



WHAT'S ON WHERE IN MONAGHAN NEWSLETTER

UP COMING EVENTS NEAR YOU.....

Issue 30
05/03/2021



Welcome to the 30th (woohoo) edition of our electronic information bulletin **WOW**.

In this edition

- **More *free* Innovation recovery education for your mental well-being**
- **If you are over 16 and have some additional barrier to finding the right training or job then “Fast Track to Work” may be a great option from National Learning Network**
- **Launch of New Monaghan Women’s Assembly**
- **Webinar on 'Autistic Women and Girls' taking place March 10th @ 7pm by ASIAM and Supervalu**
- **St Patrick’s Day online festival**

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.



Online Course Timetable

MARCH 2021



Courses Delivered Via **zoom**

Drugs, Alcohol and Your Mental Health (Week 2)	Mon 8th	2.00pm – 3.00pm
Ideas for Creativity for Wellness	Tues 9th	12.30pm – 1.00pm
Self-Care for Carers (Week 1)	Wed 10th	2.00pm – 3.30pm
5 Steps to Well Being	Thurs 11th	11.00am – 11.30am
Models of Wellbeing	Fri 12th	11.00am – 11.30am

Interested in a course? Get in touch and register today:



NI: (028) 7186 5149
ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecoverySouth@hse.ie



@InnovationRecov

HSC Health and
Social Care



Excellence in
Mental Health
Services



Course	Date	Time
Top tips for Anxiety	Mon 15th	2.00pm – 2.30pm
Finding Joy Through Gratitude	Tues 16th	10.30am – 11.00am
The Wellness Toolbox	Thurs 18th	2.30pm – 3.00pm
Mindfulness	Fri 19th	11.00am – 11.30am
Living Beyond Depression	Mon 22nd	3.00pm – 3.30pm
Getting a Good Night's Sleep	Tues 23rd	7.00pm – 7.30pm
Self-Care for Carers (Week 2)	Wed 24th	2.00pm – 3.30pm
Trauma & Healing	Thurs 25th	11.00am – 12.00pm
Relaxation For Wellness	Fri 26th	11.00am – 11.30am
Managing Setbacks	Mon 29th	2.30pm – 3.00pm
Tips for Anxiety	Tues 30th	11.00am – 11.30am
Coping with Change	Wed 31st	12.30pm – 1.00pm



Online Course Timetable

MARCH 2021



Interested in a course? Get in touch and register today:



NI: (028) 7186 5149
ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net
ROI: Innovation.RecoverySouth@hse.ie

@InnovationRecov



KEEP WELL CAMPAIGN
www.monaghan.ie/keep-well

Healthy Monaghan Wellbeing Events Calendar
Feb 2021 pdf.html



Autism
Friendly

AN **ASIAM.IE** WEBINAR

AUTISTIC WOMEN AND GIRLS

MARCH 10TH | 19.00 - 20:30



WITH
JESS HENDRICKX
HENDRICKX ASSOCIATES

Jess was diagnosed with autism in 2018 at the age of 30. Her diagnosis brings a personal understanding of autism which she draws on in her presentations. Jess supports autistic people to build self-awareness, identify their goals and together with the person take small, manageable steps towards them.



SuperValu

AsIAm and [@SuperValuIRL](https://twitter.com/SuperValuIRL) are delighted to announce our next Community Support Webinar on 'Autistic Women and Girls' taking place March 10th @ 7pm. To learn more and to register please see here https://us02web.zoom.us/webinar/register/WN_HffwUNU6SHWYaVe82kz2Bg

GET ACTIVE

with MONAGHAN SPORTS PARTNERSHIP
SOMETHING FOR EVERYBODY!



Monaghan Sports Partnership are bringing specialist fitness classes to your home via Zoom in March 2021



All classes will commence on week beginning **Monday the 8th of March** and will run for 6 weeks

CLASS LIST:

Active Adults: €20 + booking fee

Morning Circuits: Mon @ 11am - All ages & abilities

Total Body Tone: Wed @ 11am - All ages & abilities

Pilates: Tue @ 11am - All ages & abilities

Flex & Tone: Thur @ 11am - All ages & abilities

Active Mothers: €20 + booking fee

Mother & Baby: Mon & Wed @ 10am

- specialised class for new mothers

Active Teens: €10 + booking fee

Teen Girls: Teens Cardio & Core, Mon @ 5:30pm

Teens Body Tone, Wed @ 5:30pm

Teen Boys: Strength & Conditioning

Tue & Thur @ 6pm

Active Men: €20 + booking fee

Men's Circuits: Tue & Thur @ 7:00pm

Active Women: €20 + booking fee

Home-HIT: Tue @ 6:30pm

Pilates: Thur @ 6:30pm

KEEP WELL

IN YOUR COMMUNITY



Places are limited and pre-registration is essential.

For more information and to register visit:

<https://monaghansportspartnership.eventbrite.ie/>

CALLING ALL YOUNG MUSICIANS/SINGERS!

wanna be part of the

irish youth music awards programme?

ages 13-19

OPEN TO YOUNG PEOPLE
FROM COUNTY MONAGHAN

- ONLINE MUSIC WORKSHOPS
- CHANCE TO MEET OTHER MUSICIANS
- PRACTICE SONGWRITING
- TAKE PART IN MAKING VIDEOS, LIVE SOCIAL MEDIA EVENTS AND REPRESENT MONAGHAN IN IYMAS EVENTS+ COMPETITIONS



A fab opportunity for all the singers, song writers, music lovers! Ages 13-19!

Contact melissa for more information on

Melissa@ywimonaghan.ie



SuperValu

AsIAm and
[@SuperValuIRL](#)
are delighted to
announce our next
Community Support
Webinar on 'Autistic
Women and Girls' taking
place March 10th @
7pm. To learn more and
to register please see
here
[https://us02web.zoom.us/
j/webinar/register/WN_Hf
fwUNU6SHWYaVe82kz2B](https://us02web.zoom.us/j/webinar/register/WN_HffwUNU6SHWYaVe82kz2B)

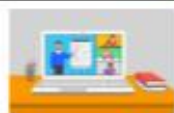
Many children with special educational needs will soon be returning to school, and may be returning at different times from their peers or siblings. It is important to ensure that children understand what is happening and why. Doing so can help to reduce anxiety and promote a sense of safety and calm around returning to school. NCSE have produced previous guidance on supporting students with the return to school <https://ncse.ie/wp-content/uploads/2020/06/Social-Stories-Supporting-students-with-ASDtransition-back-to-school.pdf> and this guidance includes advice about using very simple scripts to explain to children what is happening and why. These are often known as Social Stories™

Simple Script: Returning to School



I have been learning at home.

This was so I could stay healthy.



I will be going back to school soon.



Some of my friends will be there too.
Some children will stay at home a bit longer.



I can wash my hands or use hand sanitiser.

I will remember to keep my distance from people.



If I need to cough I can do this in a tissue or in my elbow.



If I feel worried that is ok. I can talk to an adult I trust.

I am going back to school soon.



Simple Script: Staying at Home



I have been learning at home.

This is so I can stay healthy.



Some children may be returning to school.



I will stay at home at this time.



If I am worried that is ok.

I can talk to an adult I trust.



I am learning at home.





Resources to Support the School Community during Covid 19

The National Educational Psychological Service (NEPS) have developed a range of resources to support schools during Covid-19. The Department of Education has collated information on on-line supports which can be accessed [here](https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#) - <https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#>

NEPS resources to support the wellbeing of all members of the school community include everything from relaxation podcasts to a template for students to plan their day, during school closures.

There is a short video that provides more information on these on-line resources: *A Whistle-stop Tour of NEPS Resources for Covid-19*. Click [here](#) to access this video, which is only 5 mins long!



The Department of Education has collated information on on-line supports which can be accessed [here](https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#) - <https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents-students-and-schools/#>

There is a short video that provides more information on these on-line resources: *A Whistle-stop Tour of NEPS Resources for Covid-19*. Click [here](#) to access this video, which is only 5 mins long!



Advice for parents during COVID-19: Returning to Primary and Post-Primary Special Classes

School communities are working hard, with the support of public health officials, to ensure the safe operation of our schools for students, staff and families.

All schools have put in place rules and routines which must be followed to keep everyone safe. The latest public health advice on returning to school is available on gov.ie/schools.



The Department has a selection of resources containing advice for parents with children returning to in-school learning. For more see <https://gov.ie/en/collection/5572b-back-to-school-advice-for-parents-students-and-families/>

WOW!

National Learning Network
Learn to change your story

Fast Track to Work



For Further Information:

☎ 047 83671 | 087 1427744 | 087 4594616

✉ monaghan@nln.ie

🌐 www.nln.ie

📘 facebook.com/NLNIreland

Our FAST TRACK TO WORK course provides you with individual training pathways to the career of your choice. Training is free, flexible and based on the your goals.

Skills for College
Skills for Work
Skills for Life



cmeth
Cavan Monaghan ETB
Employment Training
Education Training Area

What is the course?

Our **FAST-TRACK to WORK** course helps you to identify the type of job you would like. Our employment co-ordinators work with you to find out what skills that role requires, what skills you already have and the experience you need. We develop a training plan with you, to help you gain the range of skills and experience necessary to get you that job.

Why this course is right for you:

- ✳ The course is free, it is **fully funded** by the CMETB.
- ✳ You will work towards a **QQI Level 4 Award** in Employment Skills.
- ✳ We arrange a training place for you, in a company of **your choice**.
- ✳ **You receive the support** of our qualified instructors while on your work placement.
- ✳ **You keep your existing benefits** from the Department of Employment Affairs and Social Protection.
- ✳ **Everyone learns at their own pace** and we provide learning supports in English, Maths and Computer Skills.
- ✳ Training is holistic so you can **work towards your own personal goals** at the same time as your work goals.
- ✳ You can join the course **when you are ready**.
- ✳ We will give you the help and support you need to get the job you want, or to go on to higher levels of training and education.

Who is eligible?

The course is open to a diverse range of people, aged over 16, who need extra supports to help with training.

The course is funded by the Cavan Monaghan ETB. Eligibility Criteria Apply.

This includes people who have...

- ✳ Left school early and need a supportive training environment to move towards employment
- ✳ Had a setback in life due to illness, injury or loss
- ✳ Learning difficulties (inc. dyslexia, dyspraxia etc.)
- ✳ Mental health issues
- ✳ Physical and sensory disabilities
- ✳ Have barriers to gaining work and have other support needs

National Learning Network

Learn to change your story

Skills 4 Life

SKILLS FOR LIFE gives you the opportunity to explore the world of work and identify further education and training options of interest to you.

For Further Information:

☎ 047 83671 | 087 2198735 | 087 4594616

✉ monaghan@nl.ie

🌐 www.nln.ie

📘 [facebook.com/NLNIreland](https://www.facebook.com/NLNIreland)

This course is funded by the Cavan and Monaghan Education and Training Board. Eligibility criteria apply.

Free life-changing courses
and supported **training**



Course Description

The Skills for Life course provides a range of training options that lead you to progression pathways in a range of different careers. It will help you to develop the core employability skills that local employers look for in their staff.

The course takes you on a learning journey where you will learn to:

- **Understand** your learning preferences and interests
- **Identify** the types of activities and industries that suit your interests and career aspirations
- **Develop** the skills, attitudes and practical experience to progress to work or further education or training
- **Achieve** nationally recognised certification at QQI Level 3
- **Learn** communications, team-working skills, personal and life management skills

What makes Skills for Life different?

It provides a flexible, safe and supportive training environment that allows you to work at your own pace and develop the skills you need to progress with your training and personal goals.

You will have access to a range of supports and non-accredited modules that will support you.

We offer QQI level 3 accredited modules in:

- **Computer and Digital Skills**
- **Catering**
- **Horticulture**
- **Retail**
- **Internet Skills**
- **Breakfast Cookery**
- **Culinary Operations**
- **Health and Fitness**

Work Placements

Our work placement programme gives you practical hands-on experience in a real work environment where you can gain both skills and confidence.

Whats Happening in Monaghan

Celine Sherry, Aftercare Worker is the point of contact in Monaghan.

Services

We complete aftercare assessments and work with the Young Person and their Social Worker to make a plan of the support required after leaving care. These plans look different for everyone depending on the needs presenting with some Young People availing of an allocated aftercare worker. We also have a Drop in service available to anybody who has care experience. My Pathway community services are coming to Monaghan by the end of quarter 1 2021

Monaghan Drop In
Every Thursday
3-5pm
Teach nDaoine FRC
Oriol Way
Monaghan Town
H18 D218
087 3410 594

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

WOW!

Aftercare Cavan/Monaghan

FEBRUARY 2021
UPDATE

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



Whats Happening in The Community

My Pathway Community Aftercare operates from Teach Oscail FRC (Cavan) & Teach nDaoine FRC (Monaghan). My Pathway has a suite of community based services for the care leaving community. Aine Smith & Erin Lynagh are the points of contact in the community.

Services

- 2 Aftercare Workers
- 1 Youth Resilience Worker
- Training Placement Programme
- Mentoring Advocate Programme
- Aftercare Adult Accomodation
- Parent & Toddler Group
- Drop in



**MY
PATHWAY**

COMMUNITY AFTERCARE

TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Aftercare Team

MANAGER
SEAN BLACKWELL
SEAN.BLACKWELL@TUSLA.IE

CAVAN

PATRICIA

PATRICIA.MULLIGAN@TUSLA.IE

KILLIAN

KILLIAN.FEE@TUSLA.IE

MONAGHAN

CELINE

CELINE.SHERRY@TUSLA.IE

COMMUNITY

AINE

AINESMITH@TEACHOSCAILFRC.IE

ERIN

ELYNAGH@TEACHOSCAILFRC.IE

TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

'Star Weaving Jam' – Siobhan McQuillan will share with participants how to weave the stars.

This free online session will take place on **Zoom on Fri 12th March @ 11 a.m.** You can join at this link: <https://us02web.zoom.us/j/83095605836>



The One Million Stars to End Violence project with Amber Refuge is a community arts project that connects our community through the craft of weaving stars. Each star represents light, hope and solidarity against violence. We raise domestic violence awareness by holding public stars installations. We have star weavers across Ireland including counties Kilkenny, Louth, Waterford, Tipperary, Limerick, Mayo, and Meath. This is an inclusive community project that includes TY students, Care Home residents, Syrian Women, Respond, Rehab Ireland, Mental Health Ireland, Family Recourse Centres, Irish Girl Guides the Irish Country Women's Association, and individual weavers across the country who weave at home. The project began in Australia when Maryann Talia Pau, began weaving stars as a response to the rape and murder of an Irish woman living in Melbourne. It is now a global movement Star Weaving Kits - One Billion Stars.





Monaghan
County Council



Tionscadal Éireann
Project Ireland
2040



The Community Mental Health Fund,
supported by the Department of Health.



Childline Therapeutic Support Service

The purpose of the ISPCC Childline Therapeutic Support Service is to build psychological resilience among young people and to increase the capacity of families to care for their children through an integrated programme of support.

The ISPCC Childline Therapeutic Support Worker (CTSW) provides a free, one-to-one child-centred service for children and young people and parents/carers remotely, in their own home or place of their choosing.

PLEASE CONTACT US FOR MORE INFORMATION

ISPCC Monaghan
YWCA Building
North Road
Monaghan
H18ET71

Audrey Rabbitte , Childline Therapeutic Support Worker (CTSW)

Mobilie: 087 3603742

Audrey.Rabbitte@ispcc.ie



WHO IS THE SERVICE FOR ?

The **free** service works with young people under 18 years of age and their parents/ carers.

Referrals are welcomed from professionals, parents and young people who maybe experiencing one or more of the following difficulties:

- Behavioural, emotional and social difficulties
- Social anxiety
- Poor coping skills and poor decision making skills
- Experience of, or engaging in bullying behaviours
- Dealing with loss, bereavement or parental separation
- Family breakdown and transition into care
- Relationship difficulties and problems relating to others
- Issues related to complex family experiences (substance misuse , mental health difficulties)



Teach na nDaoine Family Resource Centre's

At Teach na nDaoine we offer a number of supports to families locally and throughout the county.

Family Support: Within Teach na nDaoine our family support workers offer a wide range of support. This includes one to one support with housing, food, health, parenting, budgeting and education. The Family Support workers aim to build a relationship with the family, help them through struggles and crisis, empower the parent and help them learn to cope again with everyday family life.

Teach na nDaoine also offer a drop in family support clinic weekly which is run every Wednesday morning from 10-12pm. This is a free of charge service for anyone in the county to drop in for support with any problem they may need help with.

Oriel Counselling Service: At Teach na nDaoine we offer a counselling service. Counselling is a way of helping people to make changes in their life, make decisions, face new challenges, set goals and be supported in a caring and compassionate environment. We offer a caring and confidential service delivered in a professional manner. Our service operates to the highest standards and counsellors are accredited or working towards accreditation with IACP (Irish Association for Counselling and Psychotherapy), IAHIP (Irish Association for Humanistic and Integrative Psychotherapy), BACP (The British Association for counselling and Psychotherapy).

Mental Health Support: At Teach na nDaoine there is a Mental Health Worker who strives towards utilising the strengths and resilience of communities to create awareness, educate, break down barriers, and offer solutions to the complex issue, which is mental health. One to one and group support is offered.

Teach na Daoine Monaghan Oriel Way,
Mullaghmatt/Cortolvin, Co. Monaghan (North East Region)
- Tel: [047 71398](tel:04771398)



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.



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**.

International Women's Day 2021

**MONAGHAN WOMEN'S
ASSEMBLY LAUNCH EVENT**



MARCH



national collective of
community based
women's
networks



7:30PM

REGISTER YOUR INTEREST BY
CONTACTING BERNIE ON
BBRADLEY@MONAGHANCOCO.IE
OR CALLING 0876443332

.....
*Monaghan Women's Assembly is a new
platform that aims to bring the voice of
local women into local politics.*

Join the event:

<https://tinyurl.com/live-eventMCCwomenassembly>

WOW!



join us via link below on Monday 8th
March at 7.30pm

**[https://tinyurl.com/live-
eventMCCwomenassembly](https://tinyurl.com/live-eventMCCwomenassembly)**

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: tearmanndvs@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



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



New free
Programme
starting soon
Call Eimear
086 0600616



The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. The Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children.

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

The children's group and mother's group run concurrently on the same week and cater for children aged between 5-17 years old.



TLC KIDZ Programme incorporates:

Children's groups help children begin the healing process by:

- ⊙ Allowing children to share their experiences with other children
- ⊙ Exploring ways of expressing their feelings safely
- ⊙ Helping children understand that the 'fighting and hurting' within their family was not their fault
- ⊙ Looking at coping strategies for the future

Mother's groups support women to better understand how to help their children recover by:

- ⊙ Helping mothers to understand their children's experience of violence within their family
- ⊙ Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- ⊙ Exploring the impact their experiences may have had on their children
- ⊙ Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

Weekly themes/concepts

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "It's not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**



New
Programme
starting
soon
Call Eimear
086
0600616

Meet this years Monaghan Comhairle na nÓg team!



MONAGHAN
COMHAIRLE NA
NÓG 2021





Join us for this insightful workshop on comic creation and visual storytelling from illustrator Jaime Lalor

To Register click [HERE](#)



**We are an Employment support service for people with an illness,
injury, disability or mental health difficulty**

We provide one-to-one support:

- **Advice** on welfare payments & medical card queries when taking up employment - Disability Allowance, Jobseekers, Illness Benefit, etc.
- **Advocate** on your behalf with other agencies and potential employers
- **Career Guidance**, CV & Interview prep.
- Identify **skills**, abilities and **training** needs
- Identify and source any **additional supports** needed
- Liaise with employers to identify **suitable vacancies**
- **On-the-job** support to help maintain employment

CONFIDENTIAL FREE COUNTYWIDE

(Currently operating remotely in line with guidelines on Covid 19)

For further information contact:

087 671 4663 OR 087 330 6462



**For more information or to book an
appointment contact: 087 671 4663
OR 087 330 6462**

EmployAbility Services are funded by the Irish Government through the Department of Employment Affairs and Social Protection
Tá Seirbhísí Infheistíochais againn atá rialaithe ag Rialtas na hÉireann tríd an Roinn Gnóthaí Fostaíochta agus Cóimíre Sóisialaí



An Roinn Gnóthaí Fostaíochta
agus Cóimíre Sóisialaí
Department of Employment Affairs
and Social Protection

Cruinniú na nÓg - Have Your Say Ireland's national day of creativity for children & young people – a chance for them to unleash their creativity and participate! Taking place Saturday 12th June 2020 - young people of Monaghan we want to hear your voice!



<https://www.creativeireland.gov.ie/en/cruinniu-feedback/>



HOPE

F O O D B A N K



Food Parcel Request Form

Hope have recently put an online form together to make it easier for you or others to request food parcels. As we aren't always in the office, the form makes things a bit simpler in case we miss calls etc.

You can access the form via the website www.monaghanfoodbank.com

If you come across anyone finding things tough at the moment, feel free to fill it out and we will do our best to help! We have food here that has been donated and we would love to get it out to those who need it most.



Help is at hand for your emotional wellbeing



If you are experiencing distress or worried about someone, please know that help is available.

Contact your GP, or out of hours North East Doc on Call on 1850 777 911 (6pm – 8am, Mon-Fri and 24 hrs at weekends).

The following supports are anonymous, free and available 24/7, 7 days a week:

Samaritans - Freephone 116 123 or email jo@samaritans.ie
Pieta House – Freephone 1800 247 247 or text HELP to 51444
Text 50808 – Text YMH to 50808 or visit www.50808.ie
Visit www.yourmentalhealth.ie or call save 1800 111 888

Useful Numbers if you, or someone you love needs support.





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

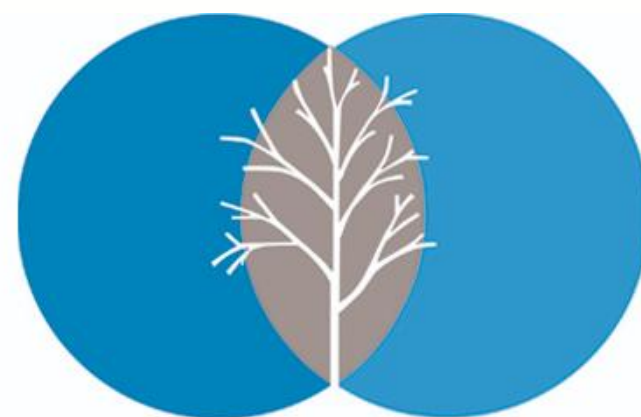
Our free phone call service is operating 5 days a week, it will check that all is well with you or a loved one.

Liza Hackett

087 0656793

E-mail: lhackett@midl.ie

Monaghan Volunteer Centre, Monaghan Integrated Development,
5 North Rd. Monaghan.



**Monaghan Integrated
Development**

Meet Jill!

The new Child and Family Network Co-Ordinator for Monaghan!



A message from Jill,

I hope that you are all keeping well in these unprecedented times. As Janice Niblock outlined in her email in December, I am now in the position of Child and Family Network Co-Ordinator for Monaghan. I want to thank Janice for all her support and guidance before she left. She has worked tirelessly over the last few years and I am delighted to step into this role now. Although this is a TUSLA position, I am employed through Teach na nDaoine Family Resource Centre.

My role will include co-ordinating Meitheal's throughout the county and offering support and guidance to other practitioners chairing their own Meitheals. Another exciting piece for me in this role is to work alongside the Networks in Co. Monaghan. Some of us are well acquainted already and I look forward to meeting everyone else over the next few months. I understand that last year we all had to adapt to the online space for meetings and it looks like this may need to continue for the first part of 2021 at least.

Over the years some incredible projects have arisen from the Networks and I have no doubt this will happen again this year. If you have any queries or something you would like circulated through the Networks please don't hesitate to contact me via email jillian@teachnadaoine.com or you can phone me on 085-8668430.



To find out more about Meitheal

<https://www.youtube.com/watch?v=wp89nsR5jcE>

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.



EUROPEAN UNION
Investing in your future
European Social Fund



Minister for Education
Government of Ireland



cmetb

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



cmetb

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





**Don't
forget
Mothers
Day
Sunday the
14th of
March!**



The Edna O'Brien Young Writers Bursary 2021

•[The Edna O'Brien Young Writers Bursary](https://moli.ie/edna-obrien-bursary/ednaobrienbursary/)

Are you between 15 and 17 years old and would you love to be a writer some day? Or, are you already one?

MoLI is offering a five-day, immersive, blended learning programme to 15 lucky students around Ireland. The Edna O'Brien Young Writers Bursary will take place both online and onsite in MoLI from **19 to 23 July 2021** (subject to public health guidelines).

<https://moli.ie/edna-obrien-bursary/ednaobrienbursary/>

WOW!



Welcome to St. Patrick's Festival 2021! The theme of this year's Festival is **Dúisigh Éire! Awaken Ireland!**

The Festival runs from March 12–17th and here's how you can watch all 100+ events, no matter where you are in the world:

Streaming live globally through TV channel — [St. Patrick's Festival TV \(SPF TV\)](#) and you can replay all programmes on their event page after they have broadcast, up to March 21st.

You can watch the SPF TV live stream on www.rte.ie/culture

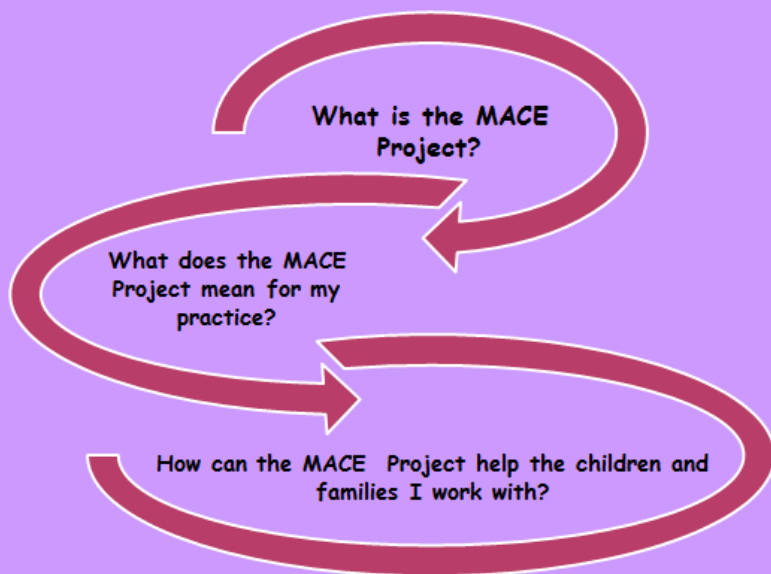


'The MACE Project'

Working to reduce Multiple Adverse Childhood Experiences

(MACE)

Supporting families and Strengthening Communities.



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:

30th March 2021 at 3.30pm,
26th of April at 11am

14th of April at 12noon
6th of May at 10am

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



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](#)

Do you need someone to talk to right now?



text about it

50808



@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.

ONLINE SUPPORTS

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

TRANSPARENCI

Parents Group: Last Wednesday of the month



Transgender
Equality
Network
Ireland

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





VIRTUAL CAFE



**COMPETITIONS ON ZOOM
QUIZZES/BINGO & LOTS
MORE**

€20 APACHE VOUCHER TO BE WON

EACH WEEK!

Fridays at 6pm

**Contact us on Facebook Instagram or
Snapchat to join!**

Or contact:

Sandra 0872670105

Cassandra 0877187945



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 - youthcafecm

Youthcafe Carrick Contact Cassandra: 0877187945

Youthcafe Carrick Contact Melissa: 0879057598

Youthcafe blayney Contact Sandra: 087 2670105

www.cavanmonaghanservices.ie local services and supports directory



WHAT'S ON WHERE IN MONAGHAN

