
£5 to network members
£15 for Non-Members

7th
Feb

www.actiontrauma.com/events

#TTAD23

Transgenerational Trauma Awareness Day Webinar

Embedding trauma-informed practice in peacebuilding interventions for children and young people

Friday 15th December 2023,
at 10.00 am

Speakers: Mental Health Champion,
Prof Siobhan O'Neill, Dr Tara O'Neill and
Dr Colette Ramsey.

REGISTER NOW >



<http://register.enthuse.com>



**Change a life.
Become a foster carer.**

Find out more at fostering.ie
Freephone **1800 226 771**
Email tusla.fostering@tusla.ie

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



**Tusla - Child and Family Agency
@tusla**

We are urgently looking for foster carers nationwide to allow young people to stay connected with their family and friends, community, schools, and sporting clubs. To find out more visit <http://fostering.ie>

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

S.T.E.A.M. GROUP

science, technology, engineering, arts, math

Youth Work Ireland
Cavan Monaghan

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).

UBU, National Lottery, cmeth

Collage of photos showing youth activities: a group of children sitting around a table, a child working on a project, a child using a microscope, a child working on a robot, a child working on a project, a child working on a project, a child working on a project, a child working on a project, a child working on a project, a child working on a project.

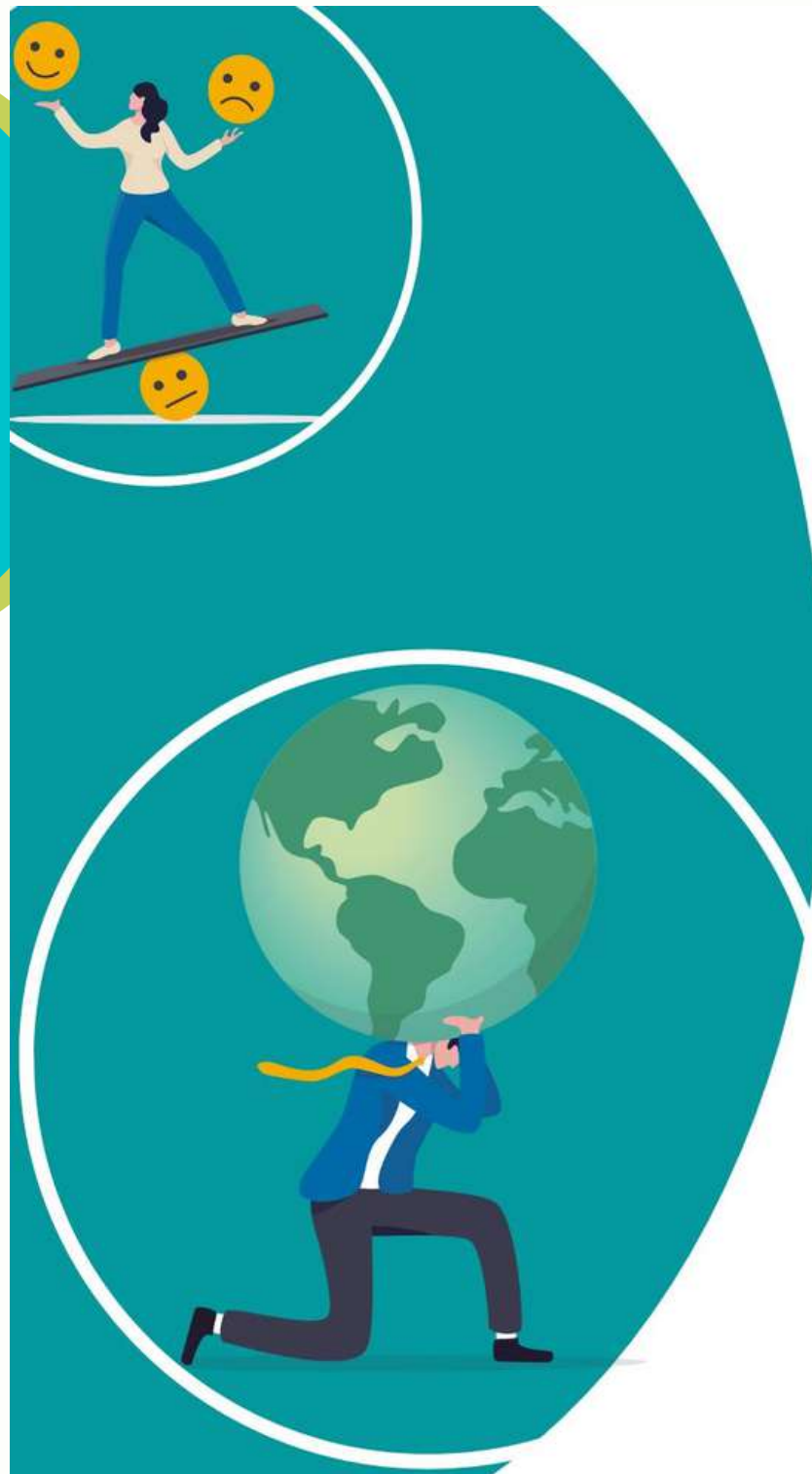


Below is a link to the South Monaghan Youth Diversion Projects job opportunities.

<https://www.foroige.ie/work-us/current-vacancies>

<https://www.activelink.ie/vacancies/children-youth/103839-foroige-youth-justice-workers>

https://www.foroige.ie/sites/default/files/frgjob_758_youth_justice_workers_0.pdf



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



www.stresscontrol.ie

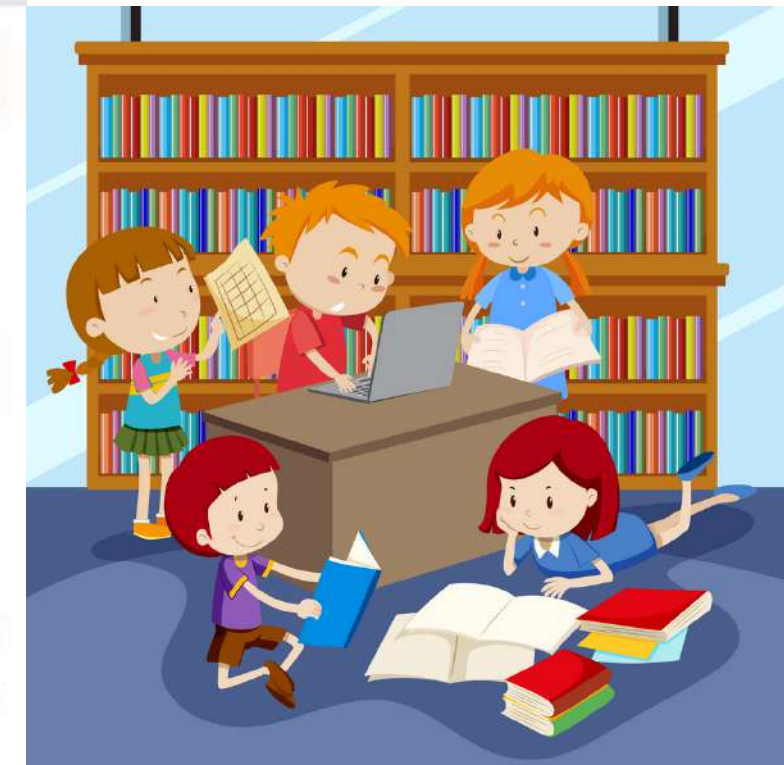
Monaghan Town Library Lego Club



**COME ALONG TO OUR
FREE PLAY LEGO CLUB ON
A SATURDAY MORNING
10.30AM TO 12.00NOON**

**Dates to end of 2023:
September 9th, 16th, 23rd & 30th
October 14th & 21st
November 11th, 18th, & 25th
December 9th & 16th**

Suitable for ages 5+
Children must be accompanied and
supervised by a Parent or Guardian
at all times in the Library





December often involves socialising and enjoying festive food and drink!

Watch a short video from Public Health Dietitians for top tips on how to enjoy this season without harming your health

[HERE](#)

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

Please share WOW through all your networks and with friends.

All suggestions and feedback are welcome for future monthly editions.

