




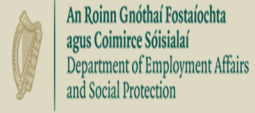
























Monaghan Social Inclusion Week 2018













Date	Events taking place	Event details
Friday 21st September 	Failte Isteach – Taste of Syria @ Taste of Culture event As part of Culture night members of the Syrian community in Carrickmacross will cook and present some traditional Syrian cuisine.	Taking place in Carrickmacross library Circus Skills, Family Show & Taste of Culture Evening Carrickmacross Library from 7.00pm Free admission
Friday 21st September 	Culture Night Culture night is an annual all-island public event that celebrates culture, creativity and the arts. From 5pm onwards, cultural venues across county Monaghan will stay open for everyone to come enjoy the unique experience of Culture Night.	Taking place in Cultural venues across the county from 5.00pm All events are free and open to everyone Check the events taking place on this night of fun, entertainment and discovery. https://monaghan.ie/library/2018/08/31/culture-night-2018/
Saturday 22nd September 	Everybody plays in Ballybay Ballybay town park playground now includes equipment and play opportunities for children of all ages and abilities to enjoy together and safely. Some of the new equipment includes- <ul style="list-style-type: none"> • <i>A double slide for anyone who needs some help.</i> • <i>High back swings for older children.</i> • <i>High back see-saw and roundabouts</i> • <i>A new sensory play area.</i> 	The playground is located in Ballybay town Park the playground is open all day There is no admission into the park and there is plenty of parking and seating too Come along and try out the new equipment!
Sunday 23rd September 	COLOUR RUN 5K Walk or Run for Equality for fun to launch Monaghan Comhairle na nÓg LGBT Social Inclusion project.	Taking place in Rossmore Park, Monaghan Starting at 11.00am Event sold out
Sunday 23rd September 	Introduction to Water for children with a disability. This 8-week programme for children with a disability aged 5-14 years. A great way to introduce your child to water, swimming and fun in the pool.	Taking place in Coral Leisure Centre Monaghan 9.45am-10.15am AND 10.15am-10.45am Admission Free. To book your place contact Monaghan Sports Partnership 042-9755126






<p>Monday 24th September</p>  	<p>What's available in your Community? <i>Monaghan</i> Come along to our Local Information Roadshow Find out about training, education, social and community opportunities in your local area from local agencies.</p>	<p>Taking place in Monaghan Integrated Development LES office, North Road, Monaghan 9.30am-11.00am and 7.30pm-8.30pm <i>just drop in at the times listed.</i> For further information contact Dochas on 047 71640</p>
<p>Monday 24th September</p> 	<p>Carrick Rovers are hosting an Intercultural Five a Side Soccer tournament with members of the Syrian community and the Garda community</p>	<p>Taking place in The Phoenix Centre, Carrickmacross at 4.30pm</p>
<p>Monday 24th September</p> 	<p>Let's be active Dochas for women are inviting you to come along and join them in getting active! This is 6-week free gentle activity programme.</p>	<p>Taking place in Coral Leisure Monaghan from 10.00am-10.45am For further information and to book your place contact Dochas on 047 71640</p>
<p>Monday 24th September</p> 	<p>Information session on Primary Care Psychology Psychologists will be available to discuss any queries that you have during this time.</p>	<p>Taking place in Monaghan Branch Library from 2.00pm – 4.00pm For information contact Monaghan Library 047-81830 or monaghanlibrary@monaghancoco.ie</p>
<p>Monday 24th September</p> 	<p>Organised Chaos with Sarah Reynolds @ 8 pm. Blayney Blades are delighted to welcome Sarah Reynolds; the only trained Professional Organiser in Ireland. Sarah has shared her expertise on organization worldwide including The Oprah Winfrey Show and Cosmopolitan Magazine Italia. This is guaranteed to be a wonderful evening with plenty of tips from Sarah. (Once Off)</p>	<p>Taking place in Iontas Centre Theatre, Castleblayney at 8.00pm For more information contact Blayney Blades on blayneyblades@gmail.com</p>
<p>Tuesday 25th September</p> 	<p>Lámh -training workshop This workshop is aimed at people working with children with a disability in a pre-school setting.</p>	<p>Taking place in Carrickmacross Library from 6.00pm-9.00pm Admission is free Booking is essential For more information contact Down Syndrome Centre North East Book your place dscne.activities@gmail.com</p>






<p>Tuesday 25th September</p> 	<p>A different life??</p> <p>Would your life be different had you lived 60 years ago? This is an opportunity to hear about the History of Equality in Monaghan and how it changed people's lives. Bernie Bradley from Monaghan County Council will talk about The History of Equality in County Monaghan</p>	<p>Taking place in Iontas Centre Theatre, Castleblayney at 7.30pm</p> <p>For more information contact Monaghan PPN 047 73750</p> <p>Our very successful 'Know Me Exhibition' will be on display on the night.</p>
<p>Tuesday 25th September</p> 	<p>Castleblayney Men's Shed <i>OPEN DAY</i></p> <p>Pop in and find out what goes on in the shed and the opportunities it gives to learn new skills, meet old friends and new, while helping your community.</p>	<p>Taking place in Castleblayney Men's Shed, St. Mary's Hospital, Castleblayney from 10.00am – 2.00pm</p> <p>All welcome. No need to book – just drop in at the times listed.</p> <p>For more information contact Brenda Beattie PEACE IV TEAM 047 72191.</p>
<p>Tuesday 25th September</p>  	<p>What's available in your Community? <i>Clones</i></p> <p>Come along to our Local Information Roadshow</p> <p>Find out about training, education, social and community opportunities in your local area from local agencies.</p> <p>This event is being organised by Monaghan Integrated Development and Dochas for Women and Clones Family resource centre</p>	<p>Taking place in Clones Family Resource Centre, Technology Park, Clones 7.30pm – 8.30pm</p> <p>No need to book – just drop in at the times listed.</p> <p>For further information contact Dochas on 047 71640</p>
<p>Tuesday 25th September</p> 	<p>EXERCISE TO MUSIC with LYNDSEY</p> <p>A low impact activity using current music, music from older genres and worldwide rhythms. This class may sometimes incorporate light toning and strengthening exercise using light weights and resistance bands.</p> <p>Supported by Monaghan Sports Partnership, Active 50</p>	<p>Taking place in Iontas Centre, Castleblayney from 11.00am – 12.00noon</p> <p>Cost is €25 per person for 8 weeks (Tuesday 18th Sept – 6th Nov @ 11am-12am)</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com</p>
<p>Tuesday 25th September</p> 	<p>CROCHET with ANNE</p> <p>Learn the basics of Crochet, how to hold the hook and yarn, how to do a chain stitch and how to do double and treble stitches. By the end of the class, you should be well on your way to starting your first granny square.</p> <p>Light Refreshments Served.</p>	<p>Taking place in Iontas Centre, Castleblayney from 2.00pm- 3.30pm</p> <p>Cost is €30 for 6 weeks</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com</p>
<p>Tuesday 25th September</p> 	<p>Meditative Walking Programme</p> <p>6-week walking programme</p>	<p>Taking place in Rossmore Park at 10.00am Meet in Main Car Park</p> <p>Cost is €3 per week</p> <p>For further information contact Monaghan Sports Partnership 042-9755126</p>

Wednesday 26thSeptember 	Monaghan Pre-schools Odd socks day Children across the Pre-schools in Monaghan celebrate difference and diversity by wearing odd socks! ‘Odd socks keep your feet warm just as matching socks do’ <i>Let's celebrate difference</i>	Taking place in Preschools countywide 9.00am-1.00pm For further information contact Breda McKenna Monaghan County Childcare 047 72896
Wednesday 26thSeptember 	Monaghan Community Workers Together Development Workers Breakfast Morning An event for people working in the Community sector in Monaghan to come together to listen, learn and laugh. <i>All community workers welcome</i>	Taking place in Westenra hotel Monaghan 9.30am - 1.00pm For further information contact or to book a place email: lbrannigan@monaghancoco.ie Hosted by Monaghan LCDC Equality sub group
Wednesday 26thSeptember 	Chatterbox programme Information on the early intervention service aimed at the prevention, early identification, and minimising of speech & language difficulties within the pre-school population.	Taking place in Westenra hotel Monaghan 9.30am - 1.00pm For further information about the Chatterbox programme contact elizabeth.downey@hse.ie or on 047 30400
Wednesday 26thSeptember  	What's available in your Community? Ballybay Come along to our Local Information Roadshow Find out about training, education, social and community opportunities in your local area from local agencies. This event is being organised by Monaghan Integrated Development and Dochas for Women	Taking place in Ballybay, venue to be confirmed 7.30pm – 8.30pm No need to book – just drop in at the times listed. For further information contact Dochas on 047 71640
Wednesday 26thSeptember 	SafeTALK Suicide Alertness for Everyone Half day workshop where participants will learn the four basic steps to support people with thoughts of suicide, and to connect them to suicide first aid resources.	Taking place in the Wellbeing Centre, Castleblayney From 9.30am – 1.00pm Advance booking required, no admission charge For more information contact Emer Mulligan , HSE, 086 1717 563
Wednesday 26thSeptember  #Make Way Day 	#Make Way Day -Clones National <i>Make Way Day</i> aims to highlight obstructions that prevent people being able to get to the places they want to. County Monaghan Disability Network members will be on the streets of Clones and Monaghan highlighting obstructions on the day by placing a Make Way Sticker on them.	Taking place Clones Diamond at 10.00am For more information contact Cairde Clones 047 20948 National Learning Network Monaghan - 047 83671 #Make Way Day If you notice any obstacles or barriers on the streets please let us know Monaghan County Council Access officer Bernie Bradley 047 7372 bbradley@monaghancoco.ie

<p>Wednesday 26thSeptember</p>  <p>#Make Way Day</p> 	<p>#Make Way Day Monaghan</p> <p>Join staff from Enable Ireland Cavan Monaghan who will lead a walk in Monaghan town centre highlighting any potential access issues for people with disabilities as well as acknowledging where access supports those citizens in buggies or wheelchairs or who use walking aids.</p>	<p>Monaghan</p> <p>Meeting outside the National Learning Network, The Diamond, Monaghan at 11.00am</p> <p>For more information contact</p> <p>Jane Hand, Early Services Manager, Enable Ireland Cavan Monaghan Mobile: 087-6831045</p> <p>#Make Way Day If you notice any obstacles or barriers on the streets please let us know Monaghan County Council Access officer Bernie Bradley 047 7372 bbradley@monaghancoco.ie</p>
<p>Wednesday 26thSeptember</p> 	<p>Foroige Open Day</p> <p>5pm-5.45pm Workshop 1 Engaging young people in community development- a good practice model (target audience: adults only)</p> <p>6pm-7pm Workshop 2 Positive Youth Mental Health (Target audience: young people 12-15)</p> <p>7pm-8pm Registration and Information session for volunteers seeking to engage in local youth work opportunities.</p>	<p>Taking place in Monaghan NYP, Glen Road, Monaghan from 5.00pm -8.00pm</p> <p>Register online via the Monaghan Foroige Facebook page or on Monaghan Foroige twitter.</p>
<p>Wednesday 26thSeptember</p> 	<p>YOGA with CHARLENE</p> <p>Promotes health and well-being through exercise. Learn simple sequences that will restore your body to health, happiness and vitality.</p>	<p>Taking place in Iontas Centre, Castleblayney from 10.30am – 12.00noon Cost is €7 pay as you go or €40 for 6-week course</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com</p>
<p>Wednesday 26thSeptember</p> 	<p>Knitting</p> <p>Relaxing skill to learn. Come along and join in our very social knitting group. We meet every Wednesday and all the ladies share their talents through a fun and entertaining activity. Light Refreshments served.</p>	<p>Taking place in Iontas Centre, Castleblayney from 10.30am - 12.30pm; Cost is €3</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com</p>
<p>Thursday 27th September</p>	<p>HATS OFF to Equality</p> <p>Come and join us for a night of music, light refreshments and HATS. This event will also launch a display of hats crafted at</p>	<p>Taking place in Monaghan County Museum 7.30pm</p> <p>Booking essential, please contact</p> <p>Brenda Clerkin, MCC on bclerkin2@monaghancoco.ie</p> <p><i>Wear a hat if you have one, don't worry if you don't.</i></p>

	<p>Peace IV intercultural felt making workshops held in Monaghan and Castleblayney.</p>	
<p>Thursday 27th September</p> 	<p><i>Lámh -Training workshop</i> Lámh is a sign based communication method used by children and adults with a learning disability. This workshop is targeted at people working with children with a disability in a pre-school setting.</p>	<p>Taking place in Carrickmacross Library 6.00pm-9.00pm Admission is free but booking is essential For more information contact Down Syndrome Centre North East Book your place- dscene.activities@gmail.com</p>
<p>Thursday 27th September</p> 	<p><i>Magpies on the Pylon</i> Actor Michael Collins gives a one man show that looks at mental health, alcoholism and suicide through the eyes of a parent consumed with anger and despair. These are topics that society finds hard to discuss and the play and the Q&A session with Michael after the play provides an opportunity to do just that.</p>	<p>Taking place in Iontas Centre Castleblayney 8.00pm Admission is free but booking is essential For more information contact Gerard Callan Monaghan Integrated Development 042 9749500</p>
<p>Thursday 27th September</p> 	<p><i>Ballybay Men's Shed Open Day</i> Anyone interested in seeing or joining the shed are invited to pop in and find out what goes on in the shed and the opportunities it gives to learn new skills, meet old friends and new, while helping out in your community.</p>	<p>Taking place in Ballybay Men's Shed, The Coachhouse Buildings, Main St., Ballybay from 10:00am – 2:00pm All welcome. No need to book – just drop in at the times listed. For more information contact Brenda Beattie PEACE IV TEAM 047 72191.</p>
<p>Thursday 27th September</p> 	<p><i>Solas Drop in Centre Open Day</i> Everyone is welcome to call in and find out what we do in Solas. Get to meet new people from your community and explore opportunities to volunteer with us. There will also be entertainment, food and refreshments.</p>	<p>Taking place in Solas Drop· In Centre St. Davnet's Campus, From 11.00am - 3.00pm All welcome. No need to book – just drop in For more information contact Solas on 047 72930 Anyone can develop some sort of mental health issue or go through a tough time in life and it can be easy to think you're on your own or that nobody can understand your story. <i>SOLAS is here for you</i></p>
<p>Thursday 27th September</p>	<p><i>Wellness Workshop</i></p>	<p>Taking place in the Peace Link, Clones 9.30am – 4.30pm For more information contact the Peace Link (047) 52638</p>

	<p>Suicide or Survive in partnership with The Peace Link invite you to this workshop aimed anyone in the community wishing to understand & take charge of their Mental Health</p>	<p>Admission is free -REGISTRATION required: https://register.primoevents.com/ps/event/ThePeaceLinkMonaghanWellnessWorkshop27thSeptember </p>
<p>Thursday 27th September</p> 	<p>Sensory Play Zone</p> <p>This new Indoor Play Area in our Sports Hall for families with Children/Young Adults who have a Disability to come along & use our sensory equipment.</p>	<p>Taking place in the Peace Link, Clones Thursday 4.00pm-6.00pm</p> <p>Play session cost €4 per child</p> <p>For more information contact Peace Link (047) 52638</p>
<p>Thursday 27th September</p> 	<p>Health, Wellbeing & Tai Chi with FRANCES & ROSE</p> <p>Advice and exercise to help you stay fit and healthy. Tai Chi - gentle low impact exercises to help calm your mind and increase your energy.</p>	<p>Taking place in Iontas Centre, Castleblayney from 2.00pm – 4.00pm</p> <p>Cost is €6 pay as you go or €34 for 6-week course</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com </p>
<p>Thursday 27th September</p> 	<p>Pilates with JEANETTE</p> <p>An evening Pilates class will make you quiet and tranquil. While breathing deeply, you will forget about the stress and problems from the whole work day. These exercises will relax your body, at the same time leaving the impression that you did something good for yourself.</p>	<p>Taking place in Iontas Centre, Castleblayney from 7.30pm -8.30pm</p> <p>Cost is €7 pay as you go or €40 for 6-week course</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com </p>
<p>Thursday 27th September</p> 	<p>Meditation every Thursday with Sr Margaret</p>	<p>Taking place in Iontas Centre, Castleblayney from 7.30pm -8.30pm</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com </p>

Friday 28th September 	Healthier lifestyle programme <p>Scoil na gGailiní, partnering with Monaghan Integrated Development Community Health Project offer every parent the opportunity to develop a <i>Personal Health Plan</i> to learn how they can support their own health and that of their children.</p> <p>The school will also officially open their new up-graded sports facilities on the day.</p>	<p>Taking place in Scoil na gGailiní, Castleblayney 11.00am</p> <p>More information from contact</p> <p>Paula Coleman, School Principal 042 9746090</p> <p>Kevin Curran, MID Community Health Project 087 7189396</p>
Friday 28th September 	Pilates with BERNADINE <p>Start your day with Pilates! A morning workout will wake you up and prepare you for the day. Pilate's exercises are ideal to eliminate any stiffness and help you address it properly. Pilates literally helps you to listen to your body, giving you a feel-good factor while promoting a better physical and mental health wellbeing.</p>	<p>Taking place in Iontas Centre, Castleblayney from 10.30am - 11.30am</p> <p>Cost is €7 pay as you go or €40 for 6-week course</p> <p>For more information contact Blayney Blades on blayneyblades@gmail.com</p>
Friday 28th September 	Taste of Monaghan Food Festival <p>Food Event in Monaghan promoting fabulous local food produce & companies with excellent family friendly events and most importantly lots of fun.</p>	<p>Taking place in Courthouse Carpark, Monaghan Town</p> <p>Friday, 28th September 12:00noon - 6:00pm</p> <p>Saturday, 29th September 10:00am - 6:00pm</p> <p>Sunday, 30th September 12:00noon - 5:00pm</p> <p><i>**Friday Special** Seniors Free admission</i></p>
Saturday 29th September 	Lithuanian Family Celebration Day Monaghan <i>The Lithuanian community</i> of Monaghan invite you to join them to celebrate the occasion of the centenary of the restoration of the Lithuanian State. Downstairs, the Market House will showcase a fabulous array of Lithuanian crafts and food while upstairs there will be face painting and live music later in the afternoon with popular Lithuanian singer, song writer and guitarist 'Nojus' (www.nojus.com).	<p>Taking place in the Market House, Monaghan from 12.00noon – 4.00pm</p> <p>All welcome</p> <p>For more information contact:</p> <p>Brenda Clerkin, Project Officer - PEACE IV, Monaghan County Council</p> <p>Phone 047 30500 Ext 451</p>
Saturday 29th September 	Walking to Inclusion <p>A 90-minute walking tour of Monaghan town with a difference. Hear about the changes that have made Monaghan town and Co Monaghan a more equal and inclusive place to live and why this is good for everyone.</p>	<p>Leaving from in front of the Westenra at 11.00am</p> <p>No need for booking.</p> <p>Francis McCarron, Monaghan Integrated Development</p> <p>Theresa Loftus, Monaghan Museum</p>

