

01/03/2024



# What's On Where In Monaghan





Welcome to our 64th edition of WOW!!

In this edition we have information on....

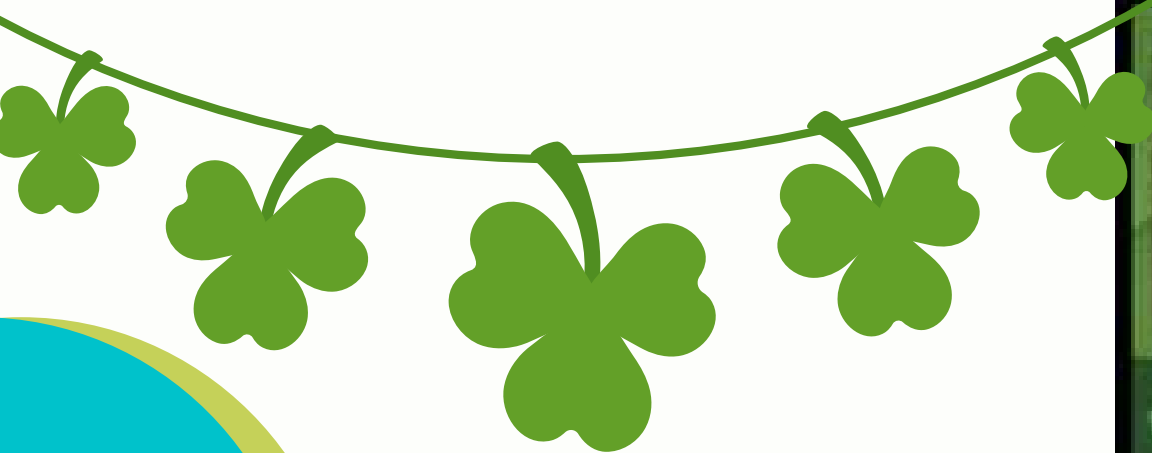
Upcoming programmes for children and young people with additional needs

St Patrick's day parades

Information talks and training and Volunteering opportunities  
and much much more....







St. Patrick's Day Parade  
Monaghan Town

SUNDAY 17TH MARCH 2024 AT 3 P.M

The Theme this year is  
"Monaghan Folklore"

Fairies, Fairy Forts, Drumlin Giants, Bith - Son of Noah,  
Stories from Majestic Castles of years gone by.  
Bring Monaghan's Folklore to the St. Patricks Day Parade 2024!

Application Form attached.  
Further information available by email  
[monaghan@monaghancoco.ie](mailto:monaghan@monaghancoco.ie) or call 047-73777





## *Lets get active in 2024 with Monaghan Sports Partnership*

Monaghan Sports Partnership has a huge and varied range of activity programmes and training and education opportunities coming up in Spring 2024.

There will be activities targeted at all ages and abilities, which will be spread widely across the County.

Several activities and training and education courses with further updates on future programmes will follow in due course. For more information on all activities click on the link to the MSP Eventmaster registration page. Please note that registration for all MSP activities is through the following Eventmaster link unless stated otherwise below.

Monaghan LSP Eventmaster: [https://eventmaster.ie/whatson/Monaghan\\_Sports\\_Partnership](https://eventmaster.ie/whatson/Monaghan_Sports_Partnership)





# A WALK FOR DAIRE

Honorary Garda Daire Gorman's Garda colleagues in Louth/Cavan/Monaghan are fundraising for Daire by taking part in a 5KM walk with Daire in Rossmore Park, Monaghan on Sunday, 21st April at 10am. We are so proud of Daire who has made the Belfast Trailblazers Powerchair Football Team, and his team are taking part in the Powerchair Football EPFA Champion's Cup in Paris, France from the 16th – 23rd June, 2024. All team members have to pay their own costs. We are hoping to raise enough money to send Daire, his parents Kenny and Shelly and his sister Aoife to Paris for the week and to Disneyland Paris for a few days aswell. After a tough year last year with Daire in daily pain, he needs another 2-3 operations on his legs this year. Any monies left over will go directly to Daires family for help with the ongoing costs for Daires care. We want Honorary Garda Daire to know that he'll never walk alone. You can donate below on his go fund me page and please share to help us get the word out. Thanks

<https://gofund.me/472a0272>



The flyer is titled 'A WALK FOR DAIRE' and features a central image of a young boy, Daire, smiling while sitting in a red powerchair. To the left of the image is a circular logo that reads 'You'll Never Walk Alone' in a stylized font. Below this is a QR code with the text 'Scan Here To Donate' above it. To the right of the image is a blue and green 'WOW!' speech bubble. Above the image is a small Garda Síochána logo. Below the image is a yellow banner with the text 'A WALK FOR DAIRE'. Underneath the banner, it says 'Family 5km Walk' in red, followed by 'Rossmore Park, Monaghan' in large orange letters, and 'Sunday, 21 st April 2024, 10am.' in orange. Below this, it states 'Organised by Dáire's friends and colleagues at An Garda Síochána Louth/Cavan/Monaghan'. At the bottom, there is a green banner with the text 'To help fund Dáire's Powerchair Football EPFA Champion's Cup in Paris, France and ongoing costs for Dáire's care.' and the URL 'https://gofund.me/472a0272' at the very bottom.

**You'll Never Walk Alone**

Scan Here To Donate

**A WALK FOR DAIRE**

Family 5km Walk

**Rossmore Park, Monaghan**

**Sunday, 21 st April 2024, 10am.**

Organised by Dáire's friends and colleagues at  
An Garda Síochána Louth/Cavan/Monaghan

To help fund Dáire's Powerchair Football  
EPFA Champion's Cup in Paris, France  
and ongoing costs for Dáire's care.

<https://gofund.me/472a0272>





## Supporting Siblings of Children With Additional Needs

Free online seminar on how to support siblings of children with additional needs and what they would like parents to know!



Sibling Support Seminar, Tuesday  
12th March 7.30 - 8.30pm



Tuesday 12th March,  
ONLINE, 7.30pm-8.30pm

Hosted by Teach na nDaoine and Sibshop Ireland, to register for the event, scan the QR code or email [info@teachnadaoine.com](mailto:info@teachnadaoine.com)



Teach na nDaoine Family Resource Centre,  
Oriel Way, Monaghan

## Child & Family Activities (Children with Additional Needs)

January to June 2024

ALL  
activities  
are free of  
charge!



### Creative Class Support Group

Weekly on Thursdays - 29th Feb to 21st March - 10am - 12pm  
No experience necessary - Materials Provided

Catherine from Sew Arty will run a creative class, for parents of children with additional needs, creating an artistic project together, along with Pam Fausset to provide practical support to build on parenting skills.



### Sibling Support Online Seminar

To support Siblings of Children with Additional/Medical Needs  
Tuesday 12th March, 7.30 - 8.30pm

Facilitated by Liz Fitzpatrick and Linda Foley of Sibshop Ireland, this online seminar offers information on how to support children who have a sibling with additional needs and information on what those siblings would like parents to know.



### Moo Music (For children birth to 6 years old)

Thursday 28th March - 2 sessions - 10am & 11am

Fun and interactive music experience which encourages children and adults to take part. Music has been found to be beneficial in children's developmental skills. This session is aimed at children with additional needs. Siblings Welcome!



### Sibshop Workshop (For children 8 to 12 years old)

Wednesday 3rd April - 2pm-4.30pm

Following on from the online Sibshop seminar, Liz Fitzpatrick and Linda Foley of Sibshop Ireland will run a fun workshop for siblings of children with medical or additional needs.



### OT Led Sensory Play (For children 4 to 8 years old)

Thursday 4th April - 2 sessions - 10am & 11.30am

An Occupational Therapist-led workshop for children with additional needs exploring child-led sensory and messy play.



To book any of the above activities please contact Teach na nDaoine FRC:  
phone 047 71398 - Mon to Thurs 9.30am to 4.00pm, Fri 9.30 to 1pm  
or email - [info@teachnadaoine.com](mailto:info@teachnadaoine.com)  
**LIMITED PLACES - BOOKING ESSENTIAL**





# International Women's Day 2024

## Womens Collective Ireland - Monaghan

Bread is a universal food, each with its own story.  
Come join us, along with Theresa from Monaghan Museum  
and share your bread and your stories.

Thursday 7th March

7.30pm - 9pm

YWCA Building

Booking is Essential as spaces are limited for this event.

WhatsApp/Call 0871507056

Email [monaghan@womenscollective.ie](mailto:monaghan@womenscollective.ie)



An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Óige  
Department of Children, Equality,  
Disability, Integration and Youth







# "WE NEED TO TALK ABOUT..."

You are invited to  
the launch of

## "WE NEED TO TALK ABOUT..."

A series of 4 leaflets providing information  
about abuse, and sources of support  
available to parents.

Friday 8th March  
2.30pm

Johnston Central Library,  
Cavan



[www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)

Launch of information &  
support leaflets



**SUPPORTS AVAILABLE TO PARENTS**

- GP APPOINTMENTS
- FOOD BANKS
- FAMILY SUPPORT SERVICES IN YOUR LOCAL COMMUNITY
- BUDGET ADVICE
- COMMUNITY WELFARE ASSISTANCE
- ADDICTION COUNSELLING
- FAMILY SUPPORT

**HELP AND SUPPORT AVAILABLE**

TUSLA CAVAN/MONAGHAN (FAMILY SUPPORT/DUTY SOCIAL WORKER)	0494369800
ISPCC	012342000
TEACH OSCAIL FRC	0494372730
CLONES FRC	04752919
FOCUS FRC	0494364065
TEACH NA DAOINE	04771398

**IF YOU ARE WORRIED ABOUT THE IMMEDIATE PROTECTION OR WELFARE OF A CHILD**

PLEASE CONTACT:	
AN SARDA SÚGBHANA	0494369800
CAVAN	04772730
MONAGHAN	0494369800
TUSLA	0494369800

**CONTACT A SOCIAL WORKER**

**USEFUL WEBSITES**

**REPORT A CONCERN ABOUT A CHILD**

**OTHER LEAFLETS IN THIS SERIES WE NEED TO TALK ABOUT**

- SEXUAL ABUSE
- EMOTIONAL ABUSE
- PHYSICAL ABUSE

**THIS LEAFLET WAS DEVELOPED BY THE CYPSC SAFE + PROTECTED FROM HARM SUBGROUP CAVAN & MONAGHAN**

**WE NEED TO TALK ABOUT... NEGLECT**

**CYPSC**  
Child and Family Support Network

**ISPCC**  
Irish Society for the Protection of Children

**TUSLA**  
An Ghníomhaireacht um Leasai agus an Traghach  
Child and Family Agency

**Child and Family Support Network**

[www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



## TLC KIDZ Project

Individual Work and Group Work Programme for children and their mothers who are experiencing or have experienced Domestic Violence and Abuse

  
**Barnardos**  
Because childhood lasts a lifetime

Looking to  
the future

Healing

Understanding  
our Feelings

Staying  
Safe

Breaking  
the Silence



### Please call:

Linda McDonald, TLC Project Coordinator

t: 086 0600 616 or 086 165 3322

e: [linda.mcdonald@barnardos.ie](mailto:linda.mcdonald@barnardos.ie)

TLC KIDZ Project Partners - Barnardos, Tusla Prevention, Partnership & Family support (PPFS), Children & Young People's Services Committees (CYPSC), Tearmann, DARP, Gardai, Family and Community Support Services, Youth Work Organisations and .CMETB/ TESS

RCN 20010027



  
**Barnardos**  
Because childhood lasts a lifetime

Please email any of your events to : [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie)

Get your service listed for free on our new website : [www.cavanmonaghanservices.ie](http://www.cavanmonaghanservices.ie)



## Interagency Partners of TLC KIDZ Project

- Barnardos
- Tusla Prevention, Partnership & Family support (PPFS)
- Children & Young People's Services Committees (CYPSC)
- Tearmann
- DARP
- Gardaí
- Family and Community Support Services
- Youth Work Organizations
- CMETB



### Referral Criteria

Open to children between the ages of 5-18 from Cavan/Monaghan.

If you would like to make a referral or hear more about the TLC KIDZ Project please contact

**If you would like to make a referral or hear more about the TLC KIDZ Project please contact:**

**Linda McDonald**, TLC KIDZ Project Coordinator, Barnardos  
Tel: 086 0600 616  
Email: linda.mcdonald@barnardos.ie

**Sharon Cullen**, TLC KIDZ Project Worker Barnardos  
Tel: 086 1653 322  
Email: Sharon.cullen@barnardos.ie

### Our Centre:

Barnardos – TLC Kidz Project  
Child and wellbeing Centre  
Bree  
Castleblayney  
A75 RT02

Registered Charity No. 20010027

  
**Barnardos**  
Because childhood lasts a lifetime

  
**Barnardos**  
Because childhood lasts a lifetime

## TLC KIDZ Project Cavan and Monaghan

Group Work Programme for children and their mothers who have experienced Domestic Violence and Abuse

Individual Therapeutic Support for children who are experiencing or have experienced Domestic Violence and Abuse





## The TLC KIDZ Project gives children the opportunity to:

- Talk about hurting in their families and be heard, believed & validated, therefore breaking the silence
- Achieve an understanding that any type of abuse is wrong
- Develop an understanding that they are not responsible for what happened
- Identify & express their emotions
- Learn effective problem-solving skills  
Enhance their self esteem

## Group Work Programme

**Children's Groups** support children begin the healing process by:

- Enabling children to share their experiences with other children
- Exploring ways of expressing their feelings safely
- Helping children understand that the hurting and fighting is not their fault
- Enhancing coping strategies for the future

**Mother's Groups** support mothers to understand how to help their children's recovery by:

- Facilitating the opportunity for mothers to meet other mothers who have had similar experiences and share their feelings
- Exploring the impact that the hurting in the family may have had on their children
- Finding ways to heal from the past and look to the future with hope and confidence

## Individual Work

If children are not yet ready for Group Work we can support them through Individual Therapeutic Work. This support is:

- Trauma Informed Approach
- Needs led and can adapt to the changing needs of the child
- Opportunity to explore complex emotions
- Support to develop healthy coping strategies for stressful and difficult situations
- Key messages and support delivered through child friendly activities





# THE Homeshare Information Session

Interested in companionship and a nightly presence at home for peace of mind and security?

Hear from founder and CEO of THE Homeshare, Lucie Cunningham on the benefits, process and costs of this concept and have your questions answered to decide if it's something you'd like to pursue for yourself or your loved one.



**Date:** Tues 5th March  
**Time:** 10am-11am  
**Location:** Online, via Zoom



[www.familycarers.ie](http://www.familycarers.ie)



## Parenting, Puberty & Additional Education Needs

Facilitator: Dr. Clara O'Byrne, C.Psychol.,(P.s.S.I), PhD., M.Ed., M.Phil., B.Sc., B.A.  
Mulberry Education & Psychology Services



Supporting teens with additional  
needs to navigate puberty



### Session 1

Tues 12th March

**10.30am-12pm**

This session will focus on:

- The importance of clear, consistent communication around puberty
- Creating an inclusive and safe environment in which to express curiosity, seek answers and gently challenge - essential to helping teens thrive



### Session 2

Tues 19th March

**10.30am-12pm**

This session will focus on:

- Reviewing useful resources to develop knowledge about puberty
- Identification of skills needed to enable teens to flourish in respectful, healthy relationships with others

To find out more and to book your **FREE PLACE**  
[www.familycarers.ie/events](http://www.familycarers.ie/events)







The success of the We're Breastfeeding Friendly Monaghan (WBF) initiative was celebrated in Teach na nDaoine Family Resource Centre On Wed 21st Feb. We're Breastfeeding Friendly Monaghan aims to enhance the health and wellness of breastfeeding mothers, to feel comfortable enough to feed in public, and to have an environment in which they feel welcomed to do so. The project received funding from the Child and Health Wellbeing Department Health Service Executive and the Monaghan Children and Young People's Services Committee (CYPSC) Healthy Ireland Fund. Other agencies involved in supporting the initiative are the Cavan General RCSI Hospital, La Leche League, and the Healthy Monaghan Local Community Development Committee (LCDC), HSE Public Health Nurses, Midwives, and Health Promotion Officers HSE.





# Songbird Stories

with Brioni Gallagher

Songbird Stories is an Early Years  
Music Programme Inspired by  
Children's Literature



 **Music Generation**  
Cavan/Monaghan  
an Chabháin/Mhuineacháin

Thursday March 7th for 6 Weeks

Carrickmacross Library: 10.30am  
Castleblayney Library: 11.45am

Children Age 2-3yrs

Booking through Libraries  
Carrickmacross (042) 966 1148  
Castleblayney (042) 974 0281

Places limited



## CARRICKMACROSS ST. PATRICKS DAY





11:00AM

RAISING OF THE FLAG AT THE COURTHOUSE

2:30PM

LIVE TRADITIONAL MUSIC MAIN STREET

3:00PM

ST. PATRICKS DAY PARADE BEGINS

LEARN MORE








Teach na nDaoine Family Resource Centre

# Creative Class

PARENTING SUPPORT GROUP

(Additional Needs)

Join us in a small, relaxed gathering to meet  
& chat with other parents/guardians.

In the company of Catherine, of Sew Arty,  
we'll work on an artistic project together &  
Pam Fausset will provide practical support to  
build on your parenting skills.

**Dates:** Thursdays 29th Feb to 21st March '24

**Time:** 10am – 12.00pm

**Venue:** Teach na nDaoine FRC, Oriel Way,  
Monaghan

**How to Register:** Book via QR Code  
or phone 047 71398 | 9.30am to 4.00pm



Healthy  
Monaghan

Limited  
Numbers.  
Booking  
Essential

Design a  
canvas  
to take away.  
All materials  
provided



**CREATIVE  
SUPPORT GROUP  
FOR PARENTS OF  
CHILDREN WITH  
ADDITIONAL  
NEEDS**



SAVE THE DATE



## *CHILD & YOUTH PARTICIPATION TRAINING*

	TIME	MODULE	VENUE
25 <sup>TH</sup> of January & 7 <sup>th</sup> of March	MODULE 2: 9:15-1PM MODULE 3: 9:30-12PM	VIRTUAL	ONLINE
13 <sup>th</sup> March & 24 <sup>th</sup> April	MODULE 2: 9:15 – 1PM MODULE 3: 9:30 – 12PM	F2F VIRTUAL	CHILD WELLBEING CENTRE



## Have you been bereaved by suicide?



You are welcome to join one of our  
HUGG Suicide Bereavement Support Groups  
Every second Tuesday 7:30pm - 9:30pm  
In person or online.

Our groups are free and led by volunteers who have  
been bereaved by suicide.

## Volunteering with HUGG

If you're further along in your bereavement journey, you  
may want to consider volunteering with us to become a  
support group facilitator.

**To learn more about our support groups or  
volunteering, please visit our website or give us a call.**

 [www.hugg.ie](http://www.hugg.ie)  01 513 4048

(monitored answering machine)

   @HUGGIreland



CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420



## About HUGG

HUGG is a national suicide bereavement charity. We  
support adults who have been bereaved by suicide by  
reducing isolation and stigma and promoting resilience  
and healing. We offer support groups, information and  
resources on our website and telephone support.

Our support groups are led by trained volunteers with  
lived experience of suicide bereavement.

We provide a free, non-judgemental, safe and  
confidential space where people bereaved by suicide  
can share their experiences and feelings and receive and  
offer support to each other.

**To learn more about our support groups or  
volunteering, please visit our website or give us a call.**

 [www.hugg.ie](http://www.hugg.ie)  01 513 4048

(monitored answering machine)

   @HUGGIreland



CHY No. 22421. Registered Charity No. 20204480. Company Registration No. 640420







Mental Health  
Ireland



## HSE Cavan Monaghan FREE Suicide Prevention, Self-Harm & Suicide Bereavement Training Programmes

Information and registration to attend scheduled workshops is available on:

[Upcoming events - Booking by Bookwhen](#)

Queries to Edel Doherty: [cdlmstraining@pieta.ie](mailto:cdlmstraining@pieta.ie) or Tel: (086) 394 5957

If you would like to schedule a Workshop on The Five Ways to Wellbeing\* please contact Kim Doherty on 086 383 7607 or email [kim@mentalhealthireland.ie](mailto:kim@mentalhealthireland.ie)

\*The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing. More details at:

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>



# Teach na nDaoine



## Women's Wellbeing & Creativity Programme

Free

*Intro Programme*

Try something new, every Friday from 10am - 12pm  
for five weeks starting **February 23rd**.  
**Limited numbers a in small group setting.**



**Yoga  
with  
Shauna**

23rd  
Feb



**Art of  
Wellbeing  
with  
Trisha**

1st  
March



**Wellbeing  
&  
Aromatherapy  
with  
Anita**

8th  
March



**Breathwork  
&  
Meditation  
with  
Trisha**

15th  
March



**Craft  
with  
Geraldine**

22nd  
March

**Teach na nDaoine FRC  
Oriel Way  
Monaghan  
H18 D218**



**Teach na nDaoine**  
Social Prescribing Service  
Connecting People in the Community

To Register: Book via QR Code  
or phone 047 71398 | 9.30am to 4.00pm



## MONAGHAN PARENT AND TODDLER GROUP

at Teach na nDaoine main hall

Parents,  
grandparents &  
all care givers  
welcome!

Small lunch  
provided

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday in the  
month from 11am - 12.30pm .

Suitable for new born to 3 years.







# Cavan Monaghan AFTER CARE SERVICE



## SUBSCRIBE TO OUR NEWSLETTER



### Our Aftercare Drop-In services:

are a source of support for Care-Leavers who do not have an allocated Aftercare Worker

available to foster carers, residential care staff and any other professionals or key stakeholders engaged with a Care-Experienced person

is a weekly, predictable point of contact





Monaghan  
Youth  
Activists are  
supported  
through  
Monaghan  
CYPSC



**Monaghan  
Youth Activists**  
**ARE LOOKING FOR YOU**

If you are interested in issues of equality, diversity & inclusion - Are aged 13years+  
Why not join us and make a difference in your county for teens and young adults.

For more details please contact  
[collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie) or 0873494714



# Youth Participation Opportunities





# ISPCC SERVICES

Find out more at [www.ispcc.ie](http://www.ispcc.ie)

Childline  
by ISPCC



## WHO WE ARE?

ISPCC is a national charity dedicated to enhancing the lives of children and young people; they are at the heart of everything we do.

We do this by providing a suite of relevant services, all under the Childline brand.

Our child-centered services, programmes and supports focus on strengthening resilience and developing coping competencies.

### Our Purpose

ISPCC is for children. We are here to build a nation of resilient children.

### Our Vision

That every child has the skills to cope with life's ups and downs.

### Our Mission

That every child who wants to connect with us can, when and how they want to.

## CHILDLINE LISTENING

Childline is Ireland's 24-hour national listening service for all children and young people (up to and including the age of 18) in Ireland. It is private, confidential and non-judgmental and can be contacted for free from anywhere in Ireland.

Childline can be contacted by any child or young person by calling 1800 66 66 66 or chatting online at [Childline.ie](http://Childline.ie) 24 hours a day, every day.

## GET IN TOUCH



[outreach@ispcc.ie](mailto:outreach@ispcc.ie) to organise a talk for your organisation



[www.ispcc.ie](http://www.ispcc.ie)



01-234 2000

## DIGITAL MENTAL HEALTH AND WELL-BEING PROGRAMMES

We offer FREE digital programmes aimed at reducing anxiety for children and young people and digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. A trained member of our Childline team guides and supports each participant through their programme confidentially. For more information, please email [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)

## SMART MOVES

The programme aims to support the emotional resilience of children as they prepare to transition from primary to secondary school. The Smart Moves programme also has a secondary school programme that supports young people as they begin their journey in secondary school or transition into their new secondary school. For more information, please email [smartmoves@ispcc.ie](mailto:smartmoves@ispcc.ie)

## SHIELD ANTI-BULLYING PROGRAMME

The Shield Anti-Bullying Programme aims to support organisations in their efforts to proactively manage bullying and protect children and young people from bullying through prevention and intervention strategies. We offer a Self-Evaluation Tool that organisations can complete to receive Shield Status. For more information, please email [shield@ispcc.ie](mailto:shield@ispcc.ie)

## YOUTH PARTICIPATION

Children's Advisory Committees currently operate nationally through online and face-to-face meetings. Group members range in age from 10 to 17 and meet with the ISPCC monthly. For more information, please email [youthparticipation@ispcc.ie](mailto:youthparticipation@ispcc.ie)

## PARENTS HUB

Our website has a Parenting Hub that offers support to parents/carers and professionals. The ISPCC's Support Line service can be contacted by email to [parentingsupport@ispcc.ie](mailto:parentingsupport@ispcc.ie) or between 9 am - 1 pm Monday - Friday by calling 01 522 4300.

## CHILDLINE THERAPEUTIC SUPPORT

Service for 0-18 years of age, and based on a resilience model to provide children, young people and families with therapeutic support during difficult or traumatic times in their lives. We can meet children and young people where they are most comfortable, whether online, in your home, at a local community Centre or their school.



An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Oige  
Department of Children, Equality,  
Disability, Integration and Youth



# MONAGHAN ISPCC PROJECT

The Monaghan ISPCC Project, funded through UBU is a youth centred service operated by the ISPCC who engage with young people

**aged 10 – 18 years.**

The project works on an ethos of voluntary participation, where each individual is respected and valued. The aim of the project is to support young people who have identified needs and may be experiencing challenges or adversity in their lives to help them reach their full potential in a safe, supportive and engaging environment.

THE MONAGHAN ISPCC  
PROJECT WORKS WITH  
YOUNG PEOPLE ACROSS  
CO MONAGHAN AND OPERATE  
ON A MOBILE SERVICE BASIS  
MEETING THE YOUNG PERSON  
WHERE THEY ARE  
HAPPY TO MEET.

## How will this be achieved?

This will be achieved through weekly individual session interventions that build confidence, resilience, relationships and life skills, the interventions are co-designed in partnership with young people. Through a strengths based assessment utilising trauma informed care, the resilience support worker will create an individualised programme plan together with the young person. This focuses on the goals and outcomes to be achieved and agreeing on the steps to success.

We provide a range of services for young people including: One to one strengths based and needs led tailored support, Advocacy, Group work and outreach. Through the various programmes of work the young people are supported with:

- Communication skills
- Confidence and agency
- Planning and problem solving
- Relationships
- Creativity and imagination
- Resilience and determination
- Emotional intelligence

## Who can Refer & How?

Referrals are accepted from young people and parents along with professionals working alongside young people from Co Monaghan.

CONTACT

If you are interested in making a referral or finding out more about this service please contact the below:

Bridgin McMahon on mobile: 087 388 0815

Email: [bridgin.mcmahon@ispcc.ie](mailto:bridgin.mcmahon@ispcc.ie)

Karen Smyth on mobile: 0876128487

Email: [karen.smyth@ispcc.ie](mailto:karen.smyth@ispcc.ie)





## *Meet Aleksandra Barczykowska, Childline Therapeutic Support Worker*

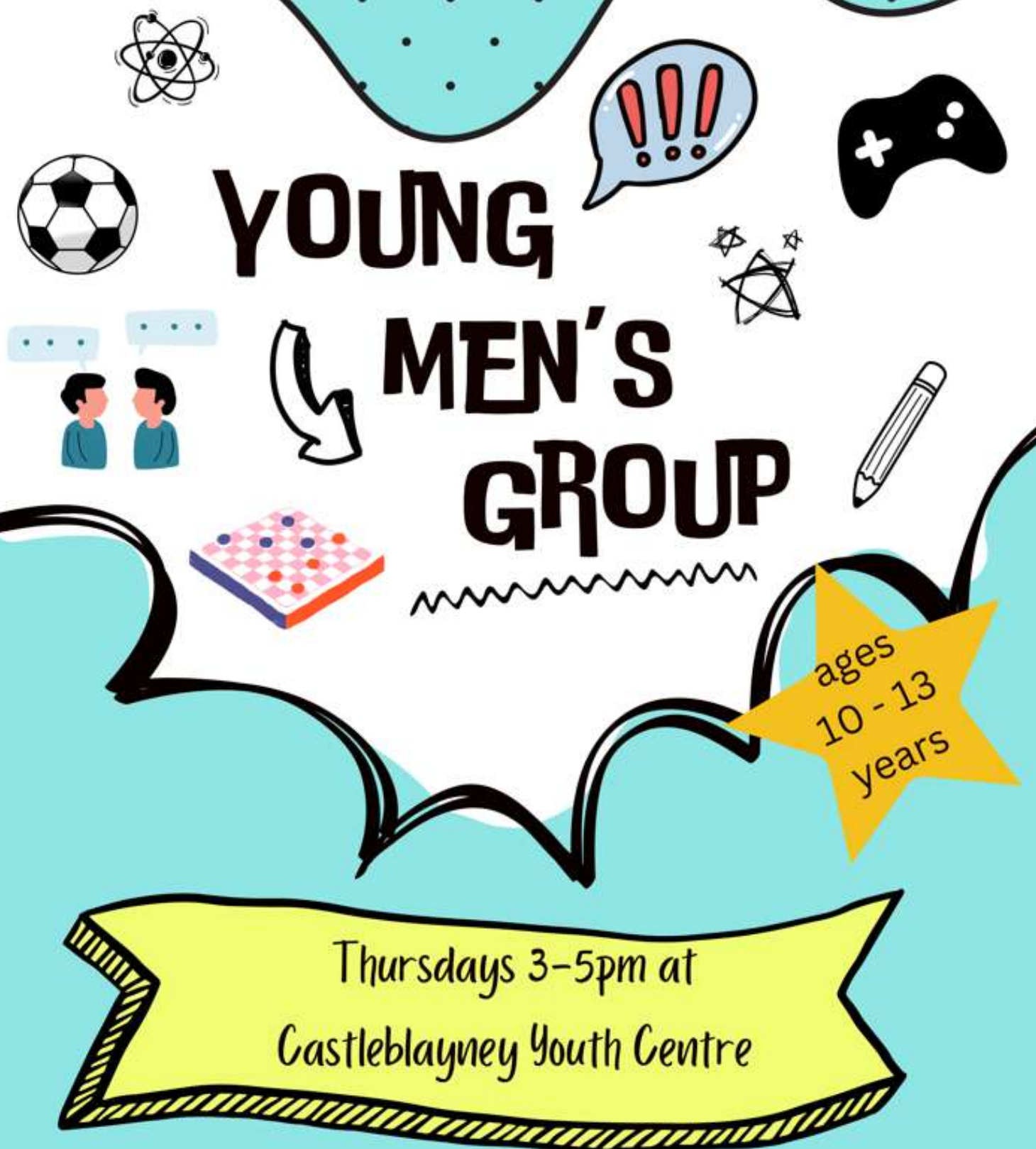
My name is Aleksandra Barczykowska, and I work as a Childline Therapeutic Support Worker in ISPCC.

Our organization specifically caters to children and young people aged 4 to 18 from Ukraine, residing in IPAS, and war-torn countries. Our resilience model approach offers 1:1 therapeutic support to children and young people during difficult or traumatic times in their lives.

If you require referrals or further information, please do not hesitate to contact me at [aleksandra.barczykowska@ispcc.ie](mailto:aleksandra.barczykowska@ispcc.ie).







# YOUNG MEN'S GROUP

ages  
10 - 13  
years

Thursdays 3-5pm at  
Castleblayney Youth Centre

## Creative Care

explore self-care and positive  
mental health through creativity

Wednesdays 3-5pm

ages 14-18

contact Iosa or Amy  
087 2670105



# FAMILY SUPPORT CLINICS

## MONAGHAN



What is a drop-in clinic?



	DAY	TIME	ORGANISATION	EIRCODE
<b>MONAGHAN TOWN</b> (047) 71398	THURSDAY	10AM - 12PM	TEACH NA DAOINE	 H18 D218
<b>CARICKMACROSS PRIMARY CARE</b> (049) 436 9800	WEDNESDAYS	10AM - 12PM	TUSLA FAMILY SUPPORT	 A81 C642
<b>ST. PATS (IPAS)</b> (047) 71398	THURSDAY (FOR RESIDENTS OF ST. PATS ONLY)	4PM - 6PM	TEACH NA NDAOINE	 H18 VX59
<b>CLONES TOWN</b> (047) 52919	MONDAY & TUESDAY	10AM - 1PM	CLONES FRC	 H23 AE75
<b>CASTLEBLAYNEY WELLBEING CENTRE</b> (042) 979 5623	TUESDAYS	10AM - 11:30AM	TUSLA FAMILY SUPPORT	 A81 C642





## **YAP Ireland are looking for male and female advocates to work in Cavan & Monaghan**

**YAP Advocates come from all walks of life and make a huge difference to the lives of Young People and Families. As an equal opportunity employer we welcome applicants from a diverse background with relevant life/work experience or volunteering and you do not have to have a qualification.**

**We provide training and experience that creates opportunities for advocates to become skilled and experienced at working with young people and families within their community in a strengths-based way.**



**Youth Advocate**  
 PROGRAMMES IRELAND

**Are you interested in your community and want to make a difference?**  
**Have you 3 months work or lived experience, paid or unpaid with young people?**  
**Do you have a full driving licence and use of a car?**

**IF SO,**  
**WE'RE HIRING**  
**Community based**  
**Advocates**  
 (Nationwide)

**What we offer:**

- €16.07 Per Hour.
- Meaningful work.
- Training in YAP model and Child Safeguarding.
- Opportunities for your professional development.
- Hours to work around YOUR life.

**98.2% of Employees feel that YAP Ireland is an enjoyable place to work. (Staff Opinion Survey 2023)**

**YAP Advocates come from all walks of life and make a huge difference to the lives of Young People and Families.**

**Closing Date: 8th March 2024**

**Interviews: Nationwide On Dates throughout February and March**  
**Training Dates: Nationwide on Dates throughout March and April**

*As an equal opportunity employer YAP welcome applicants from a diverse background with relevant life/work experience or volunteering and you do not have to have a qualification.*

*We provide training and experience that creates opportunities for advocates to become skilled and experienced at working with young people and families within their community in a strengths-based way.*





**Fabulous relationship with YAP Advocate for both myself and the kids.**  
 Parent











Date	Organisation	Event title	Speakers
Wednesday 28th Feb 6pm	Bodywhys	'Experiences of Recovery: Stories from the Bodywhys Media Panel' (Webinar)	<ul style="list-style-type: none"> <li>• Harriet Parsons</li> <li>• Bodywhys Media Panel</li> </ul>
Thursday 29th Feb 12.15pm - 2pm	Bodywhys	'Bridging the gap between clinical and personal recovery' (Webinar)	<ul style="list-style-type: none"> <li>• Dr Niamh McNamara (Nottingham Trent University)</li> <li>• Dr Amanda Fitzgerald (UCD)</li> <li>• Lived experience voices</li> </ul>
Thursday 29th Feb 6pm	Bodywhys & Fingal Libraries	'Supporting people with eating disorders' (In person)	<ul style="list-style-type: none"> <li>• Harriet Parsons</li> </ul>
Thursday 29th Feb 7.30pm	Bodywhys and The Binge Eating Dietitian	Instagram Live	<ul style="list-style-type: none"> <li>• Ellen Jennings (Bodywhys)</li> <li>• Jo Moscalu (CORU registered dietitian and lived experience)</li> </ul>
Friday 1st March 10am-4.45pm	Conference Networking	6th Irish National Eating Disorders Conference (In Person)	<ul style="list-style-type: none"> <li>• Gerard Butcher (Cognitive Solutions)</li> <li>• Various expert speakers</li> </ul>

# Eating Disorders Awareness Week

#EDAW2024

Registrations and more events at: [www.bodywhys.ie](http://www.bodywhys.ie)



# Ballybay Youth Centre

**MONDAY**

4th+5th class - Full  
3-4

**TUESDAY**

6th class 3-4 -Full  
Eco Unesco 4-5

**FRIDAY**

1st+2nd years 2-4  
Healthy Minds Group 5-6  
Seniors 7-10

For more info contact Ceara on  
0873961200  
Reserve list in place for full  
groups :)  
New Group Ideas are Welcome

Made with PosterMyWall.com

Youth Work Ireland  
Cavan Monaghan

**BALLYBAY YOUTH CLUB**  
**TUESDAY (FOR 4 WEEKS)**  
**4-5PM**

**Booking essential, Spaces limited**  
**Contact Liam: 0877201516**  
**Instagram: include\_ys**

**S.T.E.A.M. GROUP**

science, technology, engineering, arts, math

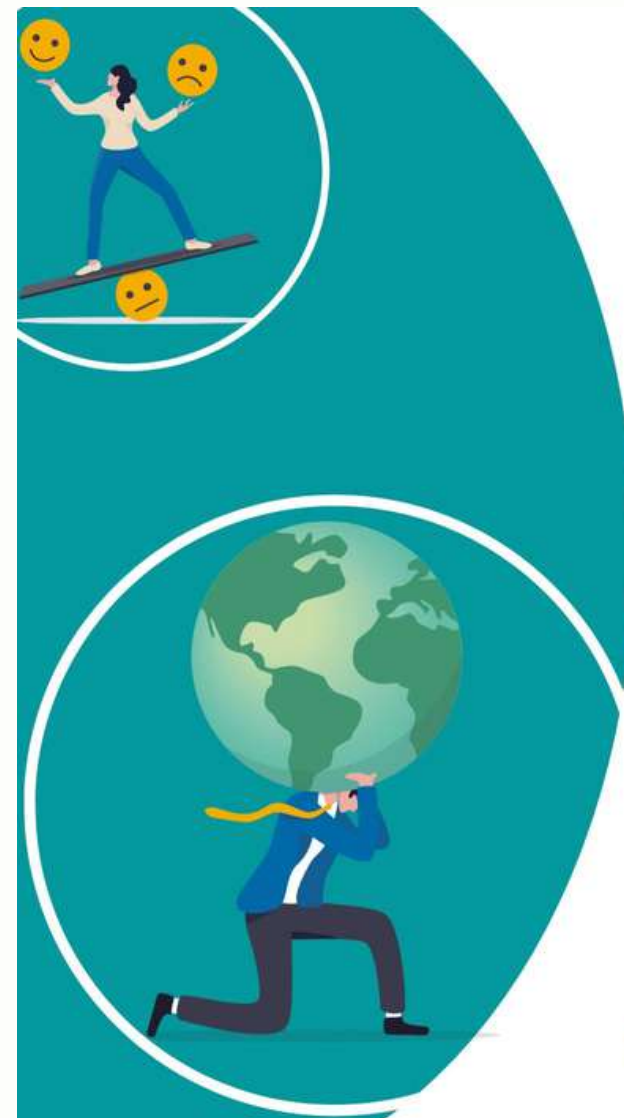
Youth Work Ireland  
Cavan Monaghan

The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) funded youth scheme with funding from the National Lottery and administered locally by Cavan and Monaghan Education and Training Board (CMETB).

UBU, National Lottery, cmeth

Collage of photos showing youth activities: a group of children, a child working on a project, a child using a microscope, a child working on a robot, a child working on a project, a child working on a project, a child working on a project, a child working on a project, a child working on a project, a child working on a project.





## Do you feel stressed right now?

If you feel like you have the weight of the world on your shoulders then Stress Control can help

Our online course will teach you the skills you need to fight back against your stress and get your world back under better control

There is no need to register and the course is completely free of charge

[www.stresscontrol.ie](http://www.stresscontrol.ie)

[www.stresscontrol.ie](http://www.stresscontrol.ie)



Anxiety may have many different causes but bottling things up can sometimes prolong it or make it worse.

Visit our website [here](#) for some helpful tips on how to manage anxiety.





**This newsletter is to highlight all the supports, services, and events happening in Monaghan.**

**Please share **WOW** through all your networks, parents, and with friends.**

**All suggestions and feedback are welcome for future monthly editions.  
Email [ciara.markey@tusla.ie](mailto:ciara.markey@tusla.ie) to go on the WOW mailing list**

