

# Personal & Community Resilience

## What is Personal & Community Resilience?

The sustained ability of people and their community to effectively employ the resources and expertise available locally to prepare for, respond to, and recover from adverse situations and emergencies.



This booklet gives members of the public useful and practical tips on how to be prepared in the event of an emergency situation.

The booklet has been produced by Monaghan County Council, the Health Service Executive and An Garda Síochána and funded by the Department of Justice



An Roinn Dlí agus Cirt  
Department of Justice



Comhairle Contae Mhuineacháin  
Monaghan County Council

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# Preparing for the Unexpected

What emergencies might **You and Your Community** have to plan for? Fire, power outage, water shortage, severe weather such as flooding, wind, and heatwaves.

Please take a moment to consider these emergencies and how you can plan for them. This booklet is about supporting you, your family and your community by making sensible preparations now to be self-sufficient during an emergency or an evacuation.

Think about how you would keep warm if your heating failed or if the electricity or water was cut off. Consider how you would secure your home. This booklet offers advice and support for dealing with emergency situations.

**Be Prepared, Stay Safe and know where to find help should you need it**

## Who to call for help:

### IN AN EMERGENCY:

Phone **999** or **112** for:

- Fire Service
- Ambulance Service
- Gardaí
- Coast Guard

**Monaghan County Council** have a dedicated **phone line** to help people report emergency issues that they may encounter on the roads or during severe weather events.

**1800 121 121**

The line is operational 24/7 and callers can report incidents such as flooding, fallen trees, oil spills and traffic incidents directly to the nearest local Municipal District area for the appropriate response.

## Know your EIRCODE:



Keep your Eircode somewhere you can access it quickly – write it on the 'EMERGENCY' Magnet provided.

The **Eircode** makes it quicker and easier for emergency services to locate your address.

If you do not know your Eircode, a member of staff in the Citizens Advice Office or in your local library can identify it for you. You can also find it yourself online at [www.eircode.ie](http://www.eircode.ie).

## Where to get information from during Emergencies:

- ✓ Northern Sound
- ✓ RTE (radio and TV)
- ✓ Monaghan Alerts (See below)
- ✓ Official social media accounts: Facebook and X
  - Monaghan County Council
  - Northern Sound
  - RTE news
  - Met Eireann (Weather Related)

## Be careful about misinformation and disinformation



### MONAGHAN ALERTS

Monaghan Alerts is a service run by Monaghan County Council that sends out alerts about things which might affect you, like major emergencies, road closures, severe weather, contaminated drinking water, and criminal activity in your area.

The service is completely free of charge, and you can opt in and out of various notifications to suit your interests. The service also carries Garda Alerts.

**Sign up** by downloading the Monaghan Alerts app, via Monaghan County Council website, or by completing the sign-up form at the back of this booklet and returning it to any Council public desk or Garda Station.

# Personal Resilience:

## Home Preparedness – what can I do?

Preparedness is everyone's responsibility. Are you ready?

Have a household emergency plan and keep enough food, water and other essentials to last for at least 72 hours.

- **Food** - it is important to have extra food at home that can be prepared quickly and can be stored at room temperature.
- **Drinking water** - have a stock of 3 litres per adult per day.
- **Heating** - make a plan to keep you and your home warm if the electricity goes out.
- **Communication** - make sure you can continue to receive important information by having a battery-operated radio & a power bank for your mobile phone.
- **Medicines** - keep a good stock of any medicines needed and have a small home first aid kit.
- **Lighting** - have battery operated candles and flashlights.
- **Money** - keep a small amount of cash in different denominations.
- **Transportation** – if possible, keep the car fully refuelled.

For more information see advice in 'Severe Weather Preparations' section

## Message in a Bottle

Message in a Bottle is a simple initiative sponsored by Monaghan Lions Club, which encourages people to keep their personal and medical details in a common place (the fridge) where the emergency services will expect to find them in the event of being called to your home.

Free bottles are available from your local GP or Pharmacy.

### What you must do:

- Complete all sections of the personal information form provided.
- Put the completed form into the bottle.
- Attach one self-adhesive green cross onto the outside of the fridge door.
- Attach the other two green crosses inside your front and back door.



## The Household Emergency Kit:

If it is not safe to go out in an emergency:

**Go in** (go indoors and close all windows and doors)

**Stay in** (stay indoors)

**Tune in** (to radio, tv or social media for information/ advice)

Pack a small emergency kit and keep it safe where it is easy to reach.

Include a High Visibility vest if you leave your home!

### Stay Home Kit



Battery operated radio  
with spare batteries



Battery operated  
torches / lights / candles



First Aid Kit, toiletries  
and prescriptions



Contact details/  
pencil and paper



Shovel, multi-tool  
knife and whistle



Fresh water and food  
supplies/pet food

### Leave Home Kit



Mobile phone, charger and  
spare battery/power bank



Large plastic bags  
and duct tape



Keys, bank cards and cash,  
spare house/car keys



Clothes, string shoes,  
hats and sleeping gear



Important identification  
documents



Books, playing cards and  
board games

## Know your Utility Service Numbers



If you smell gas call **1800 20 50 50**  
(24hr Emergency Service)  
[networksinfo@gasnetworks.ie](mailto:networksinfo@gasnetworks.ie)



Are you sure it's safe?  
If you see damage to the electricity network  
or fallen wires, report it to ESB's emergency  
line at **1800 372 999**



If a water issue is urgent, call **1800 278 278/**  
international **+353 1 707 2828**  
(lines open 24/7).



Report a fault or disconnection to your  
service provider to ensure service is  
restored as soon as possible.

**It is IMPORTANT to know how to isolate the services to your home**

### **\*\* Register as a Vulnerable Customer \*\***

**Electricity:** To register as a Vulnerable Customer contact your current Electricity Supplier who will notify ESB Networks.

**Gas:** To register as a Vulnerable Customer contact your current Gas Supplier who will notify Gas Networks Ireland.

**Water:** To register as a vulnerable Customer email [vulnerablecustomer@water.ie](mailto:vulnerablecustomer@water.ie) or contact Uisce Éireann by phone.



## Climate Action:

### Climate Actions we can undertake:

- Improve the insulation of your home.
- Try to reduce the temperature in your home by 1°C.
- In rooms that are not used, turn down/ off radiators or other forms of heating to save energy.
- Switch to renewable power and heating sources where possible.
- Choose a shower over a bath and avoid leaving taps running.
- Switch off appliances and lights when you are not using them.
- Turn off sockets to chargers and appliances when they are not in use.
- Replace old bulbs with Compact Fluorescent Lamps (CFLs) or Light Emitting Diodes (LEDs).
- Reduce food waste and grow your own fruits and vegetables.
- Buy local and in season foods, this helps local small businesses and farms and reduces transport emissions.
- Transport smart – carpool, use public transport, walk or cycle.

## Carbon Monoxide:

### Carbon Monoxide poisoning kills, on average, 6 people in Ireland every year!

Carbon Monoxide is produced from unburnt fuels such as gas, oil, coal and wood. This could be due to poor installation or maintenance. If you suspect anyone in your house has been poisoned by carbon monoxide, get fresh air immediately, then go to your doctor and ask them to check for carbon monoxide poisoning.

If you find anyone in your house unconscious, call 999 or 112 immediately.  
If your carbon monoxide alarm goes off, take the following action:

- Open doors and windows to ventilate the area.
- Stop using/turn off any fuel-burning appliances immediately.
- Get everyone out into fresh air.
- Call a qualified service agent to check your appliances before you re-use them.

If you are still worried, call the Carbon Monoxide Awareness Line on **1800 89 89 89**.

# Community Resilience:

## What can you do in your Community?

Check with neighbours and local community groups to see if there is anything you can do for the community in times of emergency. Check if the community has resources that may be available to you. For example, a 4x4 vehicle or a tractor in the community could help with the transport of, essential medicine, food supplies or with clearing snow and ice. If you are a business owner, think about ways you may be able to help your community in times of need.

### Remember

- ✓ Strengthening community links helps to improve preparedness.
- ✓ Preparedness enables the community to come together.
- ✓ Coming together leads to a better response in an emergency.
- ✓ Central to this is neighbours knowing each other.
- ✓ Knowing your neighbours and working together will ensure that vulnerable people in your community are prepared for the unexpected.

If it is safe to do so you should check on neighbours and vulnerable people living nearby. Think about who they are and keep their details below:

|          |          |
|----------|----------|
| Name:    | Name:    |
| Address: | Address: |
| Eircode: | Eircode: |
| Tel:     | Tel:     |

### Public Participation Network Monaghan

Community & Voluntary Groups should register with Monaghan Public Participation Network (MPPN) to enhance resilience and to have your say in local government decisions that affect your community while also keeping informed about local developments.

Register at [www.pppnmonaghan.ie](http://www.pppnmonaghan.ie)

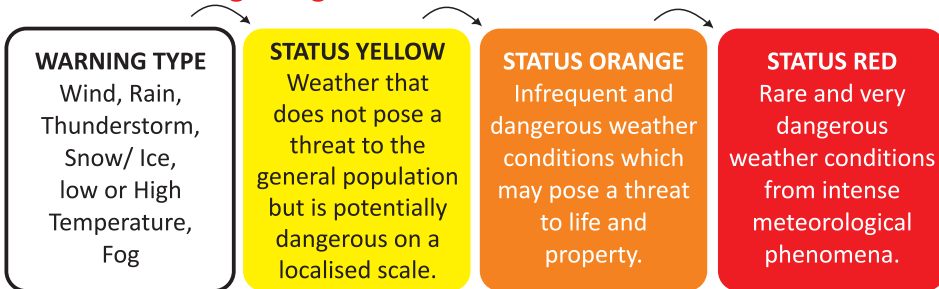


# Severe Weather Preparations:



**Met Éireann** issues weather forecasts and warnings to ensure the protection and safety of life and property.

## Weather Warning Categories:



**Status warning messages are for your safety, it is important during weather warning periods to follow the advice issued at all times!**

Weather warning alert services are available on the Met Éireann app or through its website [www.met.ie](http://www.met.ie).

## Preparation for: Snow/ Ice

- ☐ Visit Monaghan County Councils website to view their 'Winter Service Plan'.
- ☐ Clear snow or ice early in the day if possible, wearing visible clothing.
- ☐ Spread salt on the areas cleared.
- ☐ Never use boiling water to clear snow as it may re-freeze and cause black ice to form.
- ☐ Black ice on roads increases your stopping distance by ten times.
- ☐ Hail is probably the greatest hazard for drivers – even if the road is salted, hail will stay on the road. If you encounter hail, immediately begin to slow your speed but gradually – and try not to brake.

**Community Salt Bin Scheme – Free Salt & Bins for community groups - visit Monaghan County Council website**

**Report Incidents to Monaghan County Council phone line 1800 121 121**

## Preparation for: Flooding

Monaghan County Council has a  
'Flood Emergency sub-plan' in place.



- ☐ Find out if you live in an area at risk of flooding by speaking to your neighbours and/ or contact your local Municipal District Office.
- ☐ Make sure all drains around your property are free from debris i.e. leaves
- ☐ Make sure drainage outlets are clear.
- ☐ Agricultural land drains to be maintained annually to ensure efficient water storage capacity.
- ☐ Make up a flood kit – include a torch, some warm & waterproof clothes, wellies, first aid kit and blankets.
- ☐ If your area is prone to flooding, have sandbags available nearby.
- ☐ Move valuables and other items to safety above the flood level or upstairs, if possible.
- ☐ Store valuable documents in a watertight container – passports, birth certificates, insurance policy, etc.
- ☐ Switch off gas and electricity supplies if water levels are rising.
- ☐ Always stay clear of flood water.
- ☐ Never drive through flood water, even shallow water can pose a risk.

### STAY BACK, STAY HIGH AND STAY DRY

## Preparation for: Wind/ Storm

- ☐ Check for loose items outside your home and plan how you could secure them. Items include bins, garden furniture and trampolines.
- ☐ Ensure your home & car is secure from falling debris or downed electricity lines.
- ☐ Do not undertake unnecessary journeys.
- ☐ If you need to leave home, do you know the best route to take? Have you got a bag packed with supplies and medicine?
- ☐ Beware of fallen trees or other debris.
- ☐ Stay up to date on weather warnings for your area & be prepared if there is a risk to life in weather warning situations.

**Report incidents to Monaghan County Council phone line 1800 121 121**

### Preparation for: Power Outage:

- ☐ If pre-warned ensure phones and devices are fully charged before outage.
- ☐ Have a power bank as a back-up and ensure it is charged ahead of time.
- ☐ Select low battery mode and avoid video calls or streaming during power outages.
- ☐ Have contact numbers for any vulnerable neighbours so you can check on them during and after the outage.
- ☐ Avoid the use of candles, have a battery-operated torch/ light/ candle.
- ☐ Have an alternative fuel to electric for heating and cooking.

### Precautions for using alternatives to electricity:

- ☐ Portable generators can pose fire & carbon monoxide risks. Always operate outdoors, 7m from all buildings, store fuel outside and allow generator to cool before re-fueling.
- ☐ If stoves /fireplaces haven't been in use recently ensure chimneys have been checked and cleared of any blockages prior to use.
- ☐ If using a gas hob for cooking, leave windows slightly ajar.
- ☐ Use portable gas heating appliances in accordance with manufactures instructions.
- ☐ Ensure you have carbon monoxide detector in rooms where appliances are located. In the event of a carbon monoxide alarm activation, follow the advice on Page 6 of this booklet.

**Its important to report a power outage on the ESB's 'PowerCheck' website or call 1800 372 999 - Have your MPRN ready.**

### Preparation for: Water Outage:

- ☐ Store an Emergency Water Supply
  - Drinking Water: Store at least 3 litres per person per day in food-grade containers. Rotate every 6 months.
  - Non-Potable Water: Fill bathtubs, buckets, or large containers for flushing toilets and cleaning.
  - Commercial Water Storage: Consider large storage tanks or barrels for long-term use.
- ☐ Turn off pre-programmed appliances like dishwashers, washing machines or other devices that use water. Do this until the water returns.
- ☐ Turn off all the taps in your home. This will help avoid flooding when the water returns.

- ❑ Use the water sparingly. Storage tanks last up to 24 hours.
- ❑ Prepare for Extended Shortages
  - Know Your Local Water Sources: Identify nearby lakes, rivers, or wells.
  - Emergency Water Delivery: Research suppliers who can deliver potable water in an emergency.
  - Community Resources: Find local water distribution points in case of a crisis.

**Know who your water supplier is: Uisce Éireann, Group Water Schemes or a private well.**



For more information visit [www.winterready.ie](http://www.winterready.ie)



## Home Fire Safety

# FIRE

# SAFE

Be Aware & Prepared.

SMOKE ALARMS SAVE LIVES

- **TEST** smoke alarms weekly
- Change the **BATTERIES** every year
- Beware of **CHIRPING** smoke alarms - its time to replace the batteries
- Know the **SOUND** of the smoke alarm and what to do if it goes off

REMEMBER, ONLY WORKING SMOKE  
ALARMS CAN SAVE YOUR LIFE!

2 minutes

The time it takes for a fire to become life-threatening

5 minutes

The time it takes for a residence to become engulfed in flames

PREPARE & PROTECT

- ✓ Routine Fire Safety Checks
- ✓ Close all doors at night
- ✓ Practice a Fire Escape Plan
- ✓ Keep chimneys cleaned
- ✓ Don't leave cooking unattended
- ✓ One Socket ONE PLUG

# Secure Your Home

## Bogus Caller Cards

Householders can ask any trades people calling to homes requesting to carry out work to supply their details on the Bogus Caller Card.

If there is any doubt as to the true legitimacy of the person, householders can contact their local Garda Station or 999 or 112.

The genuine caller will supply their details. If a caller is unknown to you “if in doubt keep them out”.

Bogus Caller Cards are available in Monaghan Garda Station.



**LOCK UP  
AND  
LIGHT UP**



Simple steps can help protect your home.

-  Secure all doors and windows.
-  Light up your home, use timer switches when out.
-  Use your alarm, even when at home.
-  Store keys safely and away from windows and letterboxes.
-  Record details of valuables and don't keep large amounts of cash at home.

**Lock Up and Light Up as part of An Garda Síochána's Operation Thor.**



NATIONAL PUBLIC SAFETY FRAMEWORK  
Partnership with the Department of Justice  
www.garda.ie

# BOGUS CALLER CARDS

1. Tear off a card from this sheet.
2. Using a door chain/limiter, hand the card to the caller
3. Do not enter into conversation with the caller, simply instruct them to complete the card
4. Genuine callers will leave their identification or contact details



*Genuine callers will leave their details - do enter into conversation*

**Contact Local Garda:**

Please leave you business card, or write down your contact details here:

I will contact you if I require your service  
THANK YOU

Please leave you business card, or write down your contact details here:

I will contact you if I require your service  
THANK YOU

# Secure Yourself

## Domestic Violence

Domestic abuse and coercive control are persistent and deliberate patterns of behaviour by an abuser over a prolonged period designed to achieve obedience and create fear. Many abusers will use a variety of tactics, including physical, sexual, emotional and financial abuse. If you or someone you know is experiencing domestic violence. Don't suffer in silence. There are a range of services available within your community that can provide emotional and practical support for your safety.



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## Services Available:

### **Safe Ireland Cavan Monaghan:**

**Tel:** 047 72311

**Email:** [cavanmonaghan@safeireland.ie](mailto:cavanmonaghan@safeireland.ie)

**Open:** 9am to 5pm

**Monday to Friday**

**Website:** [www.safeireland.ie](http://www.safeireland.ie)

### **Women's Aid**

**Tel:** 01 678 8858

**Helpline:** 1800 341 900

**Email:** [helpline@womensaid.ie](mailto:helpline@womensaid.ie)

**Website:** [www.womensaid.ie](http://www.womensaid.ie)

**Access Hours:** 24-hour service, 365 days

### **Men's Aid**

**Tel:** 01 554 3811

**Website:** [www.mensaid.ie](http://www.mensaid.ie)

**Email:** [hello@mensaid.ie](mailto:hello@mensaid.ie)

### **Monaghan Court Office**

**Tel:** 047 62300

**Website:** [www.courts.ie](http://www.courts.ie)

### **Monaghan Garda Station**

**Tel:** 047 77200

### **Carrickmacross Garda Station**

**Tel:** 042 9690190

### **Castleblayney Garda Station**

**Tel:** 042 9747900

**In an emergency, please call 999/ 112**

## Transport around Monaghan

Visit [www.gomonaghan.ie](http://www.gomonaghan.ie) to obtain information on getting around Co. Monaghan, including links to bus providers and contact numbers for various services.



The two main public bus operators which service the principle towns and beyond are:

- Bus Eireann
- Ulster Bus, Northern Ireland

They cover some of the same routes, but at different times.

Monaghan bus station is the only staffed station in the county where staff can help you plan your journey and book a ticket.

Tel **047 82377**

You can also book online at:

- [www.buseireann.ie](http://www.buseireann.ie)
- [www.translink.co.uk](http://www.translink.co.uk)

There are a number of private bus operators which run daily services to Dublin, Dundalk and other destinations. These are listed on the '[GoMonaghan](http://GoMonaghan)' website.



Phone:

**047 51840**

Getting around within Co. Monaghan is becoming easier with the expansion of routes provided by Local Link – the government-funded rural transport provider – under Connecting Ireland's Rural Mobility Plan. To view timetables for all the routes, and to find out about other services provided by Local Link, such as their door-to-door service for older people, go to [www.locallinkcm.ie](http://www.locallinkcm.ie)

If you are trying to work out how to get somewhere, a good place to start is [www.transportforireland.ie](http://www.transportforireland.ie). This is the **National Transport Authority's** official website. It provides information on all forms of transport, and covers the whole country. It also includes all service operators – public and private – and has a Journey Planner to help you work out your journey.

# Monaghan Hospital Services

Monaghan Hospital Reception                      047-38800                      Mon-Fri 8am-5pm

| Department   | Services  |
|--|---|
| Inpatient Beds   | Rehabilitation & Stepdown unit  |
| Daybeds  | <ul style="list-style-type: none"><li>- Endoscopy</li><li>- Theatre</li><li>- Haemachromatosis</li></ul>  |
| Local Injury Unit  | The Injury Unit see patients from 5yrs and above –see next page for services provided and opening hours   |
| Radiology  | <ul style="list-style-type: none"><li>- X-RAY</li><li>- Ultrasound</li><li>- Bone Density (DEXA) (Radiology &amp; Nurse Led)</li></ul>  |
| Cardiology   | <ul style="list-style-type: none"><li>- ECHO</li><li>- Holter Monitor</li><li>- Exercise Stress Tests (EST)</li></ul>   |
| Outpatient Clinics that are facilitated by Consultant / Nurse & Allied Health Care Professionals | <ul style="list-style-type: none"><li>- Medical / Surgical</li><li>- Palliative / Pain / Dermatology</li><li>- Gynae &amp; Antenatal / Paediatric</li><li>- Ear, Nose, Throat (ENT) which also include Audiology, Micro-suction &amp; Vestibular Clinics</li><li>- Urology / Orthopaedic</li><li>- Phlebotomy (Blood / Warfarin)</li><li>- Physiotherapy / Soft Tissue Clinic</li><li>- Cardiac Rehabilitation / Cardiac Efficiency / Colorectal Clinic / Dermatology / Smoking Cessation / Continence Care / Diabetic Clinic / Pre assessment Clinic</li></ul> |

Cavan Hospital Reception                      049-4376000                      24/7

## Routine Specimen Collection for:

### GP/ External specimens for transport to Cavan General Hospital

- Monday to Friday 8am to 4.30pm ONLY.
- Drop off point for specimens is at the back of the Hospital at entrance to the Minor Injury Unit



## Minor Injury Unit



**LOCAL INJURY**  
Monaghan Hospital

**OPEN MON - SUN 8AM - 8PM**  
**LAST PATIENT CHECK-IN IS 7PM**  
**CLOSED 25<sup>TH</sup> & 26<sup>TH</sup> DECEMBER**

We Treat & X-Ray as needed:

- ✓ Broken bones, sprains and strains, from knees to toes
- ✓ Broken bones, sprains and strains, from collarbone to fingertip
- ✓ Minor facial injuries (including oral, dental and nasal injuries)
- ✓ Minor scalds and burns, Wounds, bites, cuts, grazes and scalp lacerations (cuts)
- ✓ Small abscesses and boils, Splinters and fish hooks
- ✓ Objects stuck in eyes, ears or nose
- ✓ Minor head injuries (fully-conscious patients, who did not have loss of consciousness or vomit after the head injury)

047 38835 [www.hse.ie/injuryunits](http://www.hse.ie/injuryunits) Cavan Monaghan Hospitals are smoke free campuses

FOR PATIENTS 5 YEARS & OVER

Scan this QR Code for more information and to download



Logos: PCOB HOSPITALS CONTROL PCOB, HE, ht

### Urgent Out of Hours GP Services

**North East Doc on Call (NEDOC)** provides urgent out of hours GP care and is available to patients of participating practices across County Monaghan, when your own GP Surgery closes in the evening or at the weekend.

**NEDOC is an appointment only service and is not a walk-in clinic.**

**TO MAKE AN APPOINTMENT CALL**

**1800 777 911**

It is open from 6pm- 8am weekdays and 24 hours a day at weekends and public holidays.

The Service is located:

Bree Road, Castleblayney, Co. Monaghan.

Eircode is A75PR66.

**NEDOC**  
North East Doctor on call

# Hospital Transport

## Cavan & Monaghan Hospital Shuttle Bus Schedule

Monday to Friday 8am - 16:45pm (excluding Bank / Public holidays)

### Strictly Patient Use Only

You need to present with: Appointment Letter/Card or a Text message to use this bus.

No requirement to book a seat on this shuttle bus

**Departs Cavan General Hospital to Monaghan Hospital at:**

08:00 - 10:00 - 13:00 - 15:45

**Departs Monaghan Hospital to Cavan Hospital at:**

09:00 - 11:00 - 14:00 - 16:45

## Cavan/ Monaghan to Dublin Outpatient Transport

Booking via Local Link Cavan Monaghan on behalf of the HSE

**CALL - 047 51840**

**Opening hours 9:30am to 1:00pm, 2:00pm to 4:00pm daily.**

Passengers must book in advance and be the holder of a current medical card. Medical Cards and proof of appointment must be presented on the day of travel. €4 daily charge for using service.

| Time   | Location               | Time    | Location                  |
|--------|------------------------|---------|---------------------------|
| 7:00am | Monaghan General       | 7:00am  | Cavan General             |
| 7:15am | St Marys Castleblaney  | 7:10am  | Lavey Bus Stop            |
| 7:30am | CMX Court House        | 7:30am  | Virginia Riverfront Hotel |
| 8:00am | Drogheda Main Entrance | 7:45am  | Kells Bective St (only)   |
|        |                        | 08:00am | Navan Waiting area A&E    |

Buses leave Dublin at 1:30pm (approximately). Drivers will coordinate the passenger pickups around the hospitals in Dublin on the day of travel, arranging times to facilitate the 1:30pm departure.

**NOTE:** Pickup in Drogheda, Kells, Navan, is subject to prior bookings from the shaded areas in the timetable. These pickups will only be facilitated where there is no impact on other passenger appointments.

For a list of Dublin hospitals attended, please call the booking office at the number above. **This Transport DOES NOT Serve:** Beacon, Hermitage or Dun Laoghaire.

## APPENDIX A NUMBERS WHEN YOU NEED THEM

### COUNTY MONAGHAN: Urgent Help and Support contacts

|  |  |
|--|--|
| An Garda Síochána, Ambulance, Fire and Irish Coast Guard | 999 or 112   |
| Garda Confidential Line                                  | 1800 666 111   |
| North East Doctor On Call                                | 1800 777 911   |
| Monaghan General Hospital                                | 047 38800  |
| Cavan General Hospital                                   | 049 437 6000   |
| Pieta  | Freephone 24/7: 1800 247 247, Text HELP to 51444     |
| Samaritans   | Freephone 24/7: 116 123, jo@samaritans.ie            |
| Text About It  | Free Text 24/7: Text HELLO to 50808, ww.text50808.ie |

### Addiction Services

|  |              |
|--|--------------|
| Alcohol & Drugs Helpline                                       | 1800 459 459 |
| Alcoholics Anonymous   | 01 842 0700  |
| Al Anon/Alateen  | 01 873 2699  |
| Family Addiction Support Network (family support service)      | 087 904 6405 |
| Email: info.fasn@gmail.com                                     |              |
| Gamblers Anonymous   | 01 872 1133  |
| HSE Primary Care Addiction Service                             | 049 435 3190 |
| MaCYSS – Youth (12-18 yrs) Family Alcohol + other Drug Service | 085 744 2857 |
| Email: macyss@alcoholforum.org                                 |              |
| MQI CAMDAS (Cavan & Monaghan Drug & Alcohol Service)           | 049 437 9160 |
| Email: info.cavan.monaghan@mqi.ie                              |              |

### Bereavement Services

|  |              |
|--|--------------|
| Anam Cara (Parental & Sibling Bereavement Support)                         | 01 404 5378  |
| Barnardos Children's Bereavement Service                                   | 01 473 2110  |
| HUGG Suicide Bereavement Peer Support Groups                               | 01 513 4048  |
| Irish Childhood Bereavement Network  | 01 679 3188  |
| Irish Hospice Foundation Bereavement Support Line<br>(10 am–1 pm, Mon-Fri) | 1800 807 077 |
| Pieta Cavan Monaghan Suicide Bereavement Counselling Service               | 0818 111 126 |
| Pieta Suicide Bereavement Liaison Officer (Cavan Monaghan)                 | 085 870 6591 |
| Rainbows Ireland   | 01 473 4175  |

## Counselling Services & Psychosocial Supports

|   |                         |
|---|-------------------------|
| Blayne Blades Counselling Service, Castleblayne   | 042 975 3412            |
| Clanwilliam Institute (Individual, couple & family therapy online)  | 01 205 5010             |
| Clones Family Resource Centre   | 047 52919               |
| Connect Free Telephone Counselling & Support<br>(for adults who have experienced abuse, trauma or neglect in childhood) | 1800 477 477            |
| Counselling in Primary Care - CIPC (for adults only)  | 1800 252 563            |
| Exchange House Ireland National Traveller Mental Health Service   | 01 872 1094             |
| Focus Family Resource Centre, Killeshandra  | 049 436 4065            |
| Helplink (free/low-cost counselling services online)  | 0818 99 88 80           |
| HSE National Counselling Service<br>(for adults who have experienced abuse, trauma or neglect in childhood)             | 1800 234 117            |
| HSE Primary Care Psychology (referral through GP)   | 047 95580               |
| Pieta Crisis Counselling/Suicide Bereavement Counselling Service  | 0818 111 126            |
| Teach na Daoine Family Resource Centre, Monaghan  | 047 71398               |
| Teach Oscail Family Resource Centre, Cavan  | 049 437 2730            |
| Traveller Counselling Service   | 086 308 1476            |
| Tusla Family Support Services, Monaghan   | 042 979 5623            |
| Tusla, Social Work Department, Cavan & Monaghan   | 049 436 9801            |
| WCI \Monaghan (formerly Dochas for Women)   | 047 62573/ 087 150 7056 |

## Support Numbers and Information Helplines

|  |                            |
|--|----------------------------|
| ALONE (supporting older people to age at home)             | 0818 222 024               |
| Aware Support Line   | 1800 80 48 48              |
| Bodywhys (support for people affected by eating disorders) | 01 210 7906                |
| Citizens Information                                       | 0818 074 000               |
| Dundalk Simon (supporting homeless in Cavan & Monaghan)    | 042 933 9583               |
| Embrace Farm (farm accident support network)               | 085 770 9966               |
| Exchange House Ireland National Travellers Service         | 01 872 1094                |
| GROW (support for adults with mental health problems)      | 0818 474 474               |
| HSE National Information Helpline (HSE Live)               | 1800 700 700               |
| Irish Men's Sheds Association                              | 01 891 6150                |
| Crime Victims Helpline                                     | 116 006, Text 085 133 7711 |

## Support Numbers and Information Helplines continued

|   |              |
|---|--------------|
| ISPCC Parent Support Line (9am – 1pm)                   | 01 522 4300  |
| LGBT Ireland Helpline                                   | 1800 929 539 |
| MABS Helpline (Money and Budgeting Advice Service)      | 0818 072 000 |
| Men's Aid   | 01 554 3811  |
| Mental Health Ireland                                   | 086 407 5306 |
| Migrant Rights Centre Ireland                           | 083 075 5387 |
| My Options Unplanned Pregnancy Helpline                 | 1800 828 010 |
| National Rape Crisis Helpline                           | 1800 778 888 |
| Outcomers (support for LGBT people in North East)       | 042 932 9816 |
| Parent Line   | 01 873 3500  |
| Peer Advocacy in Mental Health                          | 01 547 0510  |
| Postnatal Depression Ireland                            | 021 492 2083 |
| Resource Office for Suicide Prevention                  | 086 171 7563 |
| Safe Ireland Cavan Monaghan                             | 047 72311    |
| Senior Line (listening service for older people)        | 1800 804 591 |
| Shine (supporting people affected by mental ill health) | 086 040 7701 |
| St. Vincent de Paul Freephone                           | 1800 677 777 |
| Transgender Equality Network Ireland                    | 01 873 3575  |
| Women's Aid Domestic Violence Helpline                  | 1800 341 900 |

## Youth Mental Health and Wellbeing Services

|  |                              |
|--|------------------------------|
| BeLonG To: National LGBTI+Youth Organisation                     | 01 670 6223                  |
| Cavan & Monaghan Rainbow Youth (CAMRY)                           | 087 219 3904                 |
| Childline (0-18 yrs) chat online @childline.ie                   | 1800 666 666                 |
| HSE Primary Care Psychology (referral through GP)                | 047 95580                    |
| MaCYSS – Youth (12-18 yrs) Family Alcohol + other Drug Service   | 085 744 2857                 |
| Niteline (student support helpline)                              | 1800 793 793                 |
| Pieta Suicide and Self-Harm Crisis Counselling Service (12+ yrs) | 0818 111 126                 |
| Teenline   | 1800 833 634                 |
| Together all: Digital Mental Health Service for HE Students      | www.togetherall.com          |
| YouThrive (HSE Cavan/Monaghan, 12–24yrs)                         | E: youthrive@hse.ie          |
| ISPCC Childline Therapeutic Support Service (0 -18 yrs)          | E: monaghan@ispcc.ie         |
| ISPCC Digital Wellbeing Programmes                               | E: spacefromanxiety@ispcc.ie |

## HEART ATTACK?

**If the symptoms fit**

Chest pain or discomfort

Pain in neck and jaw

Pain in either arm

Short of breath

Feeling sick

**Act quickly Call 999**

## STROKE

**Stroke Heroes Act FAST**

- F**ace: Ask them to smile. Does the face look uneven?
- A**rms: Does one arm drift down? Ask them to raise both arms.
- S**peech: Does their speech sound strange? Ask them to repeat a phrase.
- T**ime: Every second brain cells die. Call 999 or 112 at any sign of stroke!

**Is it a stroke?**

**Check these signs FAST!**

**Call 999 or 112 at any sign of stroke.**

## CPR for Adults and Children

**1. Check:** Tap and Shout. If the person does not wake up and is not breathing, or is only gasping.

**2. Call:** 999 or 112 and ask for an Ambulance and send someone to get a defibrillator

**3. CHEST COMPRESSIONS**  
**Correct Angle & Position**

**4. Continue with Compressions** pushing hard and fast.

**5. Shock:** When the AED (defibrillator) arrives, turn it on immediately and follow the voice prompts.

You do not need special training to use an AED- it will tell you exactly what to do.

**6. Keep going** with Chest Compressions after using the AED. Follow the instructions from the device and do not stop unless the person is showing signs of life or medical help has taken over.

**Call 112 or 999**

**2. Compress**  
Push the centre of the patients chest. Hard and Fast at a rate of 100 - 120 compressions per minute. Push 1/3rd the depth of the patient's chest (5-6cm for adults)

**Chest compressions are performed between the nipples**



# MONAGHAN ALERTS

REGISTER BY RETURNING THIS FORM  
OR REGISTER ONLINE:  
[WWW.ALERTS.MONAGHANCOCO.IE](http://WWW.ALERTS.MONAGHANCOCO.IE)  
OR DOWNLOAD THE APP:



Monaghan Alerts is a **one-stop-shop service** where you can sign up to receive alerts from the Council about things like road closures, weather alerts and community notices.

Now we've added **GARDA ALERTS** about criminal activity in your area. You can opt to receive alerts by app, by email or by text.

## How to Register

Whichever option you choose, - to download the app, register online, or send in this paper form - an account is created for you, using your mobile phone number as your username. Your name is never stored on the database. A password is texted to you. You can change the password by logging into your account, either on the website or using the app.

If you get a 'phone number already in use' message when you try to register, this means you registered with Monaghan Alerts at some time in the past. Use your phone number as your username and then use 'forgot password' to have a new link sent to you to allow you to log in. If you registered using an email that you no longer use, you might not be able to access your messages. If this happens, use the contact info provided on the Monaghan Alerts web page to contact the team, who will be able to assist you.

There are several services currently issuing alerts through Monaghan Alerts. More may be added in the future. You can choose which services you wish to receive alerts about. You can tick them all, or just one. If you are getting too many alerts about something, you can go into your account and untick that service to stop receiving those alerts. You will still receive alerts about the other services.

For the Garda Alerts, you will be asked to select the area of the county closest to you from a list. This is to ensure that only relevant Garda messages are sent to you.

**If you want to join to receive alerts, just fill this form in and return it to us and we'll do the registration for you.**  
**We will store your details securely, in accordance with data protection regulations.**

| Your Email | Your Mobile Phone Number | Your signature | Today's Date |
|------------|--------------------------|----------------|--------------|
|            |                          |                |              |

Nearly there! Please complete the 3 Steps below, then return your form to us

### 1. Select one area only

**Which area do you want to receive GARDA ALERTS about?**

|                        |                                |
|------------------------|--------------------------------|
| Ardagh/ Tullycorbett   | Inniskeen                      |
| Aughnamullen           | Killanny                       |
| Ballybay               | Kilmore/ Drumsnatt             |
| Broomfield/ Annaliffen | Laffon/ Bawn                   |
| Carrickmacross         | Magheracloone                  |
| Castleblayney          | Monaghan Town                  |
| Clones/ Smithboro      | Newbliss/ Killeevan/ Aghabog   |
| Clontibret             | Oram Mullyash                  |
| Corduff Raferagh       | Scotshouse                     |
| Donaghmoyn/ Lisdoonan  |                                |
| Doohamlet              | Swann's Cross/ Rockcorry/ Drum |
| Drumully               | Truagh/ Emyvale                |
| Glaslough/ Tyholland   | Tydavnet Parish                |

### 2. Select all services you want to receive

**TICK any of the other services offered through Monaghan Alerts you wish to receive alerts about**

- ☐ Water Service Alerts
- ☐ Road Alerts
- ☐ Severe Weather Alerts
- ☐ Flood Alerts
- ☐ Council Notices

Just leave the box blank if you DON'T want to receive alerts about any of the above

### 3. This box MUST be ticked

**YES I CONSENT**

☐

*I hereby give my consent to join and receive messages from the Monaghan Alerts Service. I understand that my personal data is to be used only in the provision of this service and I have the right to withdraw my consent at any time as outlined in the Privacy Notice on [monaghan.ie](http://monaghan.ie)*

Return this form by post to:

Community Dept., Monaghan County Council,  
MTEK II, Knockaconny, Monaghan H18 YH59

Or by hand

to any Council public desk or Garda Station  
Or take a photo on your phone and email it to us!  
[communityalerts@monaghancoco.ie](mailto:communityalerts@monaghancoco.ie)



A collaboration between  
Monaghan County Council  
& An Garda Síochána

