



WHAT'S ON WHERE IN MONAGHAN

NEWSLETTER

UP COMING EVENTS NEAR YOU.....

Issue 28

05/02/2021

SMILE! IT'S SPRING!



WOW!

Welcome to the 28th edition of our electronic information bulletin **WOW**.

In this edition we welcome a brighter and safer Spring 2021!

- **Get flipping with our pancake recipe for pancake Tues 16th**
- **FREE 4 WEEK LIVE ZOOM SONG & DANCE.....OPEN TO EVERYONE**
 - **Monaghan Youth Activists looking for new members**
- **Ahead of National book week Storytelling skills with Liz Weir by Parenting Monaghan**
 - **Annual Children and Young People in Care Day 19th Feb**

Thanks for your continued support to share this electronic newsletter and please contact us should you wish to promote any not for profit online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.









Pancake Tuesday 16th of February 2021

Pancakes Recipe

Ingredients

- 1 cup flour 
- 2 tablespoons white sugar 
- 2 teaspoons baking powder 
- 1 egg 
- 1 cup milk 
- 2 tablespoons oil 

Instructions

1. In a bowl Mix flour , sugar , baking powder 
2. Put in milk , egg  and oil 
3. Mix well.
4. Cook in pan.





Counselling/Psychotherapy Service

A free counselling/psychotherapy service for adults and young people aged 13 to 18 years of age is only a phone call away. This confidential service is available now. Counselling offered for anxiety, bereavement, low-self esteem, relationships, depression etc. All counsellors are experienced and accredited by IACP or BACP. Prompt appointments offered. Call Angela on 086 1785710. Supported by Tusla.

Panic Buttons for Older People Service

Free panic buttons units are available for older people aged 66 years of age or older. These units can be used with either landlines or mobile phones. The area we cover is Clones, Smithboro, Newbliss, Drum and Scotshouse. During lockdown your application may be taken over the phone by calling Anne Davey, Clones FRC on 047 52919 or 086 1785710. Supported by Pobal.

WOW!



MEDIATION

Family Mediation Service

A low cost family mediation for separating couples is available for counties Cavan and Monaghan. Appointments offered through Zoom. Mediation is based on respect and integrity and is a compassionate and sensitive way of settling disputes. It is a proven successful alternative to court proceedings. All our voluntary mediators are professionally qualified and are registered with the Mediators' Institute of Ireland. For further information call **Angela** on **047 52919** or **086 1785710**.



Journeys 2021

personal development

citizenship

leadership

good relations

working towards personal goals

QQI level 3

1-2-1 support throughout the programme

Requirements:

- aged 16 - 24 years old
- living in counties Cavan or Monaghan
- not in education or employment

Journeys is a 6-month programme (March - Sept).
 Participants will receive 1-2-1 support as soon as they sign up.

To make a referral or to become a participant, contact a project worker:

- ★ Amy 087 978 7709
- ★ Lisa 087 710 9249
- ★ Susuana 087 339 7767





Business Start-Up Supports for Unemployed Individuals

MID are hosting a FREE on-line information session on the supports available to individuals who are considering self-employment as a career option. This information session is available to anyone in Co Monaghan in receipt of a social welfare Payment or currently unemployed due to the Covid-19 pandemic. To gain access to the information session you will need to download the Microsoft Teams App to your PC, Laptop or Phone in advance of the presentation

Please contact Margaret at mduffy@midl.ie or 042 9749500 to register for the information session

Date: Wednesday 24th February 2021

SICAP 2018 – 2022

Time: 11.00am

Platform: Microsoft Teams



EUROPEAN UNION

Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"

Good Morning Monaghan

Phone Call Service for Older People



Good Morning Monaghan is a free phone call service, which aims to provide security and friendship to elderly people living in Co. Monaghan. The service operates 5 days per week; Mon-Friday and our team of friendly callers are on hand to chat to members of the community who may need it.

Who is it for?

The service is available to:

Older people or individuals who may feel lonely, isolated and vulnerable.

People with chronic illness.

Anyone who cannot engage in an active way in the wider community.

How does it work?

Your friendly caller will chat to you about your day and will check on how you are feeling. You decide how often you wish to receive calls.

If you do not answer the phone after several attempts, the caller will phone a member of your family, neighbour or friend to check that you are ok.

If you need other services (such as grocery deliveries during the Covid-19 crisis, we will provide assistance to you on this).

How to apply

You can register by contacting Caoimhe ccrudden@midl.ie on or 0877189396

Understanding and Coping with Grief and Loss

GRIEF CAN AFFECT US IN MANY DIFFERENT WAYS

- **Physically** - Headaches, Exhaustion, low resistance to illness
- **Emotionally** - Anxiety, feeling detached or overwhelmed, anger, relief
- **Mentally** - Difficulty concentrating, confusion, disbelief
- **In our Behavior** - withdrawing from others, change in sleeping pattern or appetite, crying



THERE ARE THINGS YOU CAN DO THAT MAY HELP

- Be kind to yourself. Try to rest, eat well and keep some structure to your day.
- Be patient. Try to allow yourself to feel and react in a way that is natural to you.
- Talk to someone you trust about how you are coping.
- Ask for and accept support, both emotional and practical, from friends and family.

BEREAVEMENT SUPPORT AVAILABLE

- Most people cope with the support from friends and family and some accurate information about grief and loss.
- Some people find it helpful to talk to someone outside of their family and friends, such as a trained volunteer. Some may benefit from sharing their experience with others who have experienced a similar loss, such as in a bereavement support group.
- Some may need professional counselling.
- Although grief does take time, a few people may find that they continue to struggle day-to-day and may need a more specialist bereavement support from a trained professional.



IF YOU ARE CONCERNED ABOUT HOW YOU ARE DOING

- Seek out accurate information about grief and loss or talk to your GP.
- The Irish Hospice Foundation free National Bereavement Support Line can offer you support and information about support services in your local area.

National Bereavement Support Line
Phone 1800 80 70 77
Mon - Fri (10.00am - 1.00pm)

Bereavement Information & Resources
Phone 01 679 3188
www.hospicefoundation.ie



INFORMATION FOR PROFESSIONALS What is Bereavement Care?

Bereavement care spans a continuum of support depending on the bereaved person's needs. There are key factors which affect a person's experience of bereavement and their subsequent support needs.

- The bereaved person's **SOCIAL NETWORK**. This is the support provided by the bereaved person's family, friends, work colleagues, cultural and faith community.
- The **CIRCUMSTANCES** surrounding the loss. This includes the circumstance of the death itself and the bereaved person. E.g. a sudden or expected death; or the bereaved person's personality or previous experience of loss.
- **TIME**. This can include the length of time since the death or the time in a person's life that the death occurs.



All people who experience the death of someone close have some level of **NEED**.

- The need for compassion and acknowledgement of the death; information and support, both practical and emotional (LEVEL 1).
- To explore grief outside our social network, explore coping strategies or share our experience with others outside our social network (LEVEL 2).
- Needs may be more pronounced due to the nature of the death or the circumstances (LEVEL 3).
- Needs due to acute distress, persistent disruption to daily life or the impact of pre-existing stressors (LEVEL 4).

The type of **BEREAVEMENT SUPPORT** provided should match the needs of the bereaved person. The level and nature of the support needed can vary.

- Support from family and friends and other people around at the time of death. (LEVEL 1).
- Formal and organized service provision (e.g. peer support) and signposting and referral services (e.g. GP) (LEVEL 2).
- Psychotherapy or counselling service (LEVEL 3).
- A therapeutic service with additional specialist training and experience in complications in bereavement (LEVEL 4).



This tiered approach is based on the Framework for Adult Bereavement Care, which was developed by the Irish Hospice Foundation and their partners. It is a guide to those working and supporting bereaved people in Ireland to identify and respond appropriately to adults who have experienced a loss. Further details are available from:
<https://hospicefoundation.ie/bereavement-2-2/working-in-bereavement-and-loss/adult-bereavement-care-pyramid/>



www.hospicefoundation.ie



The impact of domestic violence and abuse on children in their words



What is childhood domestic violence and abuse?



Childrens Voices

What it looks like

Its shouting, name calling, crying, shattered glass and sometimes punches, bruises and blood.

It gets louder and louder, they don't think we can hear it, but we can hear it in our rooms, when we are in bed, even if it is in the last corner of the house.

Its like a fighting match and we are worried that mam might get killed.

Listen to us

Some adults think children are stupid and they don't know what they are talking about just because they are little but all children have a voice.

A really bad feeling in our heart, and it feels like it's broken.

We hope it will pass in a few weeks and things will be back to normal but we are still kind scared thinking about when it will happen again.

WOW!

Details of new recovery programme for children and mums on next slide.

When he texts and rings he only asks about mam, we feel like they only care about mam, not us.

It is as if we don't matter.

Sometimes we are told whose side we are on but we don't like it



We find it very hard to stay out of it, we try to stop it but it doesn't work. We want to help mam but we feel like we are not in control.

We try to get away and go outside but this can be a very hard challenge. Our little brothers and sisters are relying on us and it's our job to protect them.



Pets are important to us

Feelings

Very very angry, afraid, frustrated, worried, scared, confused, nervous and sad

Sometimes we feel it in our bodies too, we might get weak, our eyes might go black, we get a pain in our belly, our bones start to hurt and sometimes we don't feel like eating a lot.



If you are a mum and have been affected by domestic abuse there is a new TLC kidz recovery programme in Cavan and Monaghan

<https://www.youtube.com/watch?v=3l7RroYmsN8&feature=youtu.be>

TLC KIDZ PROJECT

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

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




Barnardos
Because childhood lasts a lifetime

Referral criteria:

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



Please Contact:
Eimear Kilpatrick,
TLC KIDZ Coordinator
086 060 0616
eimear.kilpatrick@barnardos.ie



Children can attend the programme even if their mother does not, but children respond best when mothers participate.



Interagency Partners of TLC KIDZ:

- ◉ Barnardos
- ◉ TUSLA Prevention, Partnership & Family Support (PPFS)
- ◉ Children & Young People's Services Committees (CYPSC)
- ◉ Specialist Domestic Violence Services
- ◉ Specialist Sexual Violence Services
- ◉ Gardai
- ◉ Youth Work Organisations
- ◉ Family & Community Support Services

Referral Criteria:

- ◉ Open to children between the ages of 5-17 (in appropriate age groups) depending on availability
- ◉ For children & young people residing within counties Cavan and Monaghan
- ◉ Separation has occurred and the perpetrator no longer resides at the family home

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator in your area.

Eimear Kilpatrick

**TLC KIDZ Coordinator
Cavan/Monaghan**

Telephone: 086 060 0616

Email: eimear.kilpatrick@barnardos.ie

TLC KIDZ PROJECT

Offers support for Children and their Mothers who have experienced Domestic Violence and Abuse



Contact
Eimear on
086 060
0616

Childline

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

www.childline.ie

Helpline: **1800 66 66 66**

Freetext – **50101**



tearmann

DOMESTIC ABUSE SERVICE

Email: tearmann dvs@eircom.net

Phone 0858102433

0873654101

0873654279

Parentline

The national helpline for parents

www.parentline.ie

Helpline: **1890 92 72 77**

or **01 873 3500**

Women's Aid

Confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands.

Helpline: **1800341900**

www.womensaid.ie

Parenting Programme Understanding your child with additional needs



Online courses for PARENTS

Take this course in bite sized chunks, on your computer, phone or tablet



Part of the Solihull Approach series
14 Modules
Available 24/7

Go to:
inourplace.co.uk
then 'Buy course or apply code'
Only £38.00
One off payment
Non expiring access

Understanding your child with additional needs



For everyone around the child:
Mums, Dads, Grandparents,
friends and relations

For technical support contact:
solihull.approach@heartofengland.nhs.uk or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk www.solihullapproachparenting.com



SolihullApproach



@SolihullApproach (NB: 1'p')



solihull approach

www.inourplace.co.uk

Welcome to Cavan and Monaghan AEGIS

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

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

What we do

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

Remote Support

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

How you can reach us

MONAGHAN	CAVAN
047 30 800	049 437 7001
aegis@cmetb.ie	cavanaegis@cmetb.ie

Visit
www.cmetbadultguidance.ie
for full information and contact details

Stay safe. Stay positive. Stay connected.



cmetb

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



EUROPEAN UNION
Investing in your future
European Social Fund



Education & Skills
Government of Ireland



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Education and Training Board



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

STAY CONNECTED DURING COVID-19

**Learn how to use
Technology in your Home**

Learn how to use Zoom, your Smartphone and
phone applications such as WhatsApp, Social Media etc.

**OUR TUTORS ARE AVAILABLE
TO SUPPORT YOU REMOTELY**

**FREE
SUPPORT**



**For Support/Advice
please contact:**

Linda

Telephone: 087-4167844

Email: LindaReade@cmetb.ie



www.cmetb.ie



cmetb

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



FREE 4 WEEK LIVE ZOOM SONG & DANCE.....OPEN TO EVERYONE

JSI is very excited to be offering 2 very exciting Musical Theatre Song & Dance 4 week courses with Ksenia Zsikhotska as seen on RTE's DWTS!!

FREE for all children.

Mary Poppins Aged 4-7 starting 07/02/21 10AM

The Greatest Showman Aged 8-11 starting 07/02/21 10:45am

Throughout our 4 Week Courses young performers will learn Musical Dance Routine and Musical Theatre songs. These live classes are a fantastic opportunity for children to explore and develop their creative skills.

To register for your child's FREE space please click the below.

<https://www.juststageit.net/online-enrolment-form>

www.juststageit.net

MARY POPPINS

4 Week Song & Dance
AGE 4-7
Starting 07/02/21 10:00 AM

FREE

WITH *Ksenia Zsikhotska*
AS SEEN ON RTE DWTS

JSI ACADEMY
www.juststageit.net

4 WEEK SONG & DANCE

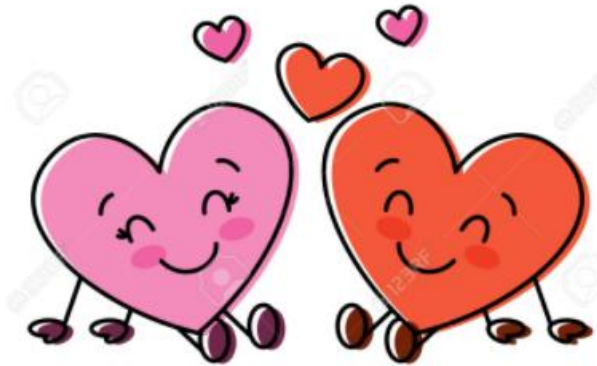
THE GREATEST SHOWMAN

STARTING 07/02/2021
AGE 8-11
10:45 AM

WITH *Ksenia Zsikhotska*
AS SEEN ON RTE DWTS

JSI ACADEMY
www.juststageit.net

WOW!



Don't forget Valentines day is on the 14th of February!!



National Learning Network

Investing in People, Changing Perspectives

Courses enrolling now!

'Employer Based Training' QQI Level 4 and

and

'Freshstart' QQI Level 3

- Work at your own pace
- Students can keep any social welfare payments they may be entitled to



NLN Monaghan

With All The Supports You Need. No CAO Points Needed.

Email: monaghan@nlm.ie
or Call: 087- 4595505



cmeth
Bord Oideachais agus Oiliúna
an Chathair agus Mhúirneacháin
Cavan agus Monaghan
Education and Training Board

Learn at a pace that suits you

Learn New Skills

Friendship

National Learning Network

Skills 4 Life

Contact us on
087-2198735
monaghan@nlm.ie



Check out the new part of Monaghan County Council website packed with info on keeping well <https://monaghan.ie/keep-well/>

November 25, 2020	Wednesday
02:00pm - 04:00pm	● Alcohol & The Rights of the Child - Webinar
November 26, 2020	Thursday
07:00pm - 09:00pm	● PRESENTING: A free series of webinars for young people, families & communities as we explore overcoming adversity with our incredible guest speakers

16	17	18	19	20	21	22
			07:00pm	07:00pm		
23	24	25	26	27	28	29
	07:00pm	02:00pm	07:00pm			
30	1	2	3	4	5	6
	10:30am					05:00pm
	07:00pm					



Keeping active
 Keeping active – keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.



Switching off
 Switching off – switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.



Minding your mood
 Mind 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.

KEEP WELL IN YOUR COMMUNITY



Riadas na hÉireann
 Government of Ireland

WOW!



**ATTENTION ALL
YOUNG PEOPLE!**



We're Recruiting!

- ⚙️ Are you a young person living in County Monaghan, aged 13+?
- ⚙️ Do you want to help tackle issues for young people in County Monaghan?
- ⚙️ Do you want your opinions to be heard at a local level?

If so, join MYA today!

Monaghan Youth Activists (MYA) are a group of young people from County Monaghan. We work together to discuss a range of issues relevant to young people in County Monaghan and try to create solutions to resolve these issues, all whilst making new friends and having a good time!



"Monaghan Youth Activists support diverse young people in envisioning their ideal world, and provide them with a platform to take action"

If you are interested in joining, please get in touch with us:

Instagram: @cypsc.mya

Email: Collette.deeney@tusla.ie



Outcome 5
subgroup of CYPSC
Monaghan

Made with PosterMyWall.com



WHAT IS MENTAL HEALTH?

"A state of wellbeing in which the **individual** realises his or her own **abilities**, can cope with the normal stresses of life, can **work productively** and fruitfully, and is able to make a **contribution** to his or her community."

(World Health Organization, 2004)

WHY TALK ABOUT MENTAL HEALTH?

Asking and talking about mental health lets your colleagues and friends know it's **OK to talk** to you about how they are feeling and seek **support when it is needed**. Remember you don't have to have the answers, **listening is one of the most important things** you can do. If asked you can help by signposting them to professional supports.



**Mental Health
Ireland**

www.mentalhealthireland.ie

WOW!

WHAT DO I SAY?

If you are concerned about someone just talk to them. There is no perfect thing to say.

"How are you doing?"

"You don't seem yourself lately, how's it going?"

"I've noticed you've been a bit quiet this week, you OK?"

"How are you getting on?"

"How's life?"

"Work's been pretty full on this month, how're you managing?"

Mental Health Ireland

<https://www.mentalhealthireland.ie/wp-content/uploads/2020/11/Lets-Talk-Mental-Health-Leaflet.pdf>

Mental Health Ireland

<https://www.mentalhealthireland.ie/wp-content/uploads/2020/11/Lets-Talk-Mental-Health-Leaflet.pdf>



WHAT IF THEY SAY THEY'RE NOT OK?

That's ok. Don't panic. You don't have to have the answers or know what to do. You can be supportive by helping your friend or colleague identify their own strengths and next steps.

You could ask:

"Have you felt like this before?"

"What helped then?"

"What supports do you have?"

"What's the first thing you need?"

"How can I help you to do that?"

IS THERE ANYTHING ELSE I CAN DO?

One of the most important things you can do is to ask a person how they are and really listen to what they say.

- ✗ Avoid giving advice
- ✗ Avoid trying to fix
- ✓ Listen
- ✓ Withhold judgement
- ✓ Reflect back what is said
- ✓ Clarify & summarise
- ✓ Empathise
- ✓ Signpost
- ✓ Seek help if needed

WHERE DO I SIGNPOST TO?

- Local GP
- www.yourmentalhealth.ie
- HSE Live, call-save 1850 241850 or 041 6850300, Lines open 8am - 8pm, Mon - Fri, 10am - 5pm Sat
- Samaritans 24/7. Free call 116 123, Text 087 2609090

If someone tells you they are feeling suicidal or if you suspect they are thinking of taking their own life, they or you should contact: emergency services on 112 or 999



THE ALZHEIMER
SOCIETY of IRELAND

Louth & Monaghan Virtual Memory Café

Second Tuesday of every month

Tuesday 9th February 2021 @4-30

Special Guest: Ruth Kelly - Positive Health Coach

Speaking on

Caring for the Carer

Using Tiny Positive Habits,
an introduction.



The café provides a welcoming space for people with dementia, their family and friends and social and health care professionals to meet, exchange ideas and learnings.

For further details, please contact:
Helen Barron 0872229356
louthmonaghanvirtualcafe@alzheimer.ie
Maeve 0877489258
Ann 0872893698

The Alzheimer Society of Ireland, National Office, Temple Road, Blackrock, Co. Dublin.
Charity Number - CHY786 Email: info@alzheimer.ie www.alzheimer.ie
The Alzheimer Society of Ireland National Helpline: 1800 341 341



Louth Monaghan Alzheimer Café

Louth Monaghan Alzheimer Café is held online every 2nd Tuesday of the month at 4.30pm.

This service is free of charge and everyone is welcome from any county!



Youth Work Ireland Cavan Monaghan



THINGS TO LOOK OUT FOR EVERY WEEK

Seolas Don Ógra



YOUTH INFO
LIVE Q&A
on Instagram@
5.30pm
TUESDAYS  ywi_cm



FUN QUIZ

NEW TOPIC
EACH WEEK
WEDNESDAYS



VIRTUAL GAMES NIGHT

THURSDAYS



FRIDAYS



youthcafecmx
castleblayneyouthcafe



ywi_cm





[Supporting Children](#) is a campaign developed by DCEDIY to support vulnerable children, young people, and their families in challenging times

The most recent lockdown measures mean that some children are at further risk of isolation, having no access to schools or other activities. This campaign is encouraging everyone to look out for children and young people, recognising that families may be vulnerable, and signposts to supports available.

Tusla continue with their essential work in child protection. Anyone with a concern about a child's safety or welfare should contact their local duty social work office using details on the Tusla [website](#), www.tusla.ie/get-in-touch

<https://www.gov.ie/en/campaigns/42-dcb-supporting-children/>

The CAWT Innovation Recovery Project supports mental health and emotional wellbeing through courses, workshops and networking. These EU funded courses are available via Zoom to staff and residents in the border counties. See below the online course timetable for February 2021; register FREE by contacting the Innovation Recovery Team on the numbers provided.

Elevenes Coffee Morning Daily Maintenance Planning	Mon 15th	11.00 am 12.30 pm - 1.00 pm
Living with Bi-Polar (Week 2)	Tues 16th	2.30 pm - 3.30 pm
Maintaining My Wellness	Wed 17th	10.30 am - 11.30 am
Men's Health	Thurs 18th	11.00 am - 12.00 pm
Mindfulness	Fri 19th	11.00 am – 11.30 am

**Telephone - NI (028) 7186
5149 or ROI 087 409 8630
(New number)**

Email NI -

recoverycollegewest@westerntrust.hscni.net

Email ROI -

Innovation.RecoverySouth@hse.ie



Elevenes Coffee Morning Steps to Appiness: Apps For Beginners	Mon <u>22nd</u>	11.00 am 2.30 pm - 3.00 pm
Mindful Sleep	Tues <u>23rd</u>	10.30 am - 11.00 am
Understanding Depression (Week 1)	Wed <u>24th</u>	10.30 am - 11.30 am
Hope & Optimism	Thurs <u>25th</u>	11.00 am - 11.30 am
Tips For Anxiety	Fri <u>26th</u>	11.00 am - 11.30 am

The CAWT Innovation Recovery Project supports mental health and emotional wellbeing through courses, workshops and networking. These EU funded courses are available via Zoom to staff and residents in the border counties. See below the online course timetable for February 2021; register FREE by contacting the Innovation Recovery Team on the numbers provided.

Telephone - NI (028) 7186 5149 or ROI 087 409 8630 (New number)

Email NI -

recoverycollegewest@westerntrust.hscni.net

Email ROI -

Innovation.RecoverySouth@hse.ie

WOW!



Connect

CONNECT
YOU ARE NOT ALONE

None of us have been here before and we are all a little afraid
SEEK HELP



Be active

BE ACTIVE
LOOK AFTER YOURSELF PHYSICALLY
EAT WELL
DRINK WATER
MOVE YOUR BODY
SLEEP



Take notice

TAKE NOTICE
YOU ARE STRONGER THAN YOU THINK
STOP, BREATHE & then THINK
Pause, take a moment to be still
Stop, breathe - this too will pass



Keep learning

KEEP LEARNING
EMBRACE THE CHALLENGE
We will all learn new things about ourselves, about each other, about how we work, about how we play, about how we live



Give

GIVE
KINDNESS WILL HELP US THROUGH
Look after each other
&
Look after yourself



← TAKE 5 AGAINST COVID #CompassionateCare #InItTogether →

ONLINE SUPPORTS

**SUPPORT FOR PARENTS OF,
& TRANSGENDER / GENDER DIVERSE
YOUNG PEOPLE**

TRANSPARENCI

Parents Group: Last Wednesday of the month



TRANSFORMERS

Youth Group: Last Thursday of the month

We are honoured to partner with TENI to provide this support in the Cavan Monaghan region.

Contact Us to pre register for zoom links.

e: info@camry.ie | p: 087 219 3904



Parents' Evening

2nd Wednesday of the month,
from January 13th, 2021
7pm via Zoom

(will run via zoom during Covid-19 restrictions)

**If you are looking advice on how to best support your
LGBTI+ child / young person, come along for a chat.**

Open to parents and caregivers (foster parents, grand parents, aunts, uncles or anyone that is the primary caregiver for an LGBTI+ young person)

This is a peer group, where parents learn from parents, while supported by our Youth Development worker.

Contact us for info & to register for the Zoom link

Call / Text / WhatsApp

087 219 3904

Email

info@camry.ie



@CAMrainbowyouth

Weekly Online LGBTI+ Youth Groups (12 - 17 years & 18 - 24 years)

During the newest Lockdown measures, we have returned to online groups. Text/Watsapp or Email to receive link

we are still here to help

you can contact us directly for assistance
see contact info below

info@camry.ie | www.camry.ie

087 219 3904

049 436 4065

we continue to
**STAND
TOGETHER**



by not
**STANDING
TOGETHER**



#StopTheSpread #SocialDistancing #WashYourHands



Cavan & Monaghan Rainbow Youth is an LGBT+ service for young people aged 12-24 years. Our LGBTi+ Youth Development Worker provides training, information and support to young people, caregivers, and educators. If you would like more information please call 0872193904, or email info@camry.ie.



FASN –STILL HERE FOR YOU

The Family Addiction Support Network (FASN) is a dedicated support service for Family members/ concerned persons who are impacted by loved one's **substance misuse**.

In these extremely difficult times we are very aware of the challenges our service users will be dealing with so we have developed a safe and secure online communications platform in which we can support you.

With this in mind we are continuing to provide vital service's in the form of

1. One to one support sessions
2. Five Step Brief Intervention
3. Health & Wellbeing support through Facebook (FASN)
4. Counselling
5. Family Support Groups – online peer led family support groups.

Join our weekly online meetings for Navan, Drogheda, Dundalk, **Cavan and Monaghan**. You must contact us for details and support to access the online services at the contact details below. Remember we are here to help and support you.

Call: **042-9355251 / 087-9046405** email: info.fasn@gmail.com



A project supported by the European Union's INTERREGVA Programme, managed by the Special EU Programmes Body.

'The MACE Project'

Working to reduce Multiple Adverse Childhood Experiences

(MACE)

Supporting families and Strengthening Communities.

What is the MACE Project?

What does the MACE Project mean for my practice?

How can the MACE Project help the children and families I work with?



Multiple Adverse Childhood Experiences (MACE PROJECT) Information sessions

If you work with children aged 0 to 3 and /or aged 11-13 and would like to learn more about the MACE Project please join a ZOOM awareness session (1 hour) on one of the following dates:

18th Feb 2021 at 12noon,
9th March at 10am

1st March at 2pm,
16th March at 3pm

Please contact Bernadette.lally@southerntrust.hscni.net to book.

WOW!



#CareDay21 will take place on the 19th of February this year, and will be the 6th annual Care Day. Care Day is a global celebration and is the world's largest celebration of the rights of children and young people with experience of care.

There are almost 5,900 Children in Care and 2,900 young adults in After Care. Each of these almost 9,000 people in their lives brings a whole set of unique experiences and on Care Day we look to break down stereotypes and celebrate each one of the unique individuals who have experience of the care system.

Click [here](#) for details of webinars, competitions and activities taking place to make #CareDay21

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#CareDay21

Art Competition

Calling all budding artists to join us in the world's largest celebration of the successes, achievements and positive experiences of those with care experience.



Send us in your pictures that showcase a positive memory, experience, person or place from your care journey.

We will have three categories:
Under 12's, 12 - 18yo and 18+

Three €20 One4All vouchers will be awarded to the most creative art pieces from each category.

We will announce the winners on social media on Friday the 19th of February.

Please email your pictures and age category to:
sadhbhobrien@epiconline.ie



#CareDay21

Writing Competition

Calling all future authors to join us in the world's largest celebration of the successes, achievements and positive experiences of those with care experience.

Send us in your typed story (max of 500 words) that highlights a positive memory, experience, person or place from your care journey.

We will have three categories:
Under 12's, 12 - 18yo and 18+

Three €20 One4All vouchers will be awarded from each category.

We will announce the winners on Friday the 19th of February.

Please email your stories and age category to:
markdwyer@epiconline.ie

Click [here](#) for details of webinars, competitions and activities taking place to make #CareDay21

Community Addiction Studies Course[©]



A 20-week course to enable people living or working in the community to become more effective when they encounter drug/alcohol misuse or addiction

Areas covered include:

- Pharmaceutical information on drugs and their effects.
- Process of addiction.
- How addiction affects individuals, families, communities.
- How individuals and communities can be more effective in their response.
- Develop their own skills and knowledge and complete individual course work.

Start Date(Provisionally): 23rd February 2021
Day/Time: One session per week Tuesday 7.00pm to 10.00pm (3 hours)
Venue: Online via zoom or Regional Education Centre, St. Brigid's Complex, Ardee
Cost: €250.00

Completed applications should be returned by 5pm on Tuesday 9th February 2021.

For further information & application form contact: [Stephanie Kane- North East Regional Drugs & Alcohol Task Force, Unit 2 First Floor, Kennedy Road, Navan, Co Meath, Tel 046-924 8630 E-mail: \[info@nedrugtaskforce.ie\]\(mailto:info@nedrugtaskforce.ie\)](mailto:Stephanie.Kane@nedrugtaskforce.ie)

Applicants may be requested to take part in an interview before being selected for a place (short listing may apply). We will contact you via email to arrange an interview date & time.

Accreditation: ÚRRÚS has agreed its quality assurance procedures with QQI (Quality and Qualifications Ireland). The programme is accredited as Community Addiction Studies QQI Award (Minor) Level 5 - Further Education and Training.

WOW!

Come together with other young people on zoom to help us decide a name for our new service in Cavan and Monaghan.

What is the service?
A youth and family alcohol and other drug service offering support and interventions for substance misuse

WE NEED YOU!



10 February 4.30pm



Zoom

Email
niamh@alcoholforum.org
to join



**alcohol
forum**

*Informing Nationally
Delivering Locally*



Cannabis use by young people can be linked to decline in IQ



The results of the study have revealed that there was a declination of approximately 2 IQ points over time in those who use cannabis frequently. Photo: Getty



THU, 28 JAN, 2021 - 09:27 NATIONAL EXAMINER

CAITLÍN GRIFFIN

A new study has found that frequent cannabis use by young people can be linked to a decline in IQ.

The results of the study have revealed that there was a declination of approximately 2 IQ points over time in those who use cannabis frequently compared to those who didn't use cannabis.

The paper, led by researchers at RCSI University of Medicine and Health Sciences, analysed 808 young people who used cannabis at least weekly for a minimum of six months and 5,308 young people who did not use cannabis.

Professor Mary Cannon, Professor of Psychiatric Epidemiology and Youth Mental Health, said the findings of the research provide further insight into the harmful neurological and cognitive effects of frequent cannabis use on young people.

“Previous research tells us that young people who use cannabis frequently have worse outcomes in life than their peers and are at increased risk for serious mental illnesses like schizophrenia. Loss of IQ points early in life could have significant effects on performance in school and college and later employment prospects.”

https://www.irishexaminer.com/news/arid-40215785.html?mc_cid=96a2789c4c&mc_eid=f6e58dd8c7



Beginner Girls (age 12 – 17)

When: Monday 8th Feb – Monday 29th March

Time: 6pm – 6.50pm

Where: via Zoom (you will receive the link on the day of each session)

Who is this suitable for? This programme is designed to give you an introduction to our wonderful sport from all aspects including, specific sessions, skills and knowledge that will help you become a better bike rider! Learning is the focal point of this programme!

How do I sign up? <https://eventmaster.ie/event/pGKBcvyTyo>

Intermediate Girls (age 12 – 17)

When: Wednesday 10th Feb – Wednesday 31st March

Time: 6pm – 6.50pm

Where: via Zoom (you will receive the link on the day of each session)

Who is this suitable for? This programme is designed to improve on specific skills and knowledge you may already have, which will help you become a better bike rider! Learning is the focal point of this programme!

How do I sign up? <https://eventmaster.ie/event/yKo4TP0SVy>



Skills to help you tell stories to your Children - Wednesday 24th February @ 7.30pm

TELL ME ANOTHER ONE!

An online storytelling workshop which will be relaxed in style, designed to make people more comfortable sharing stories. Simple techniques will enhance the experience of the young listeners and participants will go away with stories they can tell.

Course Content

- Why tell stories?
- Practical tips on choosing stories that tell or read well
- How to prepare stories and use of voice
- Learn easy to tell stories from memory

By



Liz Weir MBE is a storyteller and writer from County Antrim, who has an international reputation. Formerly children's librarian for the city of Belfast, she now travels the world telling stories to adults and children. Liz is the author of two collections of stories for children, Boom Chicka Boom and Here There and Everywhere (The O'Brien Press). Having worked extensively in prisons, she has written When Dad was Away, a picture book about a child whose father is in jail, published by Frances Lincoln Books. Liz has also written the Media Initiative for Children "Together in the Park" series of television cartoons and featured in RTE's "The Morbegs" series.

To book your place email Claire Comiskey at Parenting Monaghan - **ccomiskey@midl.ie**

MENS AID Ireland

Men's Aid Ireland offer a Confidential National Helpline & 1 to 1 Support to men and their concerned family members and friends.

There are a number of services available including:

- Counselling - By Telephone
- Counselling - Face to Face
- Court Accompaniment - Dolphin House Dublin (Family Courts)
- Out Reach Clinics in Monaghan, Cavan, Louth & Meath
- Certified Training by Andrea McDermott on all Domestic Abuse Areas
- Facilitator of the Parenting While Separated Programme
- Legal Clinic - Info about Domestic Violence Orders, Access, Custody & Family Law Matters
- One to One Practical Support - Explaining Court Paperwork, Safety Planning & Care Plans

Helpline - 01 554 3811
Email - hello@mensaid.ie
Website - www.mensaid.ie

MENS
AID
Ireland

Charity No. 09123025

*1 in 7 Men in Ireland across experience Domestic Abuse

We are a registered charity offering support nationally to men & families experiencing domestic abuse.

We offer the following to ALL men:

- Confidential Helpline – 01 554 3811
- Legal clinic – Information about Safety Orders, Protection Orders, Barring Orders.
- One to one practical support – Explaining Court Paperwork, Safety Planning, Care plans
- Counselling – By Telephone
- Counselling – Face to Face
- Court Accompaniment – Dolphin House, Dublin (Family Courts)
- OutReach Clinics in Monaghan, Cavan, Louth and Meath
- Certified Training – All areas of domestic abuse including coercive control..

Call 01 554 3811 for support.



Support Service for Men & their Families

Helpline 01 5543811
Confidential Support email:
hello@mensaid.ie

www.mensaid.ie

Office: 01 5394277
Email: hello@mensaid.ie



Support Service

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Email - hello@mensaid.ie
Website - www.mensaid.ie



Charity No. 0073325

1 in 7 men in Ireland experience domestic abuse – This may be nonvisible abuse such as coercive control and/or parental alienation.



Men's Aid Ireland is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

We provide:

- National Confidential Helpline – **01 554 3811**
- Legal clinic – Information about Safety Orders, Protection Orders, Barring Orders.
- One to one practical support – Explaining Court Paperwork, Safety Planning, Care plans
- Counselling – By Telephone
- Counselling – Face to Face
- Court Accompaniment – Dolphin House, Dublin (Family Courts)
- OutReach Clinics in Monaghan, Cavan, Louth and Meath
- Certified Training – All areas of domestic abuse including coercive control..

www.mensaid.ie



Watson and Parsons (2005) definitive piece of research on domestic violence carried out for the National Crime Council found that:

- 15% of women and **6%** of men suffer severe domestic abuse
- 29% of women and **26%** of men suffer domestic abuse when severe abuse and minor incidents are combined
- 13% of women and **13%** of men suffer physical abuse or minor physical incidents and
- 29% of women (1 in 3) and only **5%** of men (1 in 20) report to the Gardaí.

The study suggested that in the region of **88,000** men and 213,000 women in Ireland have been severely abused by a partner at some point in their lives. Ref: www.cosc.ie *

www.mensaid.ie



Training Academy

We offer Gold Standard training in all areas of Domestic Abuse. Hosted by QQI, Social Care Professional – Andrea McDermott.

The training is adapted for the audience – Such as: Government professionals, Judicial and Legal professionals (Judges, Solicitors, Barristers), Family psychologists, GP's, Nurses, Midwives, Dentists, Oral Surgeons, Emergency Services, Fire Brigade, HR professionals, Employers, Psychotherapists, Hairdressers, Sports Clubs etc.

CPD available
#AllLivesMatter
#MenMatterToo

www.mensaid.ie



Do you need someone to talk to right now?

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808.**

If your life is in imminent danger, please call 999.

We can help with urgent issues such as:

- Suicidal thoughts
- Self-harm
- Anxiety, panic or stress
- Depression or sadness
- Isolation or loneliness
- Relationship challenges
- Abuse or assault
- Bullying

Get help now

For free 24/7 support in a crisis, text **HELLO to 50808.**

If your life is at imminent risk, call 999 for emergency help.

[TEXT 50808](https://www.cavanmonaghanservices.ie/text-50808)

Do you need someone to talk to right now?



text about it

50808



FEB
09

**OUR Generation - Noontime
Knowledge Sharing Event -
Minority Groups ROI**



This FREE Noontime Knowledge Sharing Session will provide Nuggets of Information about:

- OUR Generation Project - Who, What, Where, When & Why?
- OUR Generation Partners - What is their Role?
- OUR Generation Possibilities - What Opportunities are Available?
- OUR Next Steps - Let's Begin the OUR Generation Journey Together.

This informal session is specifically aimed at groups from Donegal, Sligo/Leitrim and Cavan/Monaghan in the Republic of Ireland **who represent minority communities**

As a partner, Co-operation Ireland will undertake outreach, engagement and relationship building activities with those communities and groups most affected by the legacy of the conflict, i.e victims & survivors, ethnic minorities, ex-prisoners/former combatants, youth at risk, displaced persons and former members of the security services, especially for those whose experiences can be passed onto subsequent generations for the purpose of shared learning, building resilience and promoting positive relations.

Through the link below you will find out more info and can RSVP with an email address so we can forward the Zoom link to join the session.

<https://www.eventbrite.co.uk/e/135980219497>

HERE FOR YOU!

Although we are now in level 5 and cannot meet in person...

WE HERE AT YOUTH WORK IRELAND CAVAN MONAGHAN ARE STILL VERY MUCH HERE FOR ALL YOUNG PEOPLE!

YOU CAN CONTACT YOUR YOUTH WORKER OR SEND US A MESSAGE ON ANY OF OUR SOCIAL MEDIA PAGES!

YOU CAN ALSO USE OUR YOUTH INFO TEXT CHAT SERVICE WITH SPUN OUT FROM 4-8PM MONDAY TO FRIDAY!



Youth Work Ireland Cavan Monaghan



@ywi_cm

YOUTH INFO & SPUN OUT CHAT SERVICE:

WWW.YWIMONAGHAN.IE/CHAT/



We Are  Here For You



Youth Work Ireland
Cavan Monaghan

Need to Talk?

**Carrickmacross and Castleblayney Youth Centres are available to
Young People through Text, Phone and Video Call
Private Message us through our social media**



yui_cm



yuimonaghan1



Blayney - youthcafe

Carrick - youthcafecmx

Youthcafe Carrick Contact Cassandra: 0877187945

Youthcafe Carrick Contact Melissa: 0879057598

Youthcafe blayney Contact Sandra: 087 2670105



Some useful guides available to download free



Minding our Mental Health during a new 'lock down'

<https://www.mentalhealthireland.ie/wp-content/uploads/2020/10/The-4-As-FINAL.pdf>

Here's a link to a digital Family carers' book

https://www.mentalhealthireland.ie/wp-content/uploads/2021/01/Family-Carers-A5-Booklet-for-Carers_FINAL-3.pdf

This is a wallet card leaflet called 'Let's Talk Mental Health & Wellbeing'. <https://www.mentalhealthireland.ie/wp-content/uploads/2020/11/Lets-Talk-Mental-Health-Leaflet.pdf>

It can be helpful to identify '**What is Inside and Outside my Control**', helping us to invest our energy more effectively.

Inside my Control resource

<https://www.mentalhealthireland.ie/wp-content/uploads/2020/10/I-Can-Control-Image-1-scaled.jpg>

www.cavanmonaghanservices.ie local services and supports directory



WHAT'S ON WHERE IN MONAGHAN

