

# WHAT'S ON WHERE IN MONAGHAN NEWSLETTER

UP COMING EVENTS NEAR YOU.....

Issue 30 05/03/2021

please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie



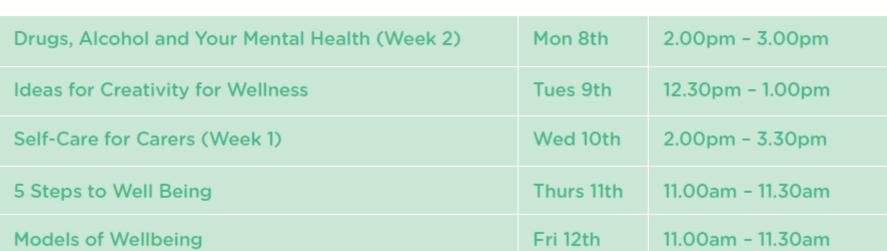
Welcome to the 30th (woohoo) edition of our electronic information bulletin **WOW**.

### In this edition

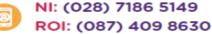
- More free Innovation recovery education for your mental well-being
- If you are over 16 and have some additional barrier to finding the right training or job then "Fast Track to Work" may be a great option from National Learning Network
- Launch of New Monaghan Women's Assembly
- Webinar on 'Autistic 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.





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



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

## @InnovationRecov @InnovationRecov





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



#### 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

#### O @InnovationRecov

Health and Social Care



please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie

HEALTHY MONAGHAN

to keep up to date with events ha	ippening locally lonow.		lealthy
Monaghan U3A Aimed at over 50's	Creative Monaghan   Ages 12-18yrs	Monaghan U3A   All welcome	Monaghan Ladies GAA   All welcome
MONAGHAN U3A KEEP FIT CLASSES	MAGIC OF MUSIC	MONAGHAN U3A ZOOM TAI CHI	LADIES MID-TERM TAKEOVER
Every Monday to Thursday @ 8.15am I hour threes class includes light weights to counteract loss of muscle mass and bone density and balance and flembility exercises. Message Monaghan U3A on Facebook or contact Monaghan U3A Mobile 083 342275 for Zoom Link	Commencing Thursday 18th Feb 4-Spm (Swk course) You don't need to have musical tailent to use music to enhance your wellbeing and mental health. You will learn simple techniques to enrich the mind, body and spirit through music. Email creative@monagbancoce.ie	Every Friday @ 9.45am 1 bour beginners guide for Tai Chi with Damien Kearins. Join Zoom Meeting https://ws02web.zoom.usj/43186367 877pwd = aLMSinFC2/is100arWHg5Mtzhi2Tin2209 Via Zoom ID 89376515722 Password U3A2020	February 15th-19th Instagram takews; skills challenge, zoom workouts, meet the playes, interviews and prize givenawys. For more info follow Monaghan Ladies LGFA on twitter or instagram
Mental Health Ireland Cavan & Monaghan	Mental Health Ireland Cavan & Monaghan	Monaghan County Libraries   All welcome	Monaghan Yarnspinners   All welcome
VIRTUAL CONNECT CAFÉ   All Welcome	PEER SUPPORT FOR COMMUNITY BASED WORKERS	RORY'S STORY	MONAGHAN YARNSPINNERS
Tuesday February 16th, March 2nd, March 16th and March 30th from 11am-12pm (Every fortnight) 1% social and funn and shays has a foccs on supporting our wellbeing. Participasts are invited into smaller break out rooms for a chuk with other people. Wa Zoom https://ssl2veb.zoom.uk/j84482208040	February 16th and March 16th Irom 2-3pm (Month) event) A form to discuss the challenges and solutions to delivering support and services remetlely during restrictions. Via Zoom https://ss02web.zoom.us/j/87885270257	Thursday 18th Feb @ 8pm Discover how Rary O'Comor werk from the man who thought he had nothing to live for to becoming a social media star, salling out venues across televal and most recently writing his book "Rory's Story". Book all Inik www.croedcast.ia/e/rory18	Friday February 19, March 5, March 19, April 2, April 16 & April 30 @ 8.30pm (Every fortnight) Apones is selection to drop in any exempt that if so to tell a bile, shore a peem or a song, or simply just listen. Pieces are usually 3-7 minutes long. Email Insciaron@Abstimali.com
Creative Monaghan THE WILDLIFE OF IRELAND   All Ages	Monaghan Education Centre	Monaghan U3A	Monaghan County Libraries   All welcome
	SUPPORTING MY ADOLESCENT	ONLINE ART CLASS	SUPPORTING PARENTS DURING A PANDEMIC
Saturday 20th Feb @11am-12pm This 4 week programme will look at the fundamentals of satching and draming for beginness. It's designed to be simple and suitable for people of all ages to enjoy. Emsil creative@monaghancaco.ie	POST PRIMARY PARENT WEBINAR Meeday 22nd February @7pm This webinar will offer practical advice to parents who once again find Temsevely sugging home & school in one place. Via Zoon https://zoom.su/webinar/register/ Win. Gou28. GouldmMAryOudge	Every Tuesday from Zpm – 4pm Learn art skills at home from local artist Sammi Have. Phoose limited to U3A members. It intreested in becoming a member contact 083 304455. Five is €35 per term. Contact 083 3244455 (for U3A members, new members welcome)	Tuesday 23rd February @ 7pm The weinar will focus on building self-care practices for all of the Bmily and how to find the "fur" with al-home learning, Delwined by Elsense Glensen, play therapost and psychotherapoist. Book your free place at https://www.crowidcast.loe/parents
HSE Cavan/Monaghan	Creative Monaghan	Cavan & Monaghan Rainbow Youth (CAMRY)	Parenting Monaghan For Parents
STRENGTHENING & BALANCE EXERCISES	ART & STORY   All welcome	TRANSPARENCI (PARENTS GROUP)	STORYTELLING WORKSHOP
Juesday 23rd Feb. @ 11am (weekly unit) 30th March) I/2 how class, delaward by HSE Physiotherapids, suitable for older people & clients with balance/stamgthening needs. Clients must be independently mobile & able to folior commads. Contact Fean aliilliand 98: 093704 or emital fonae gilliand@sks.et bio into the Zoam Class	Medinesday 24th February © 7pm A playful exploration of currels as storytellers, Life drawing, paperty & POP IIIb book techniques will be taught. Participants will enga ya mic aft and storytelling. Email creative@monaghancccs.le	Wednesday 24th February (6, the Last Wednesday of every month) @ 7.30pm Online support group for parents of transpender & Contact CAMRY on 087 219309 or Intim@Campits to register for the link	Wednesday 24th February from 7.30pm - 9.30pm Lean hora tail stonies to your children without books. Simple techniques all enhance the sequences of the young listeness and participants will go away with stories they can tell. Email Claire in Parenting Menaghan at cosmisk@midle
Monaghan U3A	NCCWN Blayney Blades	Monaghan U3A	HSE Cavan/Monaghan
ONLINE COFFEE MORNING	TAI CHI AND WELLNESS	LEARN FRENCH OR SPANISH	STRENGTHENING & BALANCE EXERCISES
Thursday 25th February @ 11am (every fortnight) Have the chats from the comfart of your own bome! Open to members and non-members of Monaghan UJA. Log into Zoorn. Meeting ID 4318638787 Password 432021	Every Wednosday (2) 11am NCOWH Blayney Blades women's group in conjunction with Lifetigh Development an hosting a weekly TAI CHI and Wellness class which is hosted by Ann & Paula. To pin phone or text 085 8799196 or email blayneyblades(%)grantLeam	Every Wednesday @ 2.15pm - 3.15pm (French) or 3.30pm - 4pm (Spanish) Learn some basic phrases whilst also having fun! if interested in becoming a member of Monghan U3A contact 083 3244455 Contact 083 3244455 (for U3A members, new members, welcome)	Thursday 25th Feb. @ 9.30am (weekly until 30th March) 1/2 hour class, delivered by INSE Physiotherapists, satiable for older propile & clients with balance/strengthaming needs. Clients must be independently multible & Jole to follow commands. Contact Floras Gilliand 087 0597504 or email floras gilliand@thsel to pin the Zoom Class
Monaghan U3A All welcome	Cavan & Monaghan Rainbow Youth (CAMRY)	Monaghan Sports Partnership   Beginners	Creative Monaghan   Young People
POEMS AND PINTS	TRANSFORMERS GROUP	0 TO 3K BEGINNER WALK TO JOG	CREATIVE CONNECTIONS
Thursday 25th February @ 8pm (monthly event) A monthly get together where people nocile their own peoms or peoms by others and share a few thoughts and laughs. All Veloceme. Contact 083 3244455	Thursday 25th February (6 the last Thursday of every month) (2) 7.30pm Driline support group for young transgeride and gender diverse young people Contact CAMRY on 897213304, or infe@camryle to register for the link	1st March 0-3k Beginner Walk to Jag Podcast Programme. Over a 6 week, period, participants will receive two podcasts each week, making the transition from waking to jogging easier and more fun. Registration at https://moaglansportspartnership.eventbrite.com	March/April programme (4wk course) A drama-visual at programme for young people. Ower these workshops Kim Doherty & Heather Brett will help you cannet with your inner arist, satisfung off to explore landscapes of the imagination through the creative arts. Email creative@mansplanecoc.ie
Monaghan County Libraries	Creative Monaghan   All welcome	Creative Monaghan Age 16+	Monaghan Sports Partnership Older Adults
LEARN CALLIGRAPHY Beginners	PHOTOGRAPHY COURSES	UPHOLSTERY WORKSHOPS	BE ACTIVE AT HOME workout video series
March (date TBC) Geline beginners course to be delivered on zoom, Course materials will be provided. Places will be limited. Email kmccague@menaghancoco.ie	March /April (date TBC) 2 courses will run, one for young people and one for adults. Through a series of workshops participants will fearn the latest digital hotography techniques. Ernail creative@monaghancoco.ie	March / April (series of 3 workshops) For 16+ this series of celline workshops will teach basic simple techniques to upcycling furniture. Ernail creative@monaghancoco.ie	Launching beginning of March An exercise video resource for adults with a disability and also for older adults. The resource includes 3 soated exercise routines and 3 standing exercise routines. Flexibility exercises are also included. To receive a DVD/USE contact 042 9755126
The Alzheimer Society of Ireland	La Leche League of Castleblayney & Monaghan	Cavan & Monaghan Rainbow Youth (CAMRY)	HSE Monaghan
Louth/Monaghan VIRTUAL MEMORY CAFÉ	MOMS & MOMS-TO-BE MEET UPS	LGBTI + PARENTS GROUP	HEALTHY BLADDER & BOWEL ADVICE
Tues 9th March (2nd Tues of every month) @ 4.30pm	Tuesday 9th March @ 8.30pm & Tuesday 23rd	Wednesday 10th March @ 7.30pm	Wednesday 10th March @ 2.30pm
The calk provides a welcoming space for people with dementa,	March @ 10.30am (2nd & 4th Tues of every month)	(2nd Wednesday of every month)	Live question and answer session. Advice and tips
ther family, frends, social and health care professionals to	Nother-to-motive support, presention, education, informa-	Advice no hove best to support your LGBTI child/young person.	on maintaining a Healthy bladder and boxel.
meet, exchange ideas and learnings. New topics and speakers	tion & encouragement if you are breastfeeding or planning to.	This is a peer group open to parents and caregivers.	https://sse.webac.com/ssej.php?MTID wr87de87-
each month. Email leathmoaghanvirtualcafe@	Contact https://m.facebook.com/Lal.echel.eague	Contact CAMPY on 087 213590 or	caddec6e912/3040587520ce Meeting Namber (access
alzheimecic or phone Helon Barron on 007 2223056	Castieblaymey or 086 6646188 for Zoom Link	info@campride to register for the link	code): 183 489 4688 Meeting Password: Pvithmypq63
Down Syndrome Centre Morth East 321 GO NEON (VIRTUAL EVENT) Sunday 21st March @3pm Virtus waik/mail: Go Neon an World Down Syndrome Day. To the part, dress up in recent or colonical claims ga as much direction to an advant, noro in eller goro wy 3 miles or 3 km to raise much meedid links for DDP North East. Register May2/warkcancetheast kerwan 231-go-read	KEEP WELL www.monagha	. CAMPAIGN n.ie/keep-well	Monaghan Sports Partnership SAFEOURDING 1 OHLD WEERARE & ROTECTION Monday 20th March from 5.20gm - 5.20gm The care and education for an anti-particular the intermentation of both practice in protecting the web intermediation and the state of the state of the state of the state memory in sport to both g to http://managhan sportspartnership.eventbrite.com

IN YOUR COMMUNIT

Monaghan



Check out this fantastic calendar of events compiled by Fiona at Healthy Monaghan

Did you know they also have a variety of podcasts on the council website? Check out <u>https://monaghan.ie/keep-well/</u> if you're interested in hearing from local experts and professionals on health and wellbeing topics.

If you have any events that you would like us to share on future calendars or on the keep well calendar on the website please drop an email

to fmcentee@monaghancoco.ie

Healthy Monaghan Wellbeing Events Calendar Feb 2021\_pdf.html

please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie

from local experts and professionals on health & wellbeing topi



## AN ASIAM.IE WEBINAR AUTISTIC WOMEN AND GIRLS

MARCH 10<sup>TH</sup> | 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 <u>@SuperValuIRL</u> 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/webi nar/register/WN HffwUNU6SH WYaVe82kz2Bg

## **GET AGTIVE** 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 tee Morning Circuits: Mon @ 11am - All ages & abilities Total Body Tone: Wed @ 11am - All ages & abilities Pilates: Tue @ 11am - All ages & abilities Hex & Tone: Thur @ 11am - All ages & abilities

Active Mothers: €20 + booking fee Mother & Baby: Mon & Wed @10am - specialised class for new mothers



IN YOUR COMMUNITY

- SPORT FREANN
- To register

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 @ form

ctive Men: €20 + booking fee en's Circuits: Tue & Thur @ 7:00pm

Active Women: €20 + booking fee Home-HIT: Tue @ 6:30pm Pilates: Thur @ 6:30pm

Places are limited and pre-registration is essential. For more information and to register visit: https://monaghansportspartnership.eventbrite.ie/

## https://Imonaghansportspartnership.eve ntbrite.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

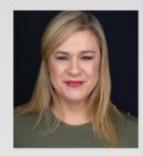


A fab opportunity for all the singers, song writers, music lovers! Ages 13-19! Contact melissa for more information on Melissa@ywimonaghan.ie



## AN ASIAM.IE WEBINAR AUTISTIC WOMEN AND GIRLS

MARCH 10TH | 19.00 - 20:30



#### WITH GILLIAN FAGAN PSYCHOTHERAPIST

Gillian got diagnosed as autistic shortly after her 40th birthday, 11 was one of the best things that ever happened to her as suddenly life made sense. She spent her life trying to understand human behaviour so she dedicated herself to becoming a qualified psychotherapist and diversity and inclusion specialist.



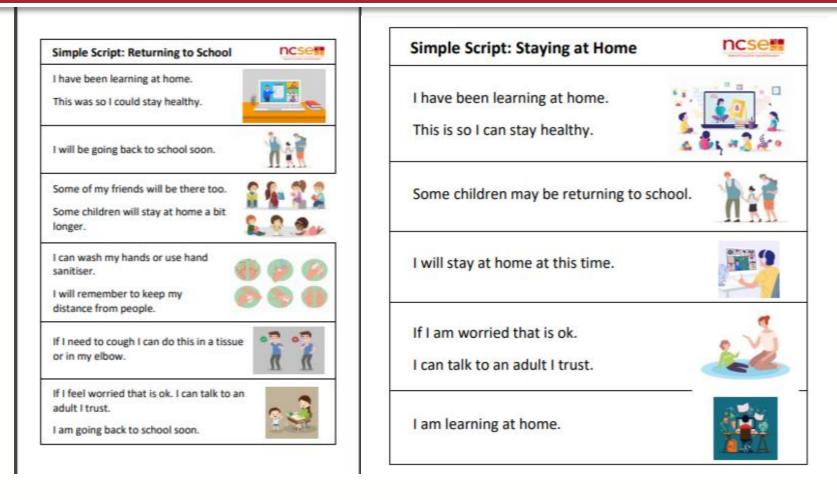
SuperValu

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 /webinar/register/WN Hf

fwUNU6SHWYaVe82kz2B

g

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 <u>https://ncse.ie/wp-content/uploads/2020/06/Social-Stories-Supporting-students-with-</u> <u>ASDtransition-back-to-school.pdf</u> 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<sup>™</sup>



## 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 <u>here</u> <u>- https://www.gov.ie/en/publication/af24b-wellbeing-</u> 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 <u>here</u> -

https://www.gov.ie/en/publication/af24b-wellbeing-guidancedocuments-for-parents-students-and-schools/#

There is a short video that provides more information on these online resources: A Whistle-stop Tour of NEPS Resources for Covid-19. Click <u>here</u> to access this video, which is only 5 mins long!

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



OVID-19

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-schooladvice-for-parents-students-and-families/

National Learning Network Learn to change your story

# Fast Track to Work





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



For Further Information: (0) 047 83671 | 087 1427744 | 087 4594616

- 👩 monaghan@nln.ie
- e www.nln.ie
- 6 facebook.com/NLNIreland

### National Learning Network

What is **the** course?

why this

course

is right

for you:

who is

eligible?

The course is open to a

diverse range of people,

aged over 16, who need

extra supports to help

The course is funded by

Eligibility Criteria Apply.

the Cavan Monaghan ETB.

with training.

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.

- 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.

#### 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

please email any of your events to: ciara.markey@tusla.ie

Get your service listed for free on our new website: www.cavanmonaghanservices.ie

## National Learning Network

# 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:
- (C) monaghan@nIn.ie
- () www.nln.ie
  - facebook.com/NLNIreland

This course is funded by the Covon and Monoghan Education and Training Board. Eligibility criteria apply.

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

💽 🌾 cmetb

#### Course Descripton

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-woking skills, personal and life management skills

#### What makes Skills for Life different?

environment where you can gain both skills and confidence.

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.

#### Work Placements

We offer QQI level 3 accredited modules in:

- Computer and Digital Skills
- Catering

Our work placement programme gives you practical hands-on experience in a real work

- Horticulture
- Retail
- Internet Skills
- Breakfast Cookery
- Culinary Operations
- Health and Fitness

## 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 experince. My Pathway community services are coming to Monaghan by the end of quarter 1 2021

## Aftercare Cavan/Monaghan

An Ghníomhaire

Leanaí agus an Teaghlach Child and Family Agency

FEBRUARY 2021 UPDATE

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



An Ghníomhaireacht um Leanaí agus an Teaghlach Child and Family Agency

please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie



'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 12<sup>th</sup> 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 and Irish woman living in Melbourne. It is now a global movement Star Weaving Kits - One Billion Stars.





## **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 INFOMATION

ISPCC Monaghan YWCA Building North Road Monaghan H18ET71 Audrey Rabbitte , Childline Therapeutic Support Worker (CTSW) Mobilie: 087 3603742 <u>Audrey.Rabbitte@ispcc.ie</u>

#### WHO IS THE SERVICE FOR ?

The <u>free</u> 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





#### **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

join us via link below on Monday 8th March at 7.30pm <u>https://tinyurl.com/live-</u> <u>eventMCCwomenassembly</u>

## Childline

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

<u>www.childline.ie</u> Helpline: <u>1800 66 66 66</u> Freetext – 50101



**tearmann** Domestic Abuse Service

Email: <u>tearmanndvs@eircom.net</u> Phone 0858102433 0873654101 0873654279

Parentline The national helpline for parents

<u>www,parentline.ie</u> Helpline: <u>1890 92 72 77</u> 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: <u>1800341900</u> 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
- "Its 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

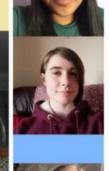
















please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie Join us for this insightful workshop on comic creation and visual storytelling from illustrator Jaime Lalor

## To Register click HERE



please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie





## 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



EmployAbility Services are funded by the Irish Government through the Department of Employment Affairs and Social Protection Ta Seirbhisi Infhostaitheachta maoinithe ag Rialtas na hÉireann trid an Roinn Gnóthaí Fostaíochta agus Coimirce Súisialaí An Rolnn Gnóthaí Eostaíochta agus Coimiree Sóisialaí Department of Employment Affains and Social Protection

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

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/



## 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. Feidhmeannacht na Seidhiae Sláir Heath Service Exocutive

## 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 Service for People Living Alone In Co. Monaghan



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

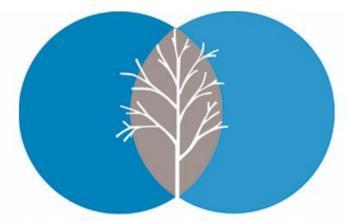
Our free phone call service is operating 5 days a week, it will check that all is well with you or a loved one.

## Liza Hackett

087 0656793

## E-mail: lhackett@midl.ie

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



## Monaghan Integrated Development

please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie

## **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 <u>jillian@teachnadaoine.com</u> 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







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



please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie





Don't forget Mothers Day Sunday the 14<sup>th</sup> of March!



## The Edna O'Brien Young Writers Bursary 2021

## •The Edna O'Brien Young Writers Bursary

## 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/





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

The Festival runs from March 12–17<sup>th</sup> and here's how you can watch all 100+ events, no matter where you are in the world: Streaming live globally through TV channel – <u>St.</u> <u>Patrick's Festival TV (SPF TV)</u> and you can replay all programmes on their event page after they have broadcast, up to March 21<sup>st</sup>. You can watch the SPF TV live stream on www.rte.ie/culture







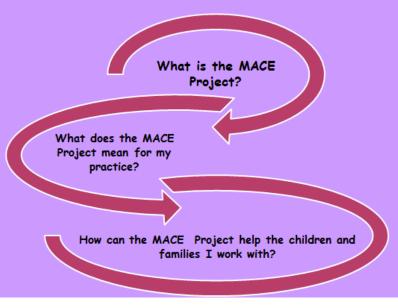
A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body

#### '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:

30<sup>th</sup> March 2021 at 3.30pm, 26<sup>th</sup> of April at 11am 14<sup>th</sup> of April at 12noon 6<sup>th</sup> of May at 10am

Please contact <u>Bernadette.lally@southerntrust.hscni.net</u> 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?









@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

info@camry.ie | www.camry.ie

087 219 3904

049 436 4065





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.

#StopTheSpread #SocialDistancing #WashYourHands

## **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



Cassandra 0877187945

buth Work Irelan

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

Youth Work Ireland Cavan Monaghan



Youthcafe Carrick Contact Cassandra: 0877187945 Youthcafe Carrick Contact Melissa: 0879057598 Youthcafe blayney Contact Sandra: 087 2670105

please email any of your events to: ciara.markey@tusla.ie Get your service listed for free on our new website: www.cavanmonaghanservices.ie

www.cavanmonaghanservices.ie local services and supports directory



## WHAT'S ON WHERE IN MONAGHAN





