

KEEP WELL

Initiative by Monaghan County Council's
Age Friendly Programme



Monaghan County Council
Comhairle Chóirte Mhairneachain



Rialtas na hÉireann
Government of Ireland

KEEP WELL



KEEP WELL

The Keep Well campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines.

“KEEP WELL” CAMPAIGN IS FOCUSED ON FIVE MAIN THEMES

1. **Keeping active** - Keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
2. **Staying connected** - Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
3. **Switching off and being creative** Getting back to nature and finding ways to relax can help our general wellbeing.
4. **Eating well** – by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.
5. **Managing your mood** – equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need.



Important information from
our health service

STAY SAFE WHEN SHOPPING

There is very little risk to you if you are just passing by someone briefly in a shop but following the guidelines below to protect yourself.

When shopping

- Use the sanitiser provided for your hands and trolley or basket.
- Remember to avoid touching your face.
- Wear a face covering.
- If you cough or sneeze, cover your mouth and nose with a tissue or your sleeve.
- Follow social distancing guidelines
- Pay by card instead of cash and use contactless payment if possible.

After shopping

- Wash your hands properly.
- Put away your shopping.
- Wash your hands again.

FACE COVERINGS

By law, you must wear a face covering on public transport and in shops, shopping centres and some other indoor settings. Face coverings help prevent people who do not know they have the virus from spreading it to others. **You do not have to wear a face covering** if you have an illness or impairment that would make wearing or removing a face covering upsetting or uncomfortable.

How to wear a face covering

Cover your nose and mouth



Nope.



Not quite.



Try again.



That's the one!

KEEPING ACTIVE

Keeping active and being outdoors even during the winter, looking after your physical health can help your mental health and wellbeing.

Reserved times

Monaghan County Council has decided to reserve access to the following parks from **9.30 to 11am each day** for cocooners and the medically vulnerable.

- Monaghan Town, Greenway
- Monaghan Town, Peter's Lake,
- Clones, McGuigan Park
- Ballybay, Lakeside Park
- Carrickmacross, Convent Walk

We ask the other users of these parks to avoid using the parks at these times each day.



Older Adult Home Exercise Plan

Sport Ireland and our network of Local Sports Partnerships work with trusted professionals and valued volunteers to engage communities across the country to deliver inclusive, impactful and sustainable opportunities to become physically active.

Older Adult Home Exercise Plan

This is a 4-week home exercise initiative for Older Adults of all abilities. Over a 4-week period, the guidelines are to try and reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan.

Try to be active for 30 minutes in one go or for 3 bouts of 10 minutes at a time. A good idea would be to combine the exercises in this booklet with some other aerobic activity such as walking, cycling or gardening.

Adults of all ages should be physically active, at a moderate intensity, for at least 30 minutes a day



Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- It helps us age better – we are living longer and being active enhances the quality of those added years.
- It helps us retain our independence – it is important to be able to do things in life that enable us to live as independently as possible.
- It helps protect us from common diseases like heart disease and diabetes. It also reduces our risk of falling.
- Being physically active can help us feel better – physically and mentally by keeping our minds sharp!

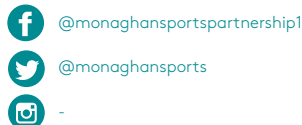
All activities in this booklet

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).



Monaghan Sports Partnership
 Email: info@monaghansports.ie
 Tel: 042 975 5126
 www.monaghansports.ie



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

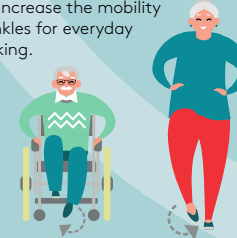
ANKLE CIRCLES

What do I do?

- Place one hand on a stable surface for balance, if possible
- Lift one foot off the ground
- Draw circles in the air leading with your toes
- Change direction
- Switch feet and repeat

Why would I do it?

- It will help you to increase the mobility and stability of ankles for everyday tasks such as walking.



MARCHING ON THE SPOT

What do I do?

- Sit or stand tall
- Feet shoulder width apart
- March on the spot by raising your knee high and then lower this leg back to the start position
- Repeat with opposite leg

Why would I do it?

- It will help you to perform everyday tasks such as climbing the stairs and clearing uneven footpaths



REMEMBER: If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

Moderate intensity exercise means that you're huffing but not puffing or still able to talk but not sing while being active

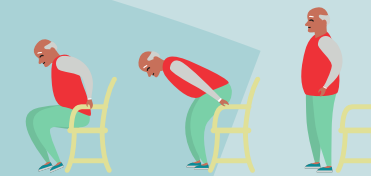
SIT TO STAND

What do I do?

- Place your chair against the wall
- Whilst seated on the chair move your bottom forwards in your chair
- Place your feet behind your knees
- Lean forwards bringing your head over your knees
- Push off with both hands to stand up
- Step back until you feel the chair against your legs
- Bend in the middle, reaching back for the arm rests and slowly sit back down

Why would I do it?

- It will help you to perform everyday tasks such as getting out of the car, and getting up from a chair
- To make it harder, try to stand up without pushing off the arm rest



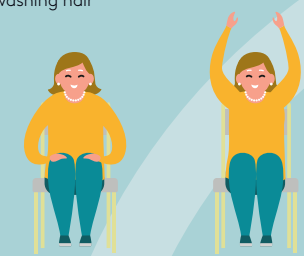
OVERHEAD REACH

What do I do?

- Sit in chair
- Arms by sides, inhale
- Exhale as you reach your arms overhead
- You can add a weight by using a water bottle or food tin

Why would I do it?

- It will help you to increase the range of motion in shoulders for everyday tasks such as reaching for an object out of a cupboard overhead, and washing hair





Answer the below 3 questions and then, at the start of each week, set out your physical activity goals

ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

SIDE LEG LIFTS

What do I do?

- Standing tall, hands on support, feet hip width apart
- Take the weight on one leg, keep knee slightly bent and slowly lift other leg out to the side for count of 4
- Bring foot back to other foot for count of 4, and repeat

Why would I do it?

- It will help you to strengthen your hips for everyday tasks such as side stepping when walking, and getting out of bed



For more ideas on how to adapt activities, contact your Local Sports Partnership

Remember to assist those who may need extra help in taking part.

TOE & HEEL RAISES

What do I do?

- Standing tall, hands on support, feet hip width apart
- Slowly raise heels off the ground until you're on the balls of your feet, pause and slowly come back to start position
- Slowly raise toes off the ground until you're on the heels of your feet, pause and slowly move back to start position

Why would I do it?

- It will help you to improve your lower body stability for everyday tasks such as stepping backwards, and reaching for objects overhead



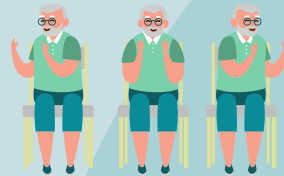
BODY TWISTS

What do I do?

- Sitting in a sturdy chair, lift elbows to chest height
- Slowly and gently start turning your head and shoulders to look over one shoulder
- Return back to start position, repeat on other side

Why would I do it?

- It will help you to improve the strength and mobility of your mid-section for everyday tasks that involve twisting and bending such as gardening and sweeping the floor



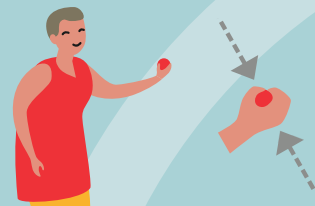
HAND SQUEEZES

What do I do?

- Hold your chosen object in one hand (Ball, rolled up socks, etc)
- Slowly squeeze it as hard as you can and hold it for a count of 4 and then release
- Repeat the squeeze and release

Why would I do it?

- It will help you to improve hand strength for everyday tasks such as opening jars, turning keys, holding and carrying shopping items



Age & Opportunity Active is a national programme designed to get older adults more active and participating in recreational sport and physical activity. Further details can be found at www.ageandopportunity.ie/active



EXAMPLE

Why do I want to be active? What is my overall goal? Focusing on an overall goal will help you to stay motivated over the 4 weeks.	I want to be able to play with my grandkids more.									
When and where will I do my activities? If you maintain a consistent routine, you are more likely to remain physically active.	In the morning time in the living room. I feel like I have the most energy in the morning.									
Who will I share my exercise journey with? If you inform a friend or family member of your intention to be more active or get active with another person, you have a better chance of success.	My friend Mary. I have told her to ask me whether I am reaching my daily target.									
Every evening decide which activities you are going to do tomorrow. Prepare and layout the equipment you will need the night before.										
WEEK NUMBER	WEEK 1		WEEK 2		WEEK 3		WEEK 4			
Minutes per week	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes
EXAMPLE										
Monday	30	20								
Tuesday	30	35								
Wednesday	0	15								
Thursday	30	30								
Friday	30	35								
Saturday	0	20								
Sunday	30	15								
My Weekly Total	150	170								
How did I do this week?	I am happy with myself. I was active for 20 minutes more than my target and I feel great.									

#BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive

KEEPING IN CONTACT



Connecting with other people is really important for our mental wellbeing and has never been as important as it is now. Having someone to connect with can provide emotional support or gives you an opportunity to provide support to others.

Making a plan

Planning a certain time or day that you talk to a family member or friend, will give you something to look forward to and will make you more likely to reach out and make that connection.

- **Get a good morning routine!**
- **Connect with someone everyday** – having someone to talk to everyday can really help us get through the tough days.
- **Reconnect** – look up some old friends that you have perhaps lost contact give them a call or send them a letter.
- **Offer help** – it could be something as easy as checking in with a neighbour or you could volunteer in a more formal role. It is a great way to give back, help others, and meet new people
- **Reach out** – there are many people and services out there that are willing to talk, just reach out and you will find all the support you need.
- **Do things together** – If you share your home with someone it is important to take some time each day to be enjoying time together.



Monaghan Community Call

We're here if you need practical support or someone to talk to.

We can help with:

- Delivery of food, medicine, fuel or other household items
- Someone to talk to or keep in touch with
- Other practical supports
- Signposting and referral to reliable information and services

1 800 804 158

covidsupport@monaghancoco.ie

KEEP WELL

SWITCHING OFF

Switching off and being creative or learning something new, getting back to nature and relaxation can help your mental health and wellbeing.



- **Take notice and be aware**
 - take some time every day to check in with how you're feeling. Pay attention to the present moment. Take notice of your thoughts, feelings, sensations, and the world around you.
- **Give yourself some credit**
 - sometimes we are our own worst critics. Taking a moment to stop and think of what we have done to get through the past few months can help us see that we are probably doing better than we think we are
- **Write it down**
 - sometimes writing things down can really help. It can be a good way of getting our anxious thoughts out.
- **Take a break from the news** –While it is important to keep up to date with the latest messages, it is also important to step away. Schedule a time every day to check your social media, and the latest news and make sure to you rely on trusted sources such as the HSE and the Department of Health, as misinformation and rumour can cause extra stress and anxiety.



Get a good morning routine

Setting yourself a good morning routine can be a big help in these challenging times, below are a few tips on how you can put in place a good morning routine.

- Open your curtains and let some light in.
- Make your bed , you will be glad at bedtime!
- Smileeven if you don't feel like it.
- Get dressed, wear something that makes you feel good!
- Go outside if you can and breathe in the new day.
- Take some time to have your breakfast
- Send someone a good morning message a quick call or text.
- Listen to the radio
- Read a new book – you can get a delivery of books from Monaghan Library
- Get some exercise - If you can go outside for a short walk.
- If you prefer you can try some of the exercises in this booklet.
- If today isn't a good day, tomorrow will be better.

Take some time for yourself

- Take some time out of your day to relax and just take in the world around you. It will help you feel calmer.
- Taking just ten minutes to do the little exercise below will help distract you from some of the worries you may have.
- You can change where you do this exercise each time you do it. This can be your bedroom, bathroom, the garden or a small corner in the kitchen.

Try this ten-minute exercise

1. Look around you for 5 things that you can see right now.

1. What colour are they?
2. What shape are they?
3. What do they do?

2. Listen out for 4 things you can hear right now

1. Are they loud or soft?
2. Are they near you or far away?
3. Do the sounds remind you of something nice or happy in your past?

3. Look out for 3 things you can touch right now

1. What are they?
2. What do they feel like?
3. Do they make a noise?

4. Take a notice 2 things you can smell right now?

1. What are the smells?
2. Do the smells remind you of something nice or happy?

5. Take one slow breath deep breath before you finish this exercise.

Take time to sit and take a deep breath, you will notice the difference this little exercise has made.

Use your local library

Libraries have a wealth of books for all ages and interests as well as online library services including free access to eBooks and audiobooks. If you are not a member of your local library, you can join for free. Contact your local library for details.

Monaghan Libraries have made lots of changes to make their spaces as safe as possible for users however if you prefer not to enter the Library buildings you can arrange a Contactless Collection or a Home Delivery using the contact details listed below.

Contact details for branch libraries in County Monaghan

BALLYBAY LIBRARY

Phonelines open Wednesday & Thursday 10am - 1pm.

Contact 042 9741256 Email: Ballybaylibrary@monaghancoco.ie

CARRICKMACROSS LIBRARY

Opening Hours: Mon - Fri 11am - 1pm & 2pm - 5pm (Late night Mondays 6-8pm)
Phonelines open Monday to Friday 10am - 1pm.

Contact 042 9661148 (Option 4)

Email: Carrickmacrosslibrary@monaghancoco.ie

CASTLEBLAYNEY LIBRARY

Phonelines open Tuesday, Wednesday & Friday 10am - 1pm.

Contact 042 9740281 Email: Castleblayneylibrary@monaghancoco.ie

CLONES LIBRARY

Opening Hours: Mon - Fri 11am - 1pm & 2pm - 5pm (Late night Mondays 6-8pm)
Phonelines open Monday to Friday 10am - 1pm.

Contact 047 74712 Email: Cloneslibrary@monaghancoco.ie

MONAGHAN LIBRARY

Opening Hours: Mon - Fri 11am - 1pm & 2pm - 5pm (Late night Mondays 6-8pm).
Phonelines open Monday to Friday 10am - 1pm.

Contact 047 81830 Email: Monaghanlibrary@monaghancoco.ie

Drop someone a line

- Why not take some time to write some letters to family and friends and ask them to write back!
- Or perhaps send a letter to the residents in our nursing homes. Postage is free until January 31st, 2021.
 - Write FREEPOST where the stamp would normally be.
 - Put the address of the nursing home or care home on the envelope
 - Put the address of the sender on the envelope
 - You can post it in post box or at your local post office.
 - An Post will deliver, letters large envelopes and packets weighing up to 2KG without a postage stamp.

Feed the birds

According to Birdwatch Ireland feeding the birds isn't just good for birds, it's great for us too. Feeding the birds is one of the easiest and most enjoyable ways to attract wildlife into your garden and into your day. Birds add a welcome splash of colour to dreary winter days, and generally add interest to the garden on many different levels.

- Place your feeders somewhere you can watch the birds while you enjoy a cuppa.
- Once you start, it may take a while for birds to know you are putting it out food, but once they know they'll keep coming back, so be sure to keep feeding them throughout the winter
- Many birds love to eat high quality seeds mix, peanuts, dried and fresh fruit but by adding foods like mealworms, fat balls and suet cakes you will bring lots of different birds to your garden.
- Don't forget the water, it is just as important as food. Provide enough fresh water for drinking and bathing for your feathered visitors.
- Little and often-provide just enough food, and top up your feeders regularly
- Learn about the birds visiting Why not contact the Library and ask them to recommend a suitable book to help you identify the birds visiting your garden.

TAKE A TRIP DOWN MEMORY LANE

In these strange times life can be overwhelming. It's always nice to think back to good times and happy memories. Why not have a chat with your family about these events in times gone by. If you live alone, give someone a call who would enjoy a trip down memory lane with you.

WHAT DO YOU REMEMBER?

- The Big Freeze of 1947
- Rural electrification in Monaghan 1948-1961
- The closing of the railways in Monaghan 1957-1959
- The first The Late Late Show is broadcast -1962
- President John F Kennedy to visit Ireland June 1963
- President John F Kennedy assassination six months later in November 1963
- Neil Armstrong becomes the first man to walk on the moon -1969
- Ireland its first victory in the Eurovision with Dana's All Kinds of Everything- 1970
- The Marriage bar, which required women to leave public service jobs once they got married, is lifted -1973
- Ireland joins the European Economic Community (EEC) -1973
- The day Elvis Presley died 1977
- 1979 Monaghan GAA Senior football team wins their first Ulster Title in 41 years.
- Seamus Darby's late goal for Offaly denies a great Kerry team the elusive five All-Ireland titles in a row. 1982
- Barry Mc Guigan home coming in Clones after winning the World title 1985
- Eamonn Mc McEnaney's free kick against Kerry to bring the All Ireland Semi-final game to a replay -1985

EAT WELL

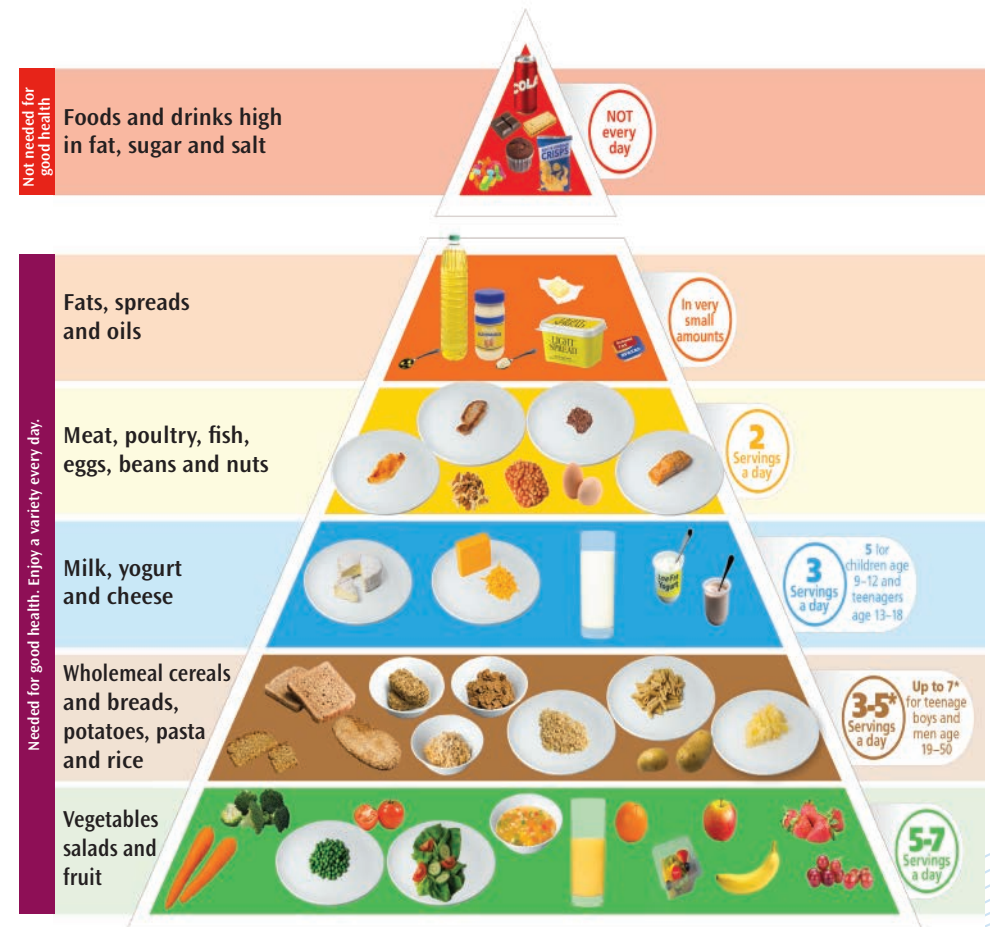
As we grow older, it's as important to eat well. This can help you to keep well and stay active. If you have a specific health condition, your doctor will advise you on the best diet for you. But if you're in good health, then follow the general healthy eating advice. As we get older, our appetite may get smaller. This is normal, but you should still try to eat enough nutritious food each day to keep you in good health. The food pyramid below is good way to make sure you are eating a balanced diet.



www.healthyireland.ie

THE FOOD PYRAMID

For adults, teenagers and children aged five and over



Healthy bones

We need to look after our bones just as much as we grow older as we do when we are younger. Getting enough calcium and vitamin D helps to protect your bones and keep them strong. Try to eat some calcium-rich foods every day.

Foods rich in Calcium

- Dairy foods like milk, cheese and yoghurt are the best sources of calcium.
- Tinned fish with the bones (like sardines or salmon)
- Green leafy vegetables (like broccoli or cabbage, but not spinach)

Vitamin D

Vitamin D helps your body to use the calcium you get from food. This vitamin is made in our bodies when we expose our skin to the sunlight.

We also get it from:

- Oily fish like herring, mackerel, sardines, salmon and trout.
- Egg yolks
- Some brands of milk and dairy spreads which have vitamin D added (check the label)

If you think you aren't getting enough vitamin D, speak to your doctor or pharmacist you may need to take a supplement of vitamin D each day.



Fibre and a healthy gut

Eating Fibre is best way to prevent constipation and keep your gut healthy. To increase fibre in your diet, try to

- Switch from white starchy foods to wholegrain bread, whole wheat pasta, brown rice and wholegrain cereals.
- Eat at least five portions of fruit and vegetables each day.
- Include peas, beans and lentils in your diet.

Getting help in the home

If you are finding it difficult to access food stores, or prepare your own meals contact the Community Call for support -1800 804 158.





MANAGING YOUR MOOD

- MINDING YOURSELF

We are hearing a lot about anxiety right now. Many of us may be struggling with how we are feeling without knowing what we are experiencing is anxiety. COVID-19 (coronavirus), can be worrying. It can really affect how you are feeling in yourself. In the current world we are living in anxiety and stress are very natural, even if you have never felt anxious or stressed before.



What is Anxiety

ANXIETY CAN BE	ANXIETY CAN BE
Feeling uneasy and worried	Having many thoughts about death or dying
Feeling your heart racing, sweating, fast breathing.	Constantly checking for symptoms of Covid 19
Finding it hard to fall asleep or finding it hard to stay asleep.	Being afraid that normal aches and pains might be the virus
A tense feeling in your body.	Getting easily irritated or annoyed.
Feeling of dread in your stomach, that something terrible might happen.	Feeling sad, insecure or unsettled.

If you are feeling any of the feelings above, don't be afraid or embarrassed. COVID 19 has affected all our lives in some ways. But in time, it will pass, and this booklet contains lots of information on how you can feel a little better during this time.

Managing your Mood

If you are feeling anxious or worried there are some things you can do that will help you feel a little more settled and relaxed.

1. Reach out
2. Take a break
3. Breath and relax
4. Take one day at a time
5. Get a good night sleep

1. Reach out

Sometimes just talking about how you are feeling in yourself can be a big help. Don't keep your feelings to yourself, share how you are feeling with your family or friends.



Good Morning Monaghan

A service for People Living Alone in Co. Monaghan



Good Morning Monaghan, a free phone call service for people living alone, is available in Co. Monaghan to older people and anyone feeling lonely, isolated or vulnerable.

Good Morning Monaghan is a free phone call service operating 5 days a week. It will check that all is well with you or a loved one.

Contact Liza Hackett

087 0656793

or 047 72191

Email: lhackett@midl.ie

Monaghan Volunteer Centre,
Monaghan Integrated Development, North Road Monaghan



ALONE is providing a telephone support line, seven days a week from 8am – 8pm, for all older people. **You can contact ALONE at the number below**

**CORONAVIRUS HELPLINE
FOR OLDER PEOPLE:
0818 222024**

If you have concerns or queries about COVID-19 call Alone's dedicated support line, 8am - 8pm

Gardaí - if you have any safety concerns contact the Gardaí, they will be more than happy to assist you or direct you to relevant services.

Garda Station	Telephone number
Monaghan Town Garda Station	(047) 77216
Carrickmacross Garda Station	(042) 9690190
Castleblayney Garda Station	(042) 974 7900
Clones Garda Station	(047) 51028
Ballybay Garda Station	(042) 9741002

2. Breathing tips

Breathing is something we do without even thinking. Taking a few minutes to stop and breathe can really help to make you feel calmer. Take a couple of minutes to concentrate on how you breathe. You might realise that your breathing comes from the top of your chest.

Practice these tips to help you take a moment and breathe:

- Sit in a comfortable and supportive chair.
- Put one hand on your chest and the other hand on your stomach.
- Breathe as you would normally, notice where your breath is coming from.
- Take a deep breath - notice how your stomach rises and falls.
- As you get used to taking deep breaths try holding the breath for a count of 4. Then breathing out to a count of 6.
- As you get better at taking deep breaths, try working on holding your breath for a count of 7 and breathing out for a count of 9.

3. Relaxation Tips

Using some tips to relax can be a great way to calm your body and your mind. Find a quiet comfortable space in your home and work through each of the steps below. When you're done, spend a few moments sitting or lying quietly with your eyes closed. When you feel ready, stretch and get up slowly.

Hold each stretch for a few seconds then relax it.

Repeat each stretch 3 or 4 times.

1. **Face:** Push your eyebrows together as if frowning, then release.
2. **Neck:** Gently tilt your head forwards, pushing your chin towards your chest. Then slowly lift your head again.
3. **Shoulders:** Pull them towards your ears like a shrug. Then relax them downwards towards your feet.
4. **Chest:** Breathe slowly and deeply into your belly, below the bottom rib, so that you're using all of your lungs. Then breathe out slowly, letting your belly deflate.
5. **Arms:** Stretch your arms away from your body, reach, then relax.
6. **Legs:** Curl your toes away from your body, then pull them towards the body, then relax.
7. **Wrists and hands:** Stretch your wrist by pulling your hand towards you. Stretch out the fingers and thumbs, then relax.

4. SING!

Singing is good for you. Singing releases happy hormones and lifts your spirits. Have a go, sing a few lines from the classics below, you will feel better!

All you Need is Love

Love, love, love ,Love, love, love

Love, love, love

There's nothing you can do that can't be done.

Nothing you can sing that can't be sung.

Nothing you can say, but you can learn how to play the game.

It's easy

All you need is love

All you need is love

All you need is love, love

Love is all you need

I wanna be like you

Now I'm the king of the swingers, the jungle V.I.P

I reached the top and had to stop

And that's what bothering me

I want to be a man, man-cub,

and stroll right into town.

And be just like those other men

I'm tired of monkeying around.

Ooh-bi-doo, I wan'na be like you

I want to walk like you, talk like you, too

You see it's true, an ape like me

Can learn to be like you, too

Shake Rattle & Roll

Get out from that kitchen and rattle those pots and pans.

Get out from that kitchen, and rattle those pots and pans.

Well, roll my breakfast 'Cause I'm a hungry man

I said, shake, rattle, and roll

I said, shake, rattle, and roll

I said, shake, rattle, and roll

I said, shake, rattle, and roll

Singing in the Rain

I'm singin' in the rain, just singin' in the rain.

What a glorious feeling I'm happy again.

I'm laughing at clouds so dark above.

The sun's in my heart and I'm ready for love.

Let the stormy clouds chase everyone from the place.

Come on with the rain, I've a smile on my face.

I'll walk down the lane with a happy refrain

And singin' just singin' in the rain



Blue Suede Shoes

Well, it's one for the money, two for the show.
Three to get ready, Now go, cat, go
But don't you, Step on my blue suede shoes.
You can do anything
But stay off of my blue suede shoes
Well, you can knock me down
Step in my face, Slander my name
All over the place
Well, do anything that you want to do
But uh-uh, honey, Lay off of them shoes.

Great Balls of Fire

You shake my nerves and you rattle my brain
Too much love drives a man insane
You broke my will, but what a thrill
Goodness gracious, great balls of fire
I laughed at love cause I thought it was funny
You came along and you moved me honey
I've changed my mind, this love is fine
Goodness gracious, great balls of fire.

5. Getting a good night's sleep

Sleep is very important for a healthy body and healthy mind. Sleep allows your body and mind to recharge, leaving you refreshed and ready for a new day. Having a bad night's sleep can really affect how you feel the next day. Below are some useful tips from the HSE on getting a good night's sleep.

GET A GOOD BEDTIME ROUTINE

- Try to get up at the same time every day, even if you did not fall asleep until late. This will help you get a good sleep pattern in place.
- Try to do some exercise during the day, not too late in the day.
- Have a regular routine before sleep, take time to relax, unwind your mind.
- Keep your sleep for bedtime (i.e. avoid falling asleep or snoozing in the armchair).
- Do not drink too much coffee, tea or fizzy drinks before bed.
- Do not drink alcohol to aid your sleep. It may help you fall asleep, but you will almost certainly wake up during the night.

AT BEDTIME

- Make sure your bed is comfortable and the bedroom is not too cold (but not too warm) and is quiet and dark.
- Go to bed when you are 'sleepy tired' and not before.
- Do not read or watch TV in bed.
- Turn the lights off when you get into bed.
- Relax and tell yourself that 'sleep will come when it's ready'. Enjoy relaxing even if you don't fall asleep at first.
- Do not try to fall asleep. Sleep cannot be switched on deliberately but attempting to do so may switch it off!

IF YOU HAVE PROBLEMS GETTING TO SLEEP

- Try not to get upset or frustrated as sleep problems are quite common.
- If you are awake in bed for more than 20 minutes, get up and go into another room.
- Do something relaxing for a while and don't worry about tomorrow.
- Read, watch television or listen to quiet music and after a while you should feel tired enough to go to bed again.
- Only return to bed when you feel "sleepy tired".
- Establishing a good sleep pattern may take a number of weeks; however, you should remain confident that you will achieve it by working through this guide.



Important information from
our health service

Common symptoms of coronavirus include:



- a fever (high temperature
- 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to your sense of smell or taste
- this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any common symptoms of coronavirus (COVID-19),

- you should self-isolate and
- phone your GP straight away to get a coronavirus test.



Covid 19 symptoms can be similar to symptoms of cold and flu, check the table below to check any symptoms you may have.

Compare symptoms of coronavirus, flu and cold



Coronavirus
COVID-19
Public Health
Advice

Symptoms	Coronavirus	Flu	Cold
Fever or Chills	Common	Common	Rare
Cough	Common (usually dry)	Common (usually dry)	Mild
Shortness of breath	Common	No	No
Lost or changed sense of smell or taste	Common	Rare	Rare
Fatigue	Common	Common	Sometimes
Aches and pains	Common	Common	Common
Sore throat	Sometimes	Sometimes	Common
Runny or Stuffy Nose	Sometimes	Sometimes	Common
Feeling sick or vomiting	Rare	Sometimes	No
Diarrhoea	Rare	Sometimes in children	No
Sneezing	No	No	Common
Headaches	Sometimes	Common	Rare

If you have any common symptoms of coronavirus (COVID-19),

- you should self-isolate and
- phone your GP straight away to get a coronavirus test.

Pharmacy Contacts Monaghan

Monaghan area	Telephone number
Dolans Pharmacy	047 81741
Blacks Allcare	047 82258
Wards Chemist	047 82085
Ronaghan's	047 81386
Boots	047 71635
Connolly's (Flemings)	047 71690
Health First	047 82013
Scotstown Pharmacy	047 79889
Mc Sorley's Emyvale	047 87773

Carrick/Castleblayney	Telephone number
Leavy's Pharmacy Castleblayney	042 9740005
Mc Keever's Castleblayney	042 9749795
Corner Pharmacy - Castleblayney	042 9740087
Coyle's Pharmacy - Castleblayney	042 9740094
Connolly's pharmacy Carrick	042 9661217
Mc Guire's Pharmacy Carrick	042 9690690
RS Eakin Pharmacy Carrick	042 9661245
All Care Pharmacy Carrick	042 966 3421
Carrick Pharmacy	042 9692552

Clones/Ballybay	Telephone number
Hickeys Pharmacy Clones	047 51032
Mc Daid's Pharmacy Clones	047 51094
Ballybay Pharmacy	042 9741033
Care Pharmacy Ballybay	042 9755111



Monaghan's War of Independence 1919 - 1921

MONAGHAN'S WAR OF INDEPENDENCE 1919 - 1921

using stunning imagery, objects, film and first-hand accounts as well as new research into the history of the conflict in Monaghan. Monaghan County Museum shares some of the exhibition with you over the next few pages.

Come and visit us when we are back open

For further information on this exhibition, contact the museum on (047) 82928 or visit our website www.monaghan.ie/museum



The Belfast Boycott

Until 1920, Monaghan was more commercially linked to Belfast than Dublin.

BELFAST TRADE BOYCOTT

During 1920, an estimated 11,000 Catholics were expelled from their jobs in Northern Ireland and over 200 were killed. On the 6th of August, 1920, S'ean MacEntee, TD for South Monaghan, read a petition in the Dáil drawn up by Sinn Féin members in Belfast appealing for help in 'the war of extermination being waged against us'. The petition called for a boycott of goods from Belfast and a withdrawal of money from Belfast-based banks by people in the rest of Ireland.

and Irishwomen . . .

It was in Monaghan that the boycott was most successful. Shopkeepers were warned by the IRA not to deal with Belfast firms, and the public were told not to enter the shops supplied from Belfast. Protestant merchants who refused to honour the boycott were picketed. The IRA also prevented Belfast goods entering the county by rail and road.

As deliveries became more uncertain, prices rose and so added to the problems of the ordinary man and woman on the street.

THE ULSTER B THE NORTHERN THE BELFAST

Any such Notes or Cheques seized on or after that date will be confiscated. The Boycott fuelled sectarian tensions, and ultimately had an excessively negative effect on Protestant trade. All persons in possession of such Notes or Cheques should immediately dispose of them.

By Order,
Belfast Boycott Committee

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Castles Lane house circa: 1920 ©

Burning the Big House

A number of Big Houses, the homes of former landlords were burned during the war in Monaghan. The first was Castleshane on the 15th of February 1920. Rumours were widespread that it was to be occupied by the British military. The official story was an accidental fire. Whatever the reason, the activity on the land afterwards suggests a strong desire of local people to have what remained of the unsold estate and lands divided amongst them.



Castleshane House circa 1920 © MCHM

The same applied to the other three houses burned in Monaghan. Gola, the unoccupied residence of William Black, was burned in March 1921, Ballybay House in June 1921, and Shentonagh House in early July. In all cases, a combination of military and local land reasons were given.

The destruction of a country house signalled the end of a way of life ultimately changing the local landscape forever.



Gola House, Co. Monaghan

Ballybay House



Cumann na mBan



Alice Mullan of Park Street, Monaghan, was County President of Cumann na mBan. Not only did she organise branches 'all over the entire brigade area; she spent a very considerable amount of her money on the movement, and allowed her business (spirit and boot merchant) to almost lapse.

One former volunteer claimed he could name almost thirty families whose daughters were involved in the organisation.

These women carried despatches and sometimes weapons, organised comfort parcels for prisoners, fed men on the run, and acted as lookouts in the hills above safe houses.

Safe Houses

There had to be safe houses for IRA men on the run. Alice Mullan's in Park Street Monaghan was safe. Brigid Fitzgerald's home at Ture was a regular meeting place of O'Duffy, Hogan, Matt Fitzpatrick and the other Monaghan IRA leaders.

Catholic priests also allowed parochial houses to shelter men on the run.

NEDOC+

North East Doctor on call

NEDOC provides urgent out of hours GP care when your own surgery closes in the evening.

You must make an appointment to see the Doctor on Call

TO MAKE AN APPOINTMENT CALL

1850 777 911

- **Monday to Friday from 6pm – 8am**
- **24 hours at weekends and bank holidays**

Seniors **Alert** **Scheme**

The Senior Alert Scheme provides older people who are eligible with a free personal alarm and pendant. The alarm can be worn as a pendant or around the wrist like a watch. When you press the alarm it will automatically connect to a 24 hour contact centre that will get help to you as soon as possible.

You may be eligible for an alarm if you are:

- Aged 65 years or older
- Of limited means or resources
- Living alone, living with another person who is also eligible.
- Live in the area of the relevant registered SAS group.
- Able to benefit from the equipment supplied.
- Prepared to maintain contact with the registered organisation.

Senior Alert Scheme Groups in Monaghan

Name of Group	Contact Details	Area Covered
Ardaghey Community Alert	Liam Linehan 042 9744939	Ardaghey
Broomfield Housing Company	Tommy Duffy 042 9745916	Castleblayney Carrickmacross
Castleblayney Social Services	Jan McKenna 042 9740302	Castleblayney
Clones Family Resource Centre	Angela Graham 047 529 19	(Newbliss, Smithboro Drum Scotshouse)
Clontibret Community Alert	Brendan McNally 047805 47	Clontibret
Corduff/Rafera Active Retirement	Maura Garvey 042 9669594	Corduff
Doohamlet Community Alert area	James Connolly 086 8503893	Doohamlet
Drum Village Development Ass	Barbara Stewart 049 5555 994	Drum
Errigal Truagh Community Alert	Angela Kelly 047 870 49	Emyvale
Kilmore Drumsnat Com Alert	Celine Neeson 087 9008426	(Corcaghan, Threemilehouse areas)
Kilmore/Swanns Cross Comm Alert	Linda Moore 042 9742 234	(Rockcorry, Swanns Cross)
Latton-Bawn Community Alert	Pauline McEntee 086 3389476	(Latton, Bawn, Shantonagh, Ballybay)
Mullaghmatt/Cortolin	Michael Bravender 047 713 98	(Monaghan town)
Rockcorry/Dartry Community Alert	Gerry Coyle 042 9742928	Rockcorry



cmetb

Bord Oideachais agus Oiliúna
an Chabháin agus Mhuineacháin
Cavan and Monaghan
Education and Training Board

Do you have an elderly relative who needs support to learn how to use their smartphone or device?

OUR TUTORS ARE AVAILABLE TO OFFER A ONE-TO-ONE SUPPORT SERVICE OVER THE PHONE

STAYING CONNECTED DURING COVID-19

CONTACT

**Ceinwen
087 196 7888**

**or
Gemma
049 435 3965**

Telephone Monday - Friday
9am - 5pm

www.cmetb.ie



Roman Catholic Communities Monaghan

Aughnamullen East Phone: 042-9745015 Email: parishaugnamulleneast@yahoo.co.uk	Ballybaby (Tullycorbet) Phone: 042-9741032 Email: contact@tullycorbetparish.com
Carrickmacross Phone: 042-9661231 Email: stjosephscarrickmacross@outlook.com	Castleblayney (Muckno) Phone: 042-9740027 Email: mucknoparish@gmail.com
Clones Phone: 047-51048 Email: clonesparish@gmail.com	Clontibret Phone: 042-9740121 Email: clontibretparish@gmail.com
Corchaghan- Threemilehouse Address: Drumguill, Threemilehouse Phone: 047-57867 Email: parishofkilmoreanddrumsnatt@gmail.com	Donagh Address: Glaslough Road, Emyvale. Phone: 047-88120 Email: donaghparrish@emyvale.eu
Donaghmoyné Phone: 042-9743617 Email: dalym1@sky.com	Errigal Truagh Phone: 047-87152 Email: truaghp@gmail.com
Inniskeen Phone: 042-9378105 Email: inniskeenchurch@gmail.com	Killanny Phone: 042-9661452 Email: killannyparish@hotmail.com
Killeevan (Curran & Aghabog) Phone: 047-54011 Email: killeevanparish@eircom.net	Latton Phone: 042-9742212 Email: tomquigleylatton@gmail.com
Magheraclone Phone: 042-9661388 Email: magheracloneparish@gmail.com	Monaghan & Rackwallace, Tyholland Phone: 047-81220 Email: parishoffice@stjosephsmonaghan.com

Webcams & Other Means of Livestreaming from Parishes - Clogher Diocese
You can access Mass online from the address below <https://www.clogherdiocese.ie/parish-webcams/>

Church of Ireland Communities Monaghan

Monaghan, Tydavnet & Kilmore Rector: Rev Chancellor Ian Berry Phone: 047 81136 Email: monaghan@clogher.anglican.org	Clones, Killeevan, Curran & Newbliss Rector: Revd Roy Taylor Email: clones@clogher.anglican.org
Carrickmacross Union, Magheraclone & Ardrag Rector: Revd Colin McConaghie Phone: (042) 967 3628 Email: carrickmacross@clogher.anglican.org	Donagh, Tyholland with Errigal Truagh Rector: Revd Lorraine Capper Email: donagh@clogher.anglican.org

Other Religious Communities in Monaghan

Monaghan Elim Pentecostal Church Email: info@monaganelim.com	Monaghan Methodist Church Contact: Rev. Rowan Zeelie Phone: (028) 8676 2639
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Presbyterian Communities Monaghan

Ballyalbany Contact: Rev S McNie Email: smcnie@presbyterianireland.org	Ballybay First Contact: Rev Dr G W Clinton Email: gclinton@presbyterianireland.org
Ballybay - Second Contact: Rev Dr G W Clinton Email: gclinton@presbyterianireland.org	Castleblayney - First Contact: Rev C Anderson Email: canderson@presbyterianireland.org
Clontibret Contact: Rev T D Hagan Email: dhagan@presbyterianireland.org	Corvally Contact: Rev C Anderson Email: canderson@presbyterianireland.org
Drum Contact: Rev D T R Edwards Email: dedwards@presbyterianireland.org	Drumkeen Contact: Rev Dr G W Clinton Email: gclinton@presbyterianireland.org
Frankford Contact: Rev C Anderson Email: canderson@presbyterianireland.org	Glennan Contact: Rev S McNie Email: smcnie@presbyterianireland.org
Monaghan - First Contact: Rev A S McQuade Email: amcquade@presbyterianireland.org	Rockcorry Contact: Rev Dr G W Clinton Email: gclinton@presbyterianireland.org
Smithborough Contact: Rev A S McQuade Email: amcquade@presbyterianireland.org	Garmany's Grove Contact: Rev R K Graham Email: kgraham@presbyterianireland.org
McKelvey's Grove Contact: Rev R K Graham Email: kgraham@presbyterianireland.org	

JAUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
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14	15	16	17	18	19	20
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JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
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19	20	21	22	23	24	25
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OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NOVEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Coronavirus
COVID-19
Public Health
Advice

LOTS OF PEOPLE ARE
ON HAND TO HELP YOU

KEEP WELL IN YOUR COMMUNITY

It's important that we're all ready to face the coming months. And connecting with others is really important for our mental wellbeing. If you need help with a range of practical supports like having your shopping, medication or fuel delivered, or if you need someone to talk to, your council Community Call is here for you.

Contact Monaghan Community Call
Call 1800 804 158 or email
covidsupport@monaghancoco.ie



Sláintecare.



Rialtas na hÉireann
Government of Ireland

If you would like to know more about the Monaghan Age Friendly Programme
You can contact

Bernie Bradley

Age Friendly Programme Manager

Tel: 087 6443332 **Email:** bbradley@monaghancoco.ie



Rialtas na hÉireann
Government of Ireland