



# Munterconnaught Our Community Newsletter

[ourMCnews@gmail.com](mailto:ourMCnews@gmail.com)

086-0828040

14<sup>th</sup> April 2022



## OUR NEW COMMUNITY NEWSLETTER

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

**EMAIL**- Contact above 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

A happy & safe  
**Easter**  
to all, near and far.

## CELEBRATIONS

Welcome Daithí Patrick O'Reilly to Ballydurrow. Congrats to his parents Dermot and Carina, and big sister, Siún.

Welcome Páidí Hetherton to Ryefield. Congrats to his parents Una and Martin, and his siblings Caitlin, Eoin and Ciarán.

## RECENT DEATHS

**Richard Merriman, Knocktemple.** Our sincere sympathy to Jane Keogh, Knocktemple, on the death of her fiancé Richard, and to all Richard and Jane's family on their tragic loss.

**Wilson Green, Crossafehin.** Our sympathy to Wilson's wife Anne, and his daughters Cindy, Rachael and Belinda and their families, on their sad loss.

**Mattie Dunne, Bruise, Lisduff.** Our sympathy to his brother Peter Dunne, Ryefield and his family.

**Jane Smith, Stradone (née Hetherton, Knocktemple).** Our sympathy to her brothers Pat, Seamus and John, and her sisters Margaret, Ann and Mary. Also to her husband Seamus and her sons & daughters - Matthew, James, Vincent, Ann and Suzetta.

## UPCOMING EVENTS

**EASTER** religious celebrations: see page 2.

**MUSIC IN RAMOR INN.** Easter Sunday Night, 17<sup>th</sup> April. Local musician, Davey.

**PARENT'S COFFEE MORNING – SUPPORT AND FEEDBACK SESSION,**  
on Tuesday 26<sup>th</sup> April, 10.30-12.30pm. In The Rural Hub, Virginia. A82 CX44.

**LINE DARKNESS INTO LIGHT.** 7<sup>th</sup> May 2022. <https://www.darknessintolight.ie/>

**HAIRDRESSING SALON** opening soon in Munterconnaught. Contact Marina on +44 7808 360473.

## UKRAINE DISASTER

**Helen from Beherna & Ukraine** Helen is still accepting goods to send to Ukraine. Men's thermal underwear and socks are also very useful. Thank you so much. Items can be dropped in Beherna, A82F443.



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

Did you know, Ukrainian adults and children have already been relocated to local hotels in Oldcastle and close to Virginia. Ways to help them, will be circulated through local social media.

**Gardai have asked for help.** If you have any information regarding the fatal accident in Beherna last week, please ring Bailieboro Gardai. 042-9694570

All are wished a very happy,  
holy, peaceful and safe Easter.



## EASTER CEREMONIES

### CATHOLIC PARISH OF CASTLERAHAN & MUNTERCONNAUGHT

#### SCHEDULE OF EASTER CEREMONIES 2022:

Munterconnaught-St Bartholomew's. BJD-St Joseph's. Castlerahan-St Marys.

#### Holy Thursday - Mass of the Lord's Supper

Munterconnaught: 8pm. Ballyjamesduff: 7.30pm  
Castlerahan: 9pm. Virginia: 7.30pm.

#### Good Friday - Celebration of the Lord's Passion:

Munterconnaught: 5pm. Our Lord's Passion.  
Castlerahan: 3pm. Reflections on the seven last words of Jesus.  
Ballyjamesduff. 7.30pm. Our Lord's Passion.  
Virginia 3pm. Maghera 7pm.

#### Holy Saturday: Easter Vigil:

Munterconnaught: 9pm Ballyjamesduff: 9pm  
Virginia 7.30pm. Maghera 9pm.

#### Easter Sunday- The Resurrection of the Lord:

Munterconnaught: 10am Castlerahan: 10am  
Ballyjamesduff: 11.30am Lurgan 9.30am. Virginia 11am.

We look forward to your attendance as much as is possible at all our Easter Ceremonies.  
Trocaire boxes can be returned to St Bartholomew's Church, Munterconnaught, on Holy  
Thursday, or at any of the Easter Ceremonies.

### VIRGINIA GROUP OF CHURCHES - CHURCH OF IRELAND / ANGLICAN

<http://www.virginia.kilmore.anglican.org/church-services.html>

**Sat 16<sup>th</sup>: 7.30pm. Munterconnaught.** Easter Eve Service (Holy Communion).

**Sun 17<sup>th</sup>:** Easter Sunday, Virginia at 11am

9.45am: Killinkere - Holy Communion

10.45am: Lurgan (Virginia) - Holy Communion

12.15pm: Billis - Holy Communion

**Sun 24<sup>th</sup>** 9.45am: Killinkere - Morning Prayer

10.45am: Lurgan (Virginia) - Morning Prayer

12.15pm: Billis - Morning Prayer

## ST. BARTHOLOMEW'S REFURBISHMENT PROJECT UPDATE



To-date **€27,415** has been received in donations. Thanks very much to all who have contributed. In addition to painting, additional work not originally planned has also been completed. The additional work includes stencilling/artwork, refurbishment of Stations, LED lights, upholstery, and professional cleaning. The next phase of the work will begin in May and will involve painting the outside of the Church, and surrounding walls. It will also include essential repairs. The additional work means that the original estimated cost of €35,000 will be exceeded. Details of the total cost will be available when all work is completed. Parishioners are invited to support this project by making a voluntary donation towards the costs involved. You may donate in any of the following ways:

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**
4. By contacting the Parish number below to make arrangements with a member of the committee. Call or text **083-097 2655**. Enquiries can also be made to this number.

*Please donate – All Donations Greatly Appreciated*



### **IRISH FEDERATION OF SEA ANGLERS.**

Both **Nathan** and **Kaitlyn de Kleer** (Boat Road) made the NATIONS team for Sea anglers and will be going to the UK in July, to represent Ireland, and compete at **THE SHORE HOME NATIONS CHAMPIONSHIPS**. (Ireland, UK, Scotland & Wales). Nathan is on the U-16 team, and Kaitlyn at the age of 12 is a sub for the LADIES team!!!



### **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.**

A huge thank you to the first person who sent us the history of his home last year. Thank you and Rest in Peace, Wilson Green.

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. There is a certain amount of upkeep needed. 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. *(More info regarding Wood's Forge is on the next page (thanks to Declan Cooney).*

## **A LOCAL FORGE** by Declan Cooney

Up until the mid-20<sup>th</sup> century, one of the most important and respected trades in rural Ireland was that of the blacksmith. The blacksmith's forge was also a meeting-place where people gathered to hear news and discuss issues of the day while their horses and donkeys were being shod or their farm equipment being repaired. There is a local tradition that pikes for the 1798 Rebellion were manufactured in some of the forges in this area, also that these forges were raided by the Yeomen as a result.

Among the forges in Munterconnaught were Galligan's in Beherna, Lynch's in Lurganboy and Flanagan's in Ryefield. Another well-known forge belonged to the Woods family in Ryefield, centrally located at the crossroads still known as "Woods's Cross". The Woods family had a long association with this area. In 1796, a Charles Woods was included on the list of individuals from Munterconnaught who were awarded the Flax Grower's Bounty. The census of 1821 shows that Patrick Woods aged 30, a farmer and smith, was at that time residing in Ryefield with his wife Margaret. A journeyman smith, Edward Cahill, resided there also. Two male servants and one female servant were also employed. It is highly likely that this is the Patrick Woods, blacksmith, who seven years earlier had provided an alibi for a prisoner charged with the assassination of the Yeomanry captain, Bryan O'Reilly, thus proving the man's innocence.

By 1857, the forge was no longer being worked by the Woods family. Griffith's Valuation of that year lists Margaret Woods and Alicia Woods in Ryefield. Bryan Cadden, a sub-tenant of Margaret Woods, is described as having tenancy of "a house and forge".

The Schools' Folklore Collection of the 1930s includes the following account of the blacksmith by a pupil in one of the local schools:

*"A smith is paid according to his work done and sometimes he is given a crib of turf by a grateful customer. A forge is also a place of gossip and all issues are discussed there while the smith swings his heavy sledge. He is a dark man of great muscular strength, wearing a leather apron and having a cheerful word for all."*

### **Community Alert**

(community alert messages by text).

**Due to Data Protection we can only hold contact details of those who have completed our Permission Slips.**

**Thanks to those who have contributed and remain with us. Unfortunately, in February, we had to delete those who have not returned the completed slip.**

**Slips are still available by contacting the Committee, or pick one up in the shop.**



**Colour this picture**



### LOTTO RESULTS

- 7<sup>th</sup> Mar:** Nos: 15,16,20 & 31. J'pot: €4,000. No winner. QP: Declan Flood, Moylagh; Gerry Cooke, c/o Kellets-Oldcastle; Brian Cullen, Island; Caroline Gilsenan, Knocknagarton.
- 14<sup>th</sup> Mar:** Nos 01, 14, 17, 32. JP: €4,100. QP: Helen O'Reilly, Coronagh; Dara Caffrey, Virginia; Geraldine Brady, Ballydurrow; Stephen Gargan, Stramatt.
- 21<sup>st</sup> Mar.** JP: €4,200. Nos: 08, 15, 25, 27. No Winner. QP: Dara Caffrey, Virginia; Caroline Gilsenan, Knocknagarton; McGrath Family, Crohan; E. Fitzsimons, Fennor.
- 28<sup>th</sup> March.** JP: €4,300. Nos: 07, 11, 18, 29. No Winner. QP: Lorcan Fox, Oldcastle; Tommie Keogan, Beherna; Lynn Grimes, Knocktemple; Damien Gilsenan, Knocknagarton.
- 4<sup>th</sup> April.** JP: €4,400. Nos: 02, 08, 09, 29. No Winner. QP: Colm Geraghty, Maghera; Tina Walsh, Knocktemple; Brian Morrissey, Ryefield; Noel Gaule, Corronagh.
- 11<sup>th</sup> April:** JP €4,500. Nos: 08, 12, 25, 28. No winner. QP: Charlie Caffrey, Rahard; Paula Clarke, FSW; Seán Lynch, Fennor; Owen Brodie, Ryefield.

### Next Jackpot-Monday, 18<sup>th</sup> April 2022 €4,600

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=>

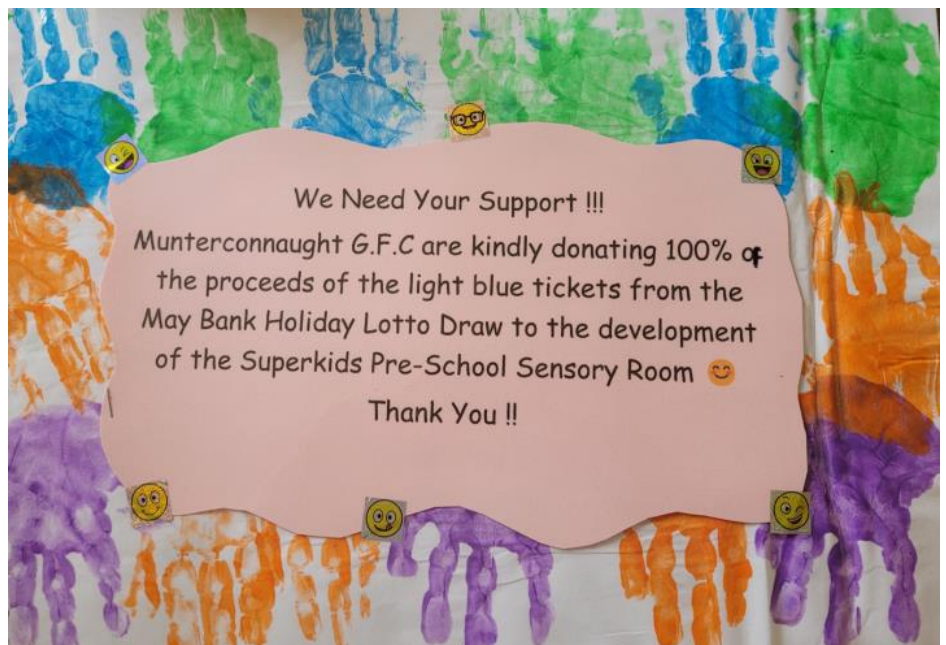
Are you, or do you know someone who may be interested / suitable in coaching this summer with the Kellogg's GAA Cúl Camps? If so, please fill in this online form.

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

### DONATION TO BALLYDURROW PLAYSCHOOL (SUPERKIDS)

Munterconnaught GFC have kindly given **100%** of light blue envelopes to Ballydurrow Playschool for the May Bank Holiday Weekend. Funds will go towards the new Sensory Room.

**Tickets will be available the week before the draw in the shop. All Support Appreciated.**





**CONGRATULATIONS TO ST OLIVER POST PRIMARY OLDCASTLE** who won the U16 Boys North Leinster Final. Our Club was well represented on the team and extended panel. Well done all.

## **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

## **CLUB MEMBERSHIP PACKAGES AVAILABLE 2022 is now due**

<http://www.foireann.ie>

- 1) Family (2 adults and up to 4 youths) + 3 panel annual lotto.....€290
- 2) Adult Family (2 adults) + 1 panel annual lotto...€240
- 3) Single adult + 3 panel annual lotto...€200.
- 4) Single adult membership....€70
- 5) Senior Player.....€70
- 6) Senior Player + 1 panel yearly lotto...€110
- 7) Student player...€40
- 8) Social membership...€30
- 9) Underage ×1 = €30. Underage ×2 = €55 Underage (up to 4 children) = €90
- 10) Handball/Racquetball membership. Adult...€25. Youth...€20

For membership packages with descriptions - See your account on Foireann.ie Registration 2022

**CLUB OFFICERS 2022:** Chairperson-**John Lynch**. Secretary- **David Cremin**. Treasurer- **Paraic Hetherton**. PRO- **Aisling Matthews**. Coaching Officer- **Brendan O'Shea**

**FIXTURES:** League games have commenced across all levels of both the Mens and Ladies clubs. Please keep an eye on club social media pages where fixture details will be updated. Well done to all teams for fine displays to date.

**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.

## **LAST MAN STANDING FUNDRAISER** 🙌🙌

Congratulations to Seamus Kieran Island. Seamus won the clubs **last man standing Fundraiser** with 7 correct answers and spot on with the tie breaker.

Munterconnaught won the last 2 Fantasy Gaelic Football Competitions Closing Date for the next competition (The Championship) is April 23<sup>rd</sup> @ 1 o'clock. We encourage everyone to enter and do their transfers. It will give you 3 months of entertainment during the Championship and teach you how to manage a Fantasy team.

**Fantasy Gaelic Football Club Leader board**  
**NFL CHAMPIONS 2022**  
**Munterconnaught (Cavan)**

In Association with **COSED Dimensions**

**FANTASY GAAELIC FOOTBALL**

<b>1st Munterconnaught</b>	<b>2nd Achill</b>	<b>3rd Gusserane O'Rahillys</b>

<b>4th Moy Tir Na Nog</b>	<b>13th Killeeshil St Mary's</b>
<b>5th Dgn Thomas Clarkes</b>	<b>14th Errigal Ciaran</b>
<b>6th Ratoath</b>	<b>15th Killarney Legion</b>
<b>7th Tinahely</b>	<b>16th Shandonagh</b>
<b>8th Naomh Naille</b>	<b>17th Louisburgh Gfc</b>
<b>9th Fintona Pearses</b>	<b>18th Kilbride</b>
<b>10th Galbally Pearses</b>	<b>19th Westport Gaa</b>
<b>11th Ballymacnab</b>	<b>20th Donaghmore / Ashbourne</b>
<b>12th Coalisland Na Fianna</b>	<b>21st Athy</b>

In Association with **COSED Dimensions** **murphy's gaelic gloves** **VECTOR DESIGN + PRINT**

**Championship Game NOW LIVE!!**  
[www.fantasygaelicfootball.com](http://www.fantasygaelicfootball.com)

## INTERESTING & LOCAL FACEBOOK AND WHATSAPP GROUPS

### OUR COMMUNITY WHATSAPP 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

### Parent's Coffee Morning – Support and Feedback Session

On Tuesday 26<sup>th</sup> April, 10.30-12.30pm.

In The Rural Hub, Virginia. A82 CX44.

Informal meeting with local parents, to discuss upcoming needs in the community and services on offer locally.

All welcome call in for a nice cuppa and a chat.

Contact Amie Fitzsimons 085-866 3236 (rural Hub Community Facilitator), or Sandra Crawley 086-836 6153 (Family Support Worker).



### 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.

### MENTAL HEALTH SUPPORTS AVAILABLE [turn2me.ie](https://turn2me.ie)

**Mental health supports are available to anyone who may need them online – confidentially and free** – through [Turn2me](https://turn2me.ie), which offers three tiers of confidential, safe, anonymous and free services through peer support, support groups and counselling. Services are available at [turn2me.ie](https://turn2me.ie)



# Are you feeling low, depressed or under pressure. 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.

[samaritans.org/ireland/how-we-can-help/contact-samaritan/](https://samaritans.org/ireland/how-we-can-help/contact-samaritan/)

## Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

Call 116 123

[Find out more about our helpline](#)

## Chat with us online

PILOT

Talk to one of our listening volunteers using our new web chat service. For now, we're running the web chat at a small scale, meaning it's not available to everyone yet.

Chat online

This service is not currently available

[Learn more about our web chat](#)

## Write us an email

Sometimes writing down your thoughts and feelings can help you understand them better.

## Write us a letter

Sometimes writing down your thoughts and feelings can help you better understand them

## Self-help app

Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis



## The **STRONGER** Programme - Together we are Stronger -

### STRONGER Advocate Training

In this practical course, STRONGER advocates will learn more about what matters to people when they are in turmoil, practice what you might say or do, and learn more about how psychological approaches (including cognitive-behavioural, solution focused and compassion focused) can be helpful.

### Regional Stronger Programme Community Meetings

Time for all meetings 7.30 - 9.15pm

Meeting	Date	Venue
1	Thurs 3rd March	Cornafean GAA
2	Thurs 10th March	Drumavaddy Community Centre
3	Mon 14th March	Killinkere GAA
4	Mon 21st March	Mullahoran GAA
5	Thurs 24th March	St Mary's Hall, Swanlinbar
6	Mon 28th March	Tullyvin Community Centre
7	Mon 11th April	Virginia Show Centre
8	Wed 13th April	St Patrick's College, Cavan
9	Thurs 28th April	St Patrick's Hall, Shercock

Register at: <https://bit.ly/StrongerReg>



Further information from:  
**Dr Paul Gaffney**  
Clinical Psychologist  
[info@drpaulgaffney.ie](mailto:info@drpaulgaffney.ie)

**Mark O'Rourke**  
Vice-Chairperson Cavan GAA  
[vicechairperson.cavan@gaa.ie](mailto:vicechairperson.cavan@gaa.ie)

**Tony Ryan**  
[chair.hwc.cavan@gaa.ie](mailto:chair.hwc.cavan@gaa.ie)

## The Stronger Programme Together we are stronger

Only one regional meeting left.

**Time: 7.30pm-9.15pm.**

**Thurs 28 April, St Patrick's Hall,  
Shercock.**

**Register at**

<https://bit.ly/StrongerReg>

**For further Info:**

Dr Paul Gaffney,  
Clinical Psychologist.  
[info@drpaulgaffney.ie](mailto:info@drpaulgaffney.ie)

Mark O'Rourke  
Vice Chair-Cavan GAA  
[Vicechairperson.cavan@gaa.ie](mailto:Vicechairperson.cavan@gaa.ie)

Tony Ryan  
[Chair.hwc.cavan@gaa.ie](mailto:Chair.hwc.cavan@gaa.ie)

**Stronger Advocate Training:** In this practical course, STRONGER advocates will learn more about what matters to people when they are in turmoil, practice what you might say or do, and learn more about how psychological approaches (including cognitive-behavioural, solution focused and compassion focused) can be helpful.

## **POWER – Providing Opportunities for Women in Employment and Reskilling.**

If you are a female aged between 18-65 living in counties Cavan, Louth or Monaghan and are not currently in employment, education or training you may be eligible to participate in this free personalised programme.

POWER provides advice on the essentials in getting back to work which include CV building, Cover Letters, Interview Techniques and Personal Marketing.

In addition, the programme also offers training and development opportunities, support to enhance your confidence and motivation, advice on returning to education along with self-employment support & guidance.

For more information: **Call:** 086 140 8229 / **Email:** [info@networkpersonnel.ie](mailto:info@networkpersonnel.ie) / **Facebook:** <https://www.facebook.com/POWERMonaghanCavanLouth/>

## **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](http://WWW.ageaction.ie).

Any queries: phone 0818 911 109 email: [careandrepair@ageaction.ie](mailto:careandrepair@ageaction.ie)



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## USEFUL EMERGENCY NUMBERS (ALWAYS have your Eircode nearby)

### Medical Emergency

My Eircode: A82 \_\_\_\_\_

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

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.

<b>LOCAL GARDA: VIRGINIA 049-8547002 BAILIEBORO 042-969 4577</b>
<b>EMERGENCY SERVICES 112 OR 999</b>
<b>LOCAL DOCTORS:</b> <u>Virginia</u> : Dr Igoe 049-8546222 <u>Oldcastle</u> : Dr McKevitt, 049-8541118. Dr Ann Marie Gilsean, 049-8541159
<b>DOC ON CALL 1850 777 911 CAVAN GENERAL HOSP: 049-4376000</b>
<b>ACCORD:</b> 049 4331496. 049-4375004, <a href="mailto:cavanaccord@eircom.net">cavanaccord@eircom.net</a> .
<b>AFFORDABLE LIVE-IN HOMECARE</b> 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 <a href="http://www.alhomedcare.ie">www.alhomedcare.ie</a> for the Family Information Booklet.
<a href="https://www.cavanmonaghanservices.ie/">https://www.cavanmonaghanservices.ie/</a> <b>CHILDREN &amp; YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC).</b> The Cavan Monaghan Services website provides official listings of services for children, young people and families in Cavan and Monaghan. This includes info on <u>health</u> , <u>mental health</u> , <u>education</u> , <u>disability</u> , <u>youth</u> , <u>childcare</u> and <u>other services</u> .
<b>CUAN CANCER SUPPORT CENTRE</b> (086-4556632) is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. It offers free & confidential <u>counselling service</u> ; <u>Complimentary therapies</u> ; <u>wellbeing enhancement</u> ; <u>nutritional advice</u> ; <u>MLD massage</u> ; <u>financial care coaching</u> , programmes & workshops - to service users & their families by appointment. <b>fb:</b> Cuan Cavan Cancer Support Centre. <a href="mailto:cuan@cavan.ie">cuan@cavan.ie</a> . <a href="http://www.cuancancercavan.ie">www.cuancancercavan.ie</a> Address: Knappogue House, Tullacmongon, Cavan H12 WV62 <b>Opening Hours:</b> Mon & Wed 9am-1pm & 2pm-4.45. Fri 9am-1pm & 2pm-4.30pm
<b>MARY'S MEALS:</b> €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 <a href="http://www.marysmeals.ie">www.marysmeals.ie</a>
<b>NATIONAL BEREAVEMENT SUPPORT LINE.</b> 1800 80 70 77. Mon-Fri, 10am-1pm.
<b>RAINBOWS:</b> a support programme to help children & adolescents cope with grief or loss due to separation, bereavement or divorce. 01-4734175. <a href="http://www.rainbowsireland.ie">www.rainbowsireland.ie</a>
<b>SOSAD:</b> Save our Sons & Daughters. SOSAD Irl works in the N/E to help anyone affected by or concerned about suicide. <a href="http://www.sosadireland.ie">www.sosadireland.ie</a> 1800-901-909
<b>SAMARITANS:</b> Call 116 123 anytime. <b>Don't give up.</b> You have too much to lose. <a href="https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/">https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/</a>
<b>ST VINCENT DE PAUL</b> 086-8312765 Free phone 1800 677 7777
<b>WIDOW.IE</b> Support group for those who have lost a partner. <a href="https://www.widow.ie/links-page/">https://www.widow.ie/links-page/</a> There are various useful links, on the links tab.
<b>TEARMANN:</b> Domestic Violence Service. 047 72311 Mon-Fri. 9am-4pm. <a href="https://tearmann.net/">https://tearmann.net/</a>
<b>WOMAN'S AID</b> National Freephone Helpline 1800 341 900





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## 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:** 7<sup>th</sup> 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@cclid.ie](mailto:parentingcavan@cclid.ie)  
Facebook @ parentingcavan





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 <sup>th</sup> April-31 <sup>st</sup> May	Running for 6 weeks, every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Children's (6-12)	4 <sup>th</sup> May-8 <sup>th</sup> June	Running for 6 weeks, every Wednesday morning- 9.30am-12pm.	Ulster Bank Building, Cootehill.
New Healthy Families Workshop (0-12)	7 <sup>th</sup> 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 <sup>th</sup> May-14 <sup>th</sup> June	Running for 6 weeks every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Healthy Families Workshop (0-12)	11 <sup>th</sup> 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@cld.ie](mailto:parentingcavan@cld.ie). Facebook: parentingcavan.