



Munterconnaught Our Community Newsletter

ourMCnews@gmail.com

086-0828040

6th May 2022

Collated and published by Noeleen Skelly

OUR COMMUNITY NEWSLETTER

FREE to all readers (in paper form and by email).

EMAIL- Contact the above by email to get your edition.

PAPER – collect it in the shop.

YOUR INPUT is welcome. All are welcome to contribute news.

Advertisers are welcome. €10 per edition. €60 for a full year's advertisement

CELEBRATIONS

WELCOME RÍAN BRADY, BEHERNA. Heartiest Congrats to parents Siobhan and Martin, and a gorgeous little brother for Tom, Ciara, Conor and Lily.

KILMUCKRIDGE DRAMA GROUP from Wexford won The All Ireland Drama Festival Confined in Ballyshannon last Saturday night. **Fintan O Reilly Island** and his son **Conor** were members of the Group (See more on Kilmuckridge Drama Group Facebook page)

RECENT DEATHS

Leah Farrelly, Drumina (Unexpected and peaceful). Our sincere sympathy to her heartbroken parents Dessie and Nuala, her sister Grace and all her extended family.

Una Smith, Mullahoran. Our sympathy to Bernie Waters, Ryefield, and her family.

Damien Gargan, Stramatt. Our deepest sympathy goes to Siobhan, Patrick, Stephen and the extended Gargan family at this sad and difficult time. May he rest in Peace.

UKRAINE DISASTER

Ukrainian people in Oldcastle. At the moment there are approx. 55 Ukranian people living in Oldcastle in the Céili House and in The Fincourt. Some are very well educated and talented and are looking for work. Others would be happy to get some occasional work, just to help with the boredom they are experiencing. If you need help around your home, family or farm, send a message to Tania and she will message you back and let you know if there is somebody suitable to help you. Remember that they have no transport, so you may have to arrange transport to and from Oldcastle. Also, if you would like to help them in any way, contact Tania and she will be able to advise. (Tania 085-2847578).



To register to accommodate Ukrainian refugees? You can offer a spare room or a vacant property <https://registerofpledges.redcross.ie>

LOCAL NOTICES

LOCAL Darkness into Light. Sat 7th May 2022. <https://www.darknessintolight.ie/>

A local annual Darkness into Light walk will take place starting at Knocktemple NS at 5am and going around the school block. Note the earlier time this year.

It would be nice to see some familiar faces and some new ones! Remember you can register online for darkness into light supporting Pieta House.

The annual Family Fun Walk/Run fundraiser will take place this year on **Sun 8th May at 12 noon** at Knocktemple NS. Everyone is welcome and **please feel free to bring along as many family members** and friends as possible to help make the event as successful as in previous years. Members of the public are welcome to join - €5 each. Free tea, coffee, goodies and games will take place in the General Purpose Room. **All sponsor cards must be returned to the school on or before Thursday 5th May.**

VHI mini marathon: 5th June 2022. *by Christine Murphy, Island. 085-159 5534*

This year I am running the mini-marathon for the Irish Kidney Association. They're an amazing service and I'm a dialysis nurse so I really see the benefits for people. I have set up a page on the website **Just Giving**. I'm trying to raise €1,000. The URL is <https://www.justgiving.com/fundraising/christine-murphy15>

Or people can just go to **just giving** and search for my name. If you would like to donate, and don't want to do it online, I can donate on your behalf, if you leave the funds in an envelope in a drop-box in our local shop (don't forget to include your name and phone number on the envelope).

Hairdressing Salon opening soon in Munterconnaught.

Contact Marina on +44 7808 360473.

Au PAIR living in Munterconnaught looking for extra babysitting. Available evenings and weekends. Contact Esme on WhatsApp +34 674 15 48 90

Crafts and Chat - every Wednesday, Knocknaveigh (A82 V0P1). 7.30pm. €5. Crafts, chat, tea and buns. Bring your work, or Sandra can start you off. Set the world right in two hours, and learn to knit, crochet or various other options. A very relaxing time, in lovely company, away from the busy-ness or solitude of your normal. Contact Sandra for more info. 086-8205177. All those living locally, from the Ukraine, are welcome to come (no charge).

Funding Available: Axa Insurance has launched a new €1million initiative called AXA PARKS to help local communities develop and enhance green spaces in towns and villages. Closing Date for applications: Friday 20th May 2022.

<https://www.communityfoundation.ie/grants/types-of-grants/axa-parks-fund>

Public Rosary Rally to pray for Peace in our world and Our Lady's Blessing on our country in this month of May. Saturday 14th May at 4 p.m. on the Square Ballyjamesduff. As many people as possible are invited to come along and especially parents

Blessing of the Graves in Munterconnaught: Sunday July 3rd after 9.30am Mass.

Masses this week in St Bartholomews will take place on Sun 8th & Sun 15th at 9.30am. No week-day or Friday Masses this coming week.

FOR KIDS

First Holy Communion: Knocktemple NS in St. Bartholomew's Church, M'Connaught: May 14th, 11am
Spraoui is a new Irish class for children from 2nd - 6th class. starting in September in Ryefield.

We aim to promote the use of the Irish language outside of the school setting by providing an After-School Club through the medium of the Irish language. Children will learn Irish in a fun way through games, drama, cookery and a strong emphasis on technology e.g. Movie making, Stop Motion, Green Screen etc. *Eolais/For further info* contact Ann 086 6018559 annkinsella17@gmail.com

Crafty Kids Summercamp: Crafts of Ireland, Knocknaveigh. 11th – 14th July. 10am-2pm. Lunch included. €100 per child (siblings €98). Age 8-12. Art crafts, sewing, felting, weaving, cookery (fun baking each day). Contact Sandra: www.craftsofireland.ie or 086-8205177.

GAA Cul Camps 18-25th July. See page 6 of this newsletter, in GAA news.

Conaty's Point. IWS Swimming lessons will take place this Summer for 2 weeks commencing Mon July 25th. Registration will take place online once again this year. Early registration will be offered to the Munterconnaught community in coming weeks, exact date tbc. Cost of lessons will be €45 per child. Under 5s welcome. For further information or to be added to the Conaty's Point WhatsApp group you can contact Marguerite on 087 9801351 or Sharon on 087 2374283

KNOCKTEMPLE NS SCHOOL NEWS 049-8547081 www.knocktemplens.ie

Email addresses: office@knocktemplens.ie & principal@knocktemplens.ie

ONGOING, please use the above emails for the school.

CASH FOR CLOBBER: This is a great chance to support the school while clearing out unwanted clothing and shoes (pairs only please). All types of clothing are acceptable. Other textile items will be accepted, except duvets and pillows. **Collection Date 15th June 2022**

HERITAGE - CROSSROADS

Our Local Heritage project. We aim to log every house in the parish (past and present), and give a little history about the house, and its occupants. So if you know any house / ruins / rubble or green patch which was once the home of somebody, write it down. Find out any information you can about it, and when this lockdown is over, we will get our project moving. Meanwhile, remember, pick up the phone and make local enquiries. For more info phone Pauline Hankin at 086-3396394. **If everybody starts with the house they are living in, it will be a good start.**

Check out Tithe applotment books – which may help you fill some blanks:

<https://cavantownlands.com/tithe-applotment-books-of-1832/>

Crossroads

Work on the removal of the Eir pole at the crossroads has started and will continue. All overhead cabling will be brought underground and the Pole which is both dangerous and aesthetically unpleasant will be removed. **There are many other projects on the drawing board, and we are open to suggestions for other enhancements.**

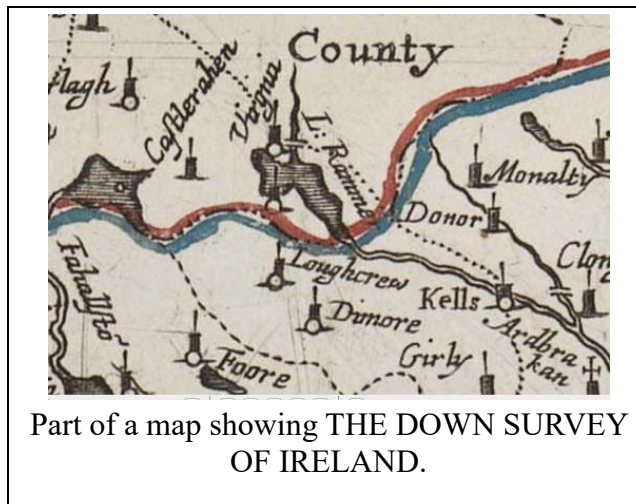
The Crossroads park is a lovely place for all the community to use, and it needs some upkeep. We have a grass cutting rota, weeding to be done, and general tidying up. It is great to get active outdoors and be sociable. If you want to offer a bit of help, even a little (as every bit helps), please drop a message to our Facebook page or to Pauline on 086-3396394 and we can keep you posted.

We are continuing to develop the crossroads and a **Replica Forge** is being built on the site of where the original Wood's Forge was in operation and where Pikes & Swords were made for the 1798 Rebellion. A lot of history involved, and it is being built by our own local stonemason Tom Brady, Ryefield.

A new addition to the Crossroads is **our Fruit Garden** which is newly situated beside the Kissing Gate. Thanks to the crew who wed/cut/mulched/dug and planted on B/H Monday. It looks really great.

THE FORGOTTEN TOWNLANDS by Declan Cooney

The Munterconnaught area comprises just fourteen townlands. However, in past centuries, there were several other townlands, the names of which have long fallen into disuse and which have been subsumed into adjoining townlands. The names are mentioned in documents such as the Patent Rolls of King James the First (1604) and the Jacobite grants of 1612. Some of the



townlands are shown on the Down Survey map of 1654 which was drawn up in connection with the Cromwellian Plantation. Reference is also made to a few of these townlands in parish registers of the 1750s.

The following are some of the Munterconnaught townlands whose names, for the most part, are no longer in use:

Tineden (*tigh an éadain*, the house on the brow of a hill). Once a joint townland with Knocktemple, of which it is now part.

Gallonroe, also Mullaghroe (*mullach rua*, the red hilltop). Part of Knocktemple, apparently the area around the Church of Ireland.

Gallonfree (from *fraoch*, heather; a gallon was a unit of land measurement). This townland is mentioned as Gallonfreigh in the Jacobite grants of 1612.

Auchonquilly (*achadh an choille*, the wooded place). This was an area situated between Knocktemple and Corronagh and extending to Lough Ramor.

Cargagh (*cúil carraigeach*, the rocky corner). The 1654 map shows it as a joint townland with Etor (Eighter), of which it now forms part.

Munincoghan, also Monecohell or Moyne Yeohill (*maighin an eochaille*, little plain of the yew-wood). Appears as a sub-denomination of Croghan.

Gallonstramore (*sraith mór*, a big stream) and **Keallragh** (*cealdrach*, a burial ground). These were sub-denominations of Eighter, mentioned in the 1612 grant from King James to Luke Plunket, lord baron of Killene.

1821 CENSUS

The article “1821 Census of the Parish of Munterconnaught” by Declan Cooney which was first published in *Breifne* (1998) has recently been republished on the Cavan Townlands website. For anyone who may be interested, the link is as follows: <https://cavantownlands.com/munterconnaught-1821-census/>

ST. BARTHOLOMEW'S REFURBISHMENT PROJECT UPDATE



Phase 2 - external painting and minor repairs has commenced and will be completed as soon as possible. We are refurbishing our Church for the benefit of our community. All parishioners can now enjoy the benefits of the work completed and are welcome to do so for family and community ceremonies and celebrations.

All Donations Received Are Greatly Appreciated - To-date €29,695 has been contributed by the community towards the costs involved. If you have contributed, thanks very much for your contribution, it is greatly appreciated. Acknowledgement of contributions will issue later.

Additional Donations Welcome - If you have not yet contributed and would like to do so, your contribution would be very much appreciated as we undertake Phase 2 of the project. You can donate in any of the following ways.

Payment Options

1. By using GoFundMe online Fundraiser
St. Bartholomew's Church Munterconnaught Refurbishment.
2. By putting your donation in an envelope marked – FAO Fr Kevin, Refurbishment Works and placing it in the basket at Sunday Mass or leaving it into the Parochial House.
3. By bank transfer. Bank Account details are St. Bartholomew's Church.
BIC: **ULSB IE 2D** IBAN - **IE36 ULSB 9852 8006 1902 79**

Please donate – All Donations Greatly Appreciated.



LOTTO RESULTS JP Jackpot. QP Quickpick.

4th April: JP €4,400. Nos: 02,08,09 & 29. No Winner. QP: Colm Geraghty, Maghera; Tina Walsh, Knocktemple; Brian Morrissey, Ryefield; Noel Gaule, Corronagh.

11th April: JP €4,500. Nos: 08,12,25 & 28. No Winner. QP: Charlie Caffrey, Rahard; Paula Clarke, FSW; Seán Lynch, Fennor; Owen Brodie, Ryefield.

18th April: JP: €4,600. Nos: 07,19, 20 & 31. No Winner. QP: Bernie Stanley; Martin Blake; Daithí O'Reilly; Declan O'Reilly.

25th April: JP €4,700. Nos: 07, 09, 27 & 30. No Winner. QP: Paddy Yore, Dervor; Seamus Martin, Templeport; Martin Finnan, Ballinalack, Co. Westmeath; Noel & Marina Lynch, Carrick.

2nd May: JP €4,800. Nos: 02, 17, 20, 21. No winner. QP: Ger Brady, Ballydurrow; Ethan McHugh, Clonee; Mella & Gretta Keogan, Beherna; Monica O'Reilly, Island.

The blue envelopes for this lotto were donated to Superkids Playschool in Ballydurrow, towards a sensory room. €1,186.90 was collected. A huge thank you from the Club and from SuperKids, but especially to all who bought Lotto envelopes.

Next Jackpot-Monday, 9th May 2022 €4,900

Congratulations to all winners. Thank you for playing our lotto and supporting our club.

Play online on Clubforce, or envelopes available locally. If you're not in you can't win.

GAA CUL CAMPS

Munterconnaught GFC will be hosting the Kellogg's Cul Camps on **18th - 22nd July**.

Just follow the link and register now. **Places are filling up fast**

<https://www.kelloggsculcamps.gaa.ie/booking/?county=Cavan&venue=&week=>

Are you, or do you know someone who may be interested / suitable in coaching this summer with the Kellogg's GAA Cúl Camps? If so, please fill in this online form.

<https://kelloggsculcamps.gaa.ie/cul-coaches>

CLUB MEMBERSHIP GAA 2022 - REGISTRATION IS NOW OPEN

The link to the online club registration for membership and yearly lotto renewals is:

<http://www.foireann.ie>

If you have any difficulties do not hesitate to contact:

Club treasurer, Paraic 086 2538915. Club Secretary, David 087 9517657 or

Underage Secretary, Joanne 087 7831286

FIXTURES: Games have recommenced in all grades and it's a busy time. Please keep any eye on the Club's social media pages for up to date fixtures.

MUNTERCONNAUGHT / MOUNTNUGENT (LADIES FOOTBALL CLUB): Girls born 2010 – 2012 are eligible and must be registered on-line via Foireann. Contact Colleen on 087 239 2860 for further details.

CONGRATS ST.OLIVER POST PRIMARY 2ND YEAR BOYS who have won the North Leinster final, and a special congrats to all the Munterconnaught Lads on the Panel.

CONGRATS and well done to our Senior Player **Paddy Matthews** who was recently selected as Cavan Institute Sports Person of the year award. Well done Paddy and no doubt very well Deserved

GOLF  **SAVE THE DATE WHIT WEEKEND. 3-5TH JUNE.**

Munterconnaught GFC & Virginia Golf Club are joining forces and holding a golf Classic on Whit weekend in Virginia Golf Club. Teams of 4 - €160 .

To book your slot contact Peadar on 087 6813387 or Paraic on 086 2538915 .

Keep an eye on our social media pages for more details over the coming weeks .



Pic above: L-R David Cremin, Sadie, Lewis & Darragh Carroll, John Lynch, Arthur Tormey, Linda & Peadar Gill, Vivian Connell.

INTERESTING & LOCAL FACEBOOK AND WHATSAPP GROUPS

OUR COMMUNITY WHATTSAPP GROUPS.

- Our Munterconnaught WhatsApp group. 086-397 1634
- Local Gardening WhatsApp group. 086-0828040.

INTERESTING FACEBOOK PAGES

- MuintirConnacht GAA (fb)
- Munterconnaught Community (fb)
- Cavan Old Irish Photos (fb)
- Cavan Heritage (fb)
- Munterconnaught Heritage Society (fb)
- Munterconnaught Genealogy (fb)
- Munterconnaught Community Alert (fb)
- Munterconnaught Crossroads Development (fb)
- Virginia Ramblers Walking Club (fb)

INTERESTING WEBSITES

- <https://cavantownlands.com/tithe-applotment-books-of-1832/>
- <https://www.duchas.ie/en/cbes> (School's folklore collection, 1937-1939).

OTHER LOCAL PHONE NUMBERS.

- County Museum, BJD 049-8544070
- Ramor Theatre, Virginia 049-8547074

Are you struggling, feeling under pressure, low or depressed. **Help IS available**

Contact a Samaritan If you need someone to talk to, we listen. We won't judge or tell you what to do. You can ring them (116123) or there are various options to communicate online with them.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Turn2Me: Free and safe online space to post and share your thoughts, feelings, what you are dealing with, or trying to understand. It is a place where you can **speak to other teenagers** around the country who are going through the same stuff. It is moderated by a team member of **Turn2Me** to keep everyone safe. It is open from 2pm-8pm, 7 days a week. All you have to do is go to [Turn2Me.ie](https://www.turn2me.ie), register, and give yourself a user name. *See the poster at the end of the 'digital' newsletter.*

INNOVATION RECOVERY COURSES. Free E-learning Mental Health and Wellbeing Courses. <https://www.mentalhealthireland.ie/recovery/> ☎ 048-7161 123 email: VRC.Admin@westerntrust.hscni.net *See the poster at the end of the 'digital' newsletter.*

Connecting You! Youth Work Ireland Cavan Monaghan's (YWICM) New Information App! YWICM, as part of the Healthy Ireland Fund, has launched a new interactive mobile phone app for young people called Connecting You. The app takes all the health and wellbeing information as well as local organisations that young people might be looking for and puts it all in one easily accessible location. The app has been in development over the last year and after a lot of dedicated time by YWICM staff and app developers it's finally ready for use.

TLC KIDZ PROJECT: Offers support for children and their mothers who have experienced domestic violence and abuse. *See the poster at the end of the 'digital' newsletter.*

AGE ACTION'S CARE AND REPAIR.

Age Action's Care and Repair does small DIY jobs, free of charge for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, Age Action will support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital, we can help you.

If you are a professional working with older people who would benefit from this service, you can download a referral form from WWW.ageaction.ie.

Any queries: phone 0818 911 109 email: careandrepair@ageaction.ie

COURSES AVAILABLE

CMETB – Developing Resilience Course (within family and community).

2 week course. To explore how we can help to empower our young people to develop the skills needed to develop resilience. Started Wed 27th April. Covers the following topics (a) Positive Mental Health (2) Attitudes and Behaviours (3) Parents Plus (4) Making connections (5) Safe Talk Workshop (6) Self Awareness. *See the poster at the end of the 'digital' newsletter.*

POWER – Providing Opportunities for Women in Employment and Reskilling

Phone 086-140 8229. info@networkpersonnel.ie fb:

<https://www.facebook.com/POWERMonaghanCavanLouth/>

If you a woman, aged between 18-65, and are not employed, or in education, you may be eligible to participate in this **FREE Personalised Programme**. You will be helped back to work (training, confidence building as well as CV, Cover letters, interview techniques and personal marketing).

Monaghan Institute's Open Evening is taking place on Thursday 12th May from 4-7pm.

Meet our staff team and learn more about studying with us in September 2022. Browse courses and apply now at www.monaghaninstitute.ie.

UPCOMING PARENTING WORKSHOPS: - full details will be included in the digital version of this newsletter.

Adolescent (11+ years); 6 weeks. Zoom. Tuesdays 7pm-9.30pm. 26th April – 31st May. *See the poster at the end of the 'digital' newsletter.*

Children (6-12 years). 6 weeks. Wednesday mornings 9.30am-12 noon. 4-8th June. Ulster Bank Building, Cootehill. *See the poster at the end of the 'digital' newsletter.*

(0-12 years) 7th May (Saturday). 10am-1pm. Cavan Crystal Hotel. Join a free Parents Plus Healthy Families Workshop, with guest speaker “Calm Nights”. For more info or to reserve your place, contact Joanne 087-7529948, parentingcavan@cclld.ie. Facebook@parentingcavan. *See the poster at the end of the 'digital' newsletter.*

Children 6-12 years). 11th June (Sat). 10am-1pm. Cavan Crystal Hotel. *See the poster at the end of the 'digital' newsletter.*



Hairdressing Salon

New Hair Salon now open Tues & Wed in Munterconnaught.

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Contact Marina on 049 85 48964



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USEFUL EMERGENCY NUMBERS (ALWAYS have your Eircode nearby)

Medical Emergency

In the event of a medical emergency **dial 999**.

My Eircode: A82 _____

There is a **defibrillator at the football club**, located outside the main entrance. This is the only defibrillator in the local community that is immediately available to the public.

The football club is happy to make the defibrillator available to the wider community in the event of an emergency. However it is not in a position to provide a “first responder service” outside of club grounds.

LOCAL GARDA: **VIRGINIA 049-8547002 BAILIEBORO 042-969 4577**

EMERGENCY SERVICES 112 OR 999

LOCAL DOCTORS: Virginia: Dr Igoe 049-8546222 Oldcastle: Dr McKevitt, 049-8541118. Dr Ann Marie Gilsean, 049-8541159

DOC ON CALL **1850 777 911** CAVAN GENERAL HOSP: **049-4376000**

ACCORD: 049 4331496. 049-4375004, cavanaccord@eircom.net.

AFFORDABLE LIVE-IN HOMECARE provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom on 087 991 6791 or 087 744 0729. Go to www.alhomecare.ie for the Family Information Booklet.

<https://www.cavanmonaghanservices.ie/> **CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC)**. The Cavan Monaghan Services website provides official listings of services for children, young people and families in Cavan and Monaghan. This includes info on health, mental health, education, disability, youth, childcare and other services.

CUAN CANCER SUPPORT CENTRE (086-4556632) is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. It offers free & confidential counselling service; Complimentary therapies; wellbeing enhancement; nutritional advice; MLD massage; financial care coaching, programmes & workshops - to service users & their families by appointment. **fb**: Cuan Cavan Cancer Support Centre. cuan@cavan.ie. www.cuancancercavan.ie Address: Knappogue House, Tullacmongon, Cavan H12 WV62
Opening Hours: Mon & Wed 9am-1pm & 2pm-4.45. Fri 9am-1pm & 2pm-4.30pm

MARY'S MEALS: €18.30 will feed a child for an entire school year. We are asking for help to fundraise. “Move for Meals” is encouraging supporters to set themselves a challenge and get active. Based in Ballyconnell. For more info contact Trish on 086-3140814 or www.marysmeals.ie

NATIONAL BEREAVEMENT SUPPORT LINE. 1800 80 70 77. Mon-Fri, 10am-1pm.

RAINBOWS: a support programme to help children & adolescents cope with grief or loss due to separation, bereavement or divorce. 01-4734175. www.rainbowsireland.ie

SOSAD: Save our Sons & Daughters. SOSAD Irl works in the N/E to help anyone affected by or concerned about suicide. www.sosadireland.ie 1800-901-909

SAMARITANS: Call 116 123 anytime. **Don't give up**. You have too much to lose. <https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/>

ST VINCENT DE PAUL 086-8312765 Free phone 1800 677 7777

WIDOW.IE Support group for those who have lost a partner. <https://www.widow.ie/links-page/>
There are various useful links, on the links tab.

TEARMANN: Domestic Violence Service. 047 72311 Mon-Fri. 9am-4pm. <https://tearmann.net/>

WOMAN'S AID National Freephone Helpline 1800 341 900



Located at the Old Forge Restaurant.

046 924 5799

Open Mon-Sat 10am - 6pm & Sun 11am - 5pm.

Sheridan's Cheesemongers Shop, Cafe & Saturday market is located at the old Forge restaurant. We are continuing to develop our café with lots of new offerings to enjoy in this beautiful space or to take home. We have wonderful coffee, lots of sweet treats and delicious delights, all prepared fresh in our own kitchen.

We are open Monday to Saturday 10am to 6pm and Sundays 11am to 5pm.

Thank you to all our local customers who continue to support us as we develop this unique and exciting location.



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Music on Easter Sunday night by Davey



www.envirostar.ie

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086-2538915

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Holiday Home available to Rent

May-July

N/W coast of Donegal



- Two bedroom bungalow newly renovated
- Sleeps 6 people – 2 double beds and a bunk bed
- Situated in Meenlaragh in N/W Donegal Coast
- Beautiful panoramic views of the sea, islands, beach and mountains
- 2 mins walk to Pub, bar food and takeaway
- 1 Km from Magheroarty beach and pier
- 1 km from Teach Coll restaurant

Contact Michelle shellecon@yahoo.ie /

086 8742409

Information relating to
some of the items
in the community newsletter
are attached to the digital version.

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



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**



Parenting Cavan presents the following Parents Plus Programmes for delivery in 2022.

Programme	Dates	Programme Schedule	Venue
Adolescent (11+)	26 th April-31 st May	Running for 6 weeks, every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Children's (6-12)	4 th May-8 th June	Running for 6 weeks, every Wednesday morning- 9.30am-12pm.	Ulster Bank Building, Cootehill.
New Healthy Families Workshop (0-12)	7 th May	3-hour Saturday workshop which includes guest speaker from <i>Calm Nights</i> on managing sleep issues for toddlers/children. 10.00am-1pm.	Cavan Crystal Hotel, Cavan.
Children's (6-12)	10 th May-14 th June	Running for 6 weeks every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Healthy Families Workshop (0-12)	11 th June	3-hour Saturday workshop- 10am-1pm.	Cavan Crystal Hotel, Cavan.

Parenting Cavan is an initiative which aims to support parents to support their families by providing information and free positive parenting programmes to all parents in Co. Cavan.

To find out more information on any of the Parents Plus programmes or to book your place, please contact Joanne on 0877529948, or email parentingcavan@cclld.ie. Facebook: parentingcavan.



Attention Parents

Do you want to help your adolescent grow into a confident, well adjusted adult and reach their potential?

Join our free online, six week evening **Parents Plus 'Adolescent Programme' age 11+** and meet other parents in a supportive group to make this a reality.

<p>Support your adolescent to:</p> <ul style="list-style-type: none"> → Make responsible choices → Communicate positively → Feel empowered → Achieve their goals 	<p>As a parent, learn how to:</p> <ul style="list-style-type: none"> → Improve communication with your teenager → Find solutions to problems together → Teach your teenager responsibility → Have a better relationship with each other
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Date: 26th April- 31st May 2022 (Tuesday evenings for 6 weeks).
Time: 7pm-9.30pm.
Online via Zoom.

For more information, please contact Joanne, Parenting Cavan Coordinator on 087 7529948 or email parentingcavan@cclld.ie.









Children's Programme(6-12 Years)

A free morning parenting course for 6 weeks on promoting confidence, learning and positive behaviour in children aged 6 to 12 years.

Topics Include:

Supporting children's self-esteem and confidence, promoting children's language and development, encourage their children learning and school work, building cooperation in young children, establishing daily positive routines, managing behaviour and emotional problems.

Cootehill Town

Date: 4th May- 8th June 2022 (Wednesday mornings for 6 weeks).

Time: 9.30am-12pm.

Venue: Ulster Bank Building, Main Street, Cootehill.

For more information or to reserve your place, contact Joanne on 0877529948 or email parentingcavan@ccld.ie Facebook @ parentingcavan



Healthy Families Workshop with guest speaker "**Calm Nights**"

Join our free **Parents Plus Healthy Families - 3 hour workshop** and meet other parents in a supportive group to make this a reality.

Support your children 0-12 to:

- > Reduce their screen time
- > Increase physical activity and active play
- > Have a restful sleep routine
- > Develop positive relationships

As a parent, learn how to:

- > Take back control from unhealthy environments
- > Create a home environment that promotes positive physical and mental health
- > Set rules and good habits around screen time
- > Develop positive family relationships

Date: 7th May 2022 (Saturday).

Time: 10am-1pm.

Venue: Cavan Crystal Hotel Cavan.

For more information or to reserve your place, contact Joanne on 0877529948 or email parentingcavan@ccld.ie Facebook @ parentingcavan





Children's Programme(6-12 Years)

A free parenting evening course for 6 weeks on promoting confidence, learning and positive behaviour in children aged 6 to 12 years.

Topics include:

Supporting children's self-esteem and confidence, promoting children's language and development, encourage their children learning and school work, building cooperation in young children, establishing daily positive routines, managing behaviour and emotional problems, reduce stress as a parent.

Date: 10th May-14th June 2022 (Once a week for 6 weeks).

Time: 7pm-9.30pm (Tuesday evenings).

Where: Online via Zoom.

For more information or to reserve your place, contact Joanne on 0877529948 or email parentingcavan@cclld.ie Facebook @ parentingcavan





Attention Parents



Do you want to help your family to be healthy and happy? Get in contact and join our free, 3 - hour workshop .

- Healthy mealtimes & food routines
- Fussy eaters
- Children's self esteem and emotional well being
- Being more active as a family
- Healthy mind, happy mind.

Date: 11th June 2022 (Saturday).

Time: 10am-1pm.

Venue: Cavan Crystal Hotel, Cavan Town.

For more information or to reserve your place, contact Joanne on 0877529948 or email parentingcavan@cclid.ie Facebook @ parentingcavan



Crafty Kids Summer Camp

Art with a qualified Artist
Crafts- sewing, felting, weaving
Cookery- fun baking each day

Learn skills and have fun

Age 8 to 12



Sign Up!

Online:
www.craftsofireland.ie

More info
Contact Sandra
086 8205177

July 11th
To
14th 2022
10am to 2pm
Lunch included
€100 per child
Siblings €90

help communities develop
green spaces

This might be of interest to parents of creative kids.

Turn2Me



• Turn2me Thought Catcher •



ANONYMOUS (YOU DON'T USE YOUR REAL NAME), FREE AND SAFE ONLINE SPACE TO POST AND SHARE YOUR THOUGHTS, FEELINGS, WHAT YOU ARE DEALING WITH, OR TRYING TO UNDERSTAND. IT'S A PLACE WHERE YOU CAN SPEAK TO OTHER TEENAGERS AROUND THE COUNTRY WHO ARE GOING THROUGH THE SAME STUFF.

IT IS MODERATED BY A TEAM MEMBER OF TURN2ME TO KEEP EVERYONE SAFE. IT'S OPEN FROM 2PM - 8PM, 7 DAYS A WEEK. ALL YOU HAVE TO DO IS GO TO TURN2ME.IE, REGISTER, AND GIVE YOURSELF A USER NAME. WE ALSO RUN WEEKLY SUPPORT GROUPS OVER INSTANT CHAT.



turn2me
a lifeline online



Turn2Me offers an online Thought Catcher, which is a mood/emotional diary. You can post thoughts on how you're feeling publicly or privately and track your own mental health journey. It's a good way to narrow down what might trigger feelings of anxiety. If you choose to post your thoughts publicly, other age appropriate users can respond to it with supportive messages or tips on how to tackle the issues you're facing.

[Turn2Me.ie](https://turn2me.ie) is a safe, moderated online platform which runs 365 days a year.

CMETB - Developing Resilience Course

Cavan and Monaghan Education and Training Board
Further Education & Training



NEW COURSE

Developing Resilience within your Family & Community

6 week course for adults, parents and those working in the community *Location: Cavan*

This course will begin to explore possible strategies and information on how we as a community, parents and family members can help to empower our young people to develop the skills needed to develop resilience.

COURSE OUTLINE

- Week 1** Positive Mental Health
- Week 2** Attitudes and Behaviours
- Week 3** Parents Plus
- Week 4** Making Connections
- Week 5** Safe Talk Workshop
- Week 6** Self-Awareness

**Starting
Wednesday, 27 April.**

APPLY NOW
www.fetchcourses.ie and
use **FETCH** keyword
343391

For more information contact Angela
Phone: 0873331644
email:
angelakelly@cmetb.ie
shaunabradycmetb.ie



Rialtas na hÉireann
Government of Ireland



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www.cmetb.ie

Resilience is a vital attribute in life. It helps young people gain the skills for life that can help them deal with and manage challenging situations and circumstances that are unavoidable in life.

This course will begin to explore possible strategies and information on how we as a community, parents and family members can help to empower our young people to develop the skills needed to develop resilience.

Empower KIDZ: What children want professionals to know

Dear Professional,

I have lived with domestic violence and abuse, and I have been affected by what has happened. So please don't ignore me and please...

- 1. Do** Introduce yourself and explain your job and role in words I will understand.
- 2. Do** Speak in a *soft tone*. **NO RAISED VOICES.**
- 3. Do** ask how I feel and always consider my feelings. I need you tuned into my needs.
- 4. Do** UNDERSTAND THAT WHAT IS HAPPENING IS **SCARY**. I NEED YOU TO REALISE THE AMOUNT OF HURT IT CAUSES.
- 5. Do** TALK ABOUT **FIGHTING** AND **HURTING**, BUT TAKE TIME TO GET TO KNOW ME, THEN I WILL BE ABLE TO TELL YOU WHAT HAS BEEN HAPPENING.
- 6. DON'T** ask too many questions. Make questions simple and clear.
- 7. DON'T** RUSH ME TO SPEAK OR PUT ME UNDER **PRESSURE**.
- 8. Do** allow me to ask questions and really **LISTEN**. Just because I am a child should not mean my opinion doesn't matter.
- 9. Do** things to help me feel **Calm** and provide reassurance. I need you to help me feel like I'm not alone.
- 10. Do** KEEP ME **SAFE**. I HAVE NO CONTROL OVER WHAT HAPPENS IN MY FAMILY. THINK ABOUT THE IMPACT ON ME.

TUSLA An Ombudsman service for children aged 0-17 in the Dublin Region
 By the children of Cavan & Monaghan who participated in the Empower Kidz initiative
Barnardos Barnardos Children's Charities

Eimear Kilpatrick has been undertaking a participation project called Empower Kidz. Barnardos Cavan/ Monaghan was awarded TUSLA funding to undertake this initiative at a regional level. The feedback and words of the children who participated has been used to create the poster attached, some of the children also helped guide the creative process and what the final output would look like.

What the children in the region have to say is extremely powerful and important so please do share widely so that their voice is given the necessary platform and influence it deserves.

Well done to all involved



Free E-learning Mental Health and Wellbeing Courses

To get started, register today at:

 mymentalhealthrecovery.com

 NI (028) 7161 1237 / ROI (048) 7161 123

 VRC.Admin@westerntrust.hscni.net

