



# Munterconnaught Our Community Newsletter

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

086-0828040

**1<sup>st</sup> June 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 **Frankie Keelaghan**, Knocknagarton. Congrats to her parents Valerie and Russell, and also to her twin siblings Jack and Lily.

Welcome **twins Billy and Ally Glennon**, Lurganboy. Congrats to their parents Jennifer Hetherton and Gerard Glennon and to their big sister Lacey.

## **RECENT DEATHS**

**Theresa Kinsella (née Moran), Dublin.** Our sympathy to her daughter Ann Kinsella and her family.

**Martin O'Connell, Crosswater.** Our sympathy to his brothers Gerry, Pete & Philip, and his sisters Bridget, Margaret and Maura.

**Pat Lindsay, Raheny.** Our sympathy to his wife Annette (nee McEnroe, Lurganboy), their children Sinead, Stephen, Ronan & Fintan, as well as his brothers-in-Law Donnie, Nobbie and Noel.

**Gary Reilly, Crossakiel.** Our heartfelt sympathy to his parents Kevin and Carmel, and his sister Suzanna.

**Rose Rock (nee Stanley, Knocknaveigh).** Our sympathy to her husband James and children Marie, Martin and Christina, and also to those in our community, her brothers Ollie, Tom & Peter, and her sister Maura Brady (Ballydurrow).

**Carmel McDonnell Balla / Kiltimagh, Mayo.** Our sympathy to her daughter Elaine O'Shea, Beherna and her family (Seamus, Eoin, Cian and Enda).

**Fidelma O'Brien, Kilmessan (nee Kearney, Cormaddyduff).** Our sympathy to her children Ava, Faye, Lorcan and Fiadh, her parents Kathy and Michael Kearney, her brothers Fintan & Damien, and to her uncle - Johnny Matthews (Carrick) and his family.

## **UKRAINE DISASTER**

**To help the Ukrainian community in Oldcastle.** Link in using facebook.  
"Ukrainian Community in Oldcastle".



**Ukrainian Community in Oldcastle**  
@UkrainianCommunityinOldcastle · Community Service

# ST. BARTHOLOMEW'S REFURBISHMENT PROJECT UPDATE



**Phase 2** - external painting will be completed as soon as possible, weather permitting.

**All Donations Received Are Greatly Appreciated** - To-date €32,085 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.*

## LOCAL NOTICES, UPCOMING EVENTS & THINGS TO DO

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

This year I am running the mini-marathon for the Irish Kidney Assoc. 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).

**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 info. 086-8205177. All Ukrainians living locally, are welcome to come (no charge).

**As part of the Walking Month of June**, M'connaught Heritage Society have organised the **Mud Lane walk** on Thurs, **16th June**. Leaving clubrooms at 7pm. Hope to see some of you.

**Hairdressing Salon** opening soon in Munterconnaught. See advert on page 9  
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

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

Sincere thanks to all who take care of our beautiful cemetery, and especially to those kind people who take care of the plots that have nobody to tend to them. Just a little reminder, that the wind tends to scatter light material (ie very dry pots, plastic around flowers etc.). We would ask you to just bring anything home when the time is right.

Anybody who has relatives far away would welcome being informed of the date of **BofG**.

**Cemetery upset:** A member of the community asked me to mention that they are very upset about 'things' appearing on their family plot. Things like rotten apple cores, household waste etc. If anybody knows anything about this, please ask the culprit to take their litter home!! I'm a great believer in people, and the best in people, so hopefully it is just somebody being thoughtless. Thanks in advance.

**Hinterland festival:** 23-26th June. An amazing programme of events – centred around Kells. Loads of variety for all tastes. All events are fifty-five minutes in duration and venues are within a few minutes walk of each other (in Kells town).

Our four main venues are:  
Kells Theatre: Eirgrid Stage  
The Courthouse: Meath County Council Stage  
Church of Ireland: Merriebelle Farm Stage  
Eureka House: O'Briens SuperValu Stage

<https://www.hinterland.ie/downloads/hinterland-festival-programme-2022.pdf>

**Virginia Show – 24<sup>th</sup> August 2022:** The Virginia Show will go ahead this year. As usual, there is much to see, and it is an event not to be missed. Throughout the year, loads of **events** happen in the Virginia Show centre. For info see “*Virginia Show Centre*” social media, or contact them directly. [virginiaoffice@gmail.com](mailto:virginiaoffice@gmail.com) 049-8547197 / 086-0758364.

**Cash for clobber:** 15<sup>th</sup> June. See details in School news on page 5.

## FOR KIDS

**Superkids:** Thank you to **Munterconnaught GFC** for their recent and very generous gesture towards the development of our new sensory room. The GFC donated the takings of their weekly envelope draw to our cause, and it is very much appreciated. We would also like to thank everybody who purchased the lotto tickets and contributed to the development of our sensory room in any other way. Your support is greatly appreciated.



### **Superkids Pre-School, Ballydurrow Community Centre, (A82 A306)**

049 8548266 / 085 2547548 [superkidspreschool2015@gmail.com](mailto:superkidspreschool2015@gmail.com)

- Now enrolling for September 2022 ● Places are limited, so please don't delay!!
- Book your child now to avoid disappointment ● Free ECCE places available – Children must be 2 and 8 months by 1<sup>st</sup> Sept 2022 to qualify for the Free ECCE Places
- Subvention Schemes available also ● Fully Qualified Staff ● Open: 9.25am–12.25pm Mon-Fri.

**Crafty Kids Summercamp:** Crafts of Ireland, Knocknaveigh. 11<sup>th</sup> – 14<sup>th</sup> 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](http://www.craftsofireland.ie) or 086-8205177.

**Spraio** 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](mailto:annkinsella17@gmail.com)

**GAA Cul Camps** 18-25<sup>th</sup> 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 25<sup>th</sup>. There has been a very high demand this year and all available places are now filled and registration is closed. There is a waiting list in operation. For further information or to be added to the waiting list you can contact Marguerite on 087 9801351 or Sharon on 087 2374283

**Virginia Show – 24<sup>th</sup> August 2022:** There are many ways for children to participate in this huge local event. Check out the Virginia Show Facebook page. There is a children's section for entries, with loads of options e.g. baking, handwriting, poetry, photos, showing animals (including dogs) and much more.

## 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 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

Again ... we had an **incident** at "The Crossroads" this morning. Shortly after 7am (Wed 1<sup>st</sup> June 2022) somebody crashed into the wooden fence and damaged it. Thankfully nobody was out walking there, at that time, and as far as we know, nobody was seriously hurt. Damage was also done in Maghera, and the Gardaí are collecting evidence. If anyone has any information about these incidents, please contact the Gardaí. In the meantime, please drive carefully on our roads.

**HELP** is needed to maintain the Crossroads Garden. Volunteers please forward their names to Noel McEnroe 087-2785903 or Pauline Hankin 086-3396394.

Our **forge** is progressing nicely (being built by our own local stonemason Tom Brady, Ryefield).

**Meet at the Crossroads:** We will be staging impromptu get-togethers for a bit of music when the weather is nice. Ukulele group & other musicians welcome to come and play. Details will be on our Heritage FB page nearer the time.

**Plant Swap:** We had a great afternoon on Sunday. Many arrived with flowers, veg etc., and left with a different variety of flowers, veg etc. Such a simple and effective way to garden. And of course, nobody left without a little friendly chat with neighbours etc.

**KNOCKTEMPLE NS SCHOOL NEWS** 049-8547081 [www.knocktemplens.ie](http://www.knocktemplens.ie)

Email addresses: [office@knocktemplens.ie](mailto:office@knocktemplens.ie) & [principal@knocktemplens.ie](mailto: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**



*Communion Class of 2022 with their teachers Ms. Cunningham and Mr. Flanagan.*



**LOTTO RESULTS JP Jackpot. QP Quickpick.**

**9<sup>th</sup> May:** JP €4,900. Nos: 03, 17, 20, 23. No winner. QP: Tina Walsh, Knocktemple; Aideen Curren, Oldcastle; Donal Heery, Lisnagun; Malachy Flynn, Lurganboy.

**16<sup>th</sup> May:** JP €5,000. Nos: 01, 13, 21, 25. . No winner. QP: Martina Doyle, Knocktemple; McGrath Family, Croghan; Declan O'Reilly, Island; Sean Lynch.

**23<sup>th</sup> May:** JP €5,100. Nos: 01, 04, 15, 16. No winner. QP: Pauline Woods, Kilmainham; T & C Farrelly, Farrelly's Pub Oldcastle; Damien Gilsenan, Knocknargarton; Niall O'Donoghue, Island.

**30<sup>th</sup> May:** JP €5,200. Nos: 05, 10, 18, 22. No Winner. QP: Malachy Flynn, Lurganboy; Dymrna Brady; Caroline Farrelly; Jim Gilsenan, Knocknargarton.

**Next Jackpot-Monday, 6<sup>th</sup> June 2022 €5,300**

*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 IN MUNTERCONNAUGHT**

**18th - 22nd July.** Just follow the link and register now. **Places are filling up fast**  
<https://www.kelloggsulcamps.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://kelloggsulcamps.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.

**"May" Give Back Month:** As you all know every May for the past few years we have donated a portion of our Lotto sales to charity and this year we are doing the same. We have decided to split our donation this year between 2 wonderful organisations that needs no introduction. As you all know this weekend is the **Darkness into Light Cavan walk for Pieta House**. This is a fantastic cause so we have decided to once again support this charity. Our second Organisation is **Irish Red Cross** who we all know is doing amazing work providing life-saving aid to the most Vulnerable in the world.

**Congratulations to St.Oliver Post Primary U16** lads who won the Leinster Final earlier this month. Our lads on the panel were Daniel Yore, Sean Glennon, Nathan de Kleer & Charles Bough.

**County Féile Div 2 CHAMPIONS:** Congratulations to Blackwater Gaels U15 who were Crowned County Féile Div 2 CHAMPIONS. Beating Ramor in the final earlier this month.

**Leinster Champions:** Congratulations to St.Oliver Post Primary 2<sup>nd</sup> year boys who won the Leinster final on a scoreline of 6.18 to 1.6 We are well represented with Cory Reilly, Lee Glennon, Christopher Bough, Ryan Nwerari, Conor Enright and Fintan Devin all on the panel . Well done lads.

## All Ireland Title comes to Munterconnaught



*Pictured above (L-R): John Dowd, David McQuillian, John Columb, Enda O'Shea, Martin Carolan, Jenny Dowd, Philip Carolan, Grainne Columb.*

Congratulations to **Cavan A Pool Team** who retained their Over-50 All Ireland title for the second year in a row with a score of 8-3 (against Meath). It was a well-deserved win in the All Ireland Festival of Pool in the Gleneagles Hotel Killarney over the past week.

For more than 20 years John and Jenny Dowd have worked tirelessly ensuring that Cavan Pool is on the map. They built a purpose-built pool room with two supreme pool tables for training at their home in Island - and they meet and practice with the team three or four times each week. All together John has 8 All Ireland medals and two Over-50 All Ireland medals. Jenny has 6 All-Ireland titles and two Over-50 medals. As a family, they have 26 All Ireland Pool titles in total (including winnings by their son James and daughter Helena). Some achievement – well done to you and your team.

This weekend, the team remembers with great affection their great friend John McMahon (RIP) from Mullagh, who was part of their great success in Cavan. John won many All Ireland medals for Cavan, with the team, as well as World titles. RIP John.

Well Done Betty Denning (Betty Denning Country Creations) who designed and made the waistcoats, with Cavan Pool crests. The team looked fab. As always Betty – attention to detail is impeccable.



## **GOLF** **SAVE THE DATE WHIT WEEKEND. 3-5<sup>TH</sup> 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. Time slots are filling up fast.

**Multiple categories of winners:** Golf Ireland accredited and non-accredited handicaps, overall winner, mixed teams and Ladies categories. Longest drive and nearest pin.



## CHAMPIONS! by Declan Cooney

St. Patrick's Day in 1929 is a date of some significance in the history of the GAA in Munterconnaught. It was on that date that Munterconnaught, captained by Jack Rahill from Ballydurrow, defeated Lacken Celtic by 2-3 to 1-3 to claim their first ever championship title. This was actually the Junior Championship final of 1928 and Munterconnaught had reached the decider, clocking up an impressive fifteen victories along the way. The first final ended in a draw and the replay was called off because of severe weather conditions – hence the postponement until the following March.

The *Anglo-Celt* reporter described the game as “full of life and vigour from start to finish. Munterconnaught were the more polished footballers and ..... on the day's play the better team won”.

Supporters made their way to Breffni Park, some on bicycles, more in pony and trap, some on horseback and even a few on foot. Winning the championship was a remarkable achievement for a club which had only been in existence for two years. No doubt this achievement made up for the disappointment of the 1927 final which Munterconnaught had lost by two points to Cornafean.

Munterconnaught team: Jack Rahill (capt), Joe Boylan, James Farrelly, P. Farrelly, James Hetheron, Pat Hetheron, Tom Hetheron, Pat McEnroe, J. Narry, Joe Gilsenan, M. Cadden, L. McEnroe, Phil McEnroe.

Unfortunately, there is no photo of that championship-winning team. However, on p. 206 of “Munterconnaught A History” there is a team photo which seems to be from 1926 or 27. It includes many of the players who were on the team which won the final, also a number of the club officials.

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Back: (L-R) Paddy Brady (Chairinan), Pat Also page 16 Gibney (Treasurer), John Conaty, Fr. (Munterconnaught 1926-Tommie Keogan, John Hetheron N.T., 1988) John Donoghue, Hugh Ennis, Paddy Gillic, Matt McCabe (Secretary), Paddy Byrne. Middle: Mick Brady, Paddy Farrelly, Pat Hetheron, Joe Boylan, Michael Keogan, James Farrelly, Jack McMahon, Larry McEnroe, Pat Hetheron. Front: Phil McEnroe, Jimmy Hetheron, Matt McEnroe, Jack Rahill (Captain), Joe Gilsenan, Jack McEnroe, Tom Hetheron. Boys in Front: Pat Keogan, James Keogan



## 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

## 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 27<sup>th</sup> 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](mailto: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).



### Hairdressing Salon

Ladies & Gents Hair Salon now open  
in Munterconnaught.  
Tues, Wed & alternate Sat,  
Cut / Blow dry / Colour / Styling  
Contact Marina on 049 85 48964

"Let us be your housekeeper..."

### Kella's Cleaning Services

SPECIALISING IN  
HOUSEKEEPING, WINDOW  
CLEANING, OFFICE  
CLEANING & END OF  
TENANCY DEEP CLEANING.

**Contact: 087 4564311**  
Find us on Facebook

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

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

## 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



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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**May-July**



**N/W coast of Donegal**



- Two bedroom bungalow newly renovated
- Sleeps 6 people – 2 double beds and a bunk bed
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Contact Michelle [shellecon@yahoo.ie](mailto: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 <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@cclld.ie](mailto: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:** 11<sup>th</sup> 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](mailto: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](http://www.craftsofireland.ie)

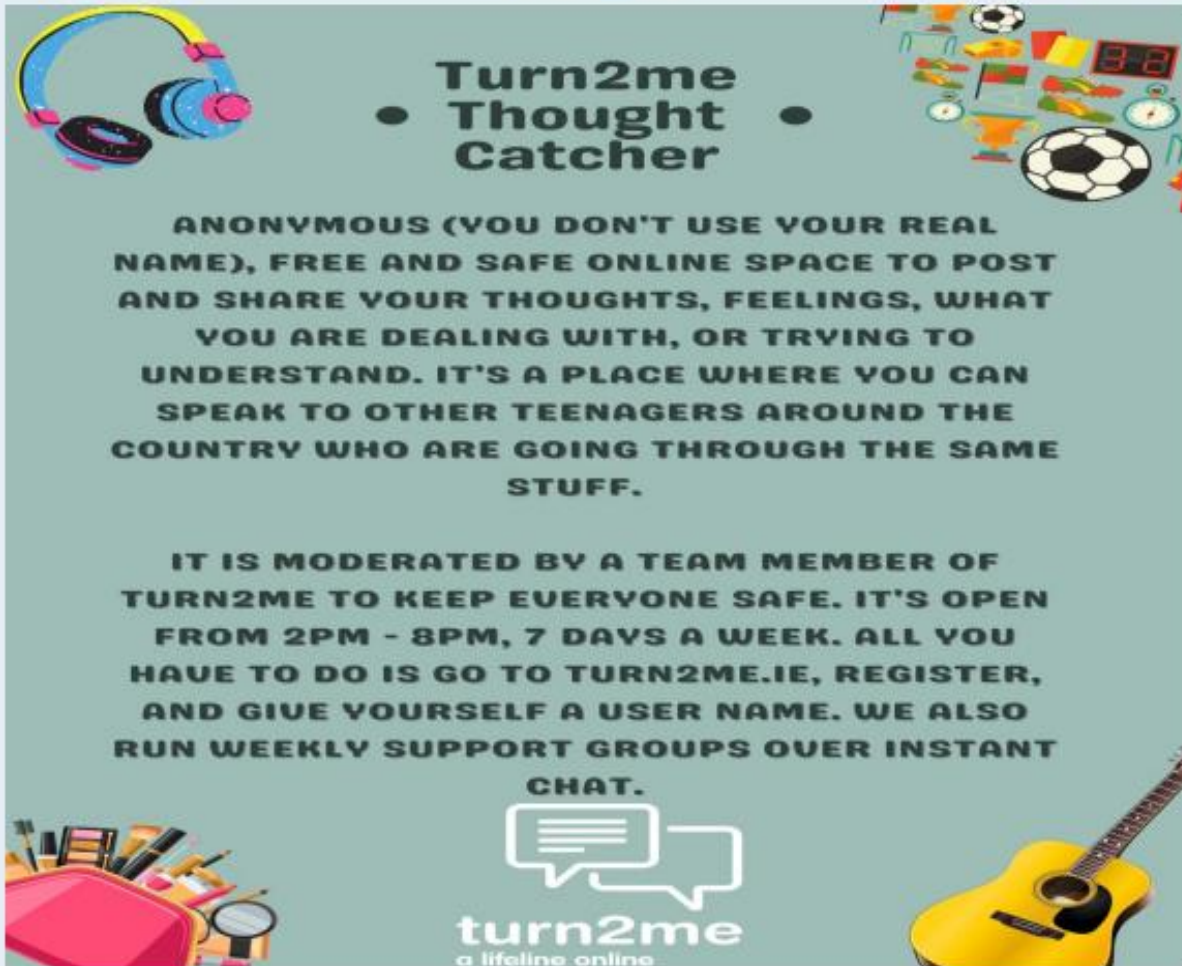
More info  
Contact Sandra  
086 8205177

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

help communities develop  
great 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** is a safe, moderated online platform which runs 365 days a year.

# 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](https://mymentalhealthrecovery.com)

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**Wednesday**

**24<sup>th</sup> August**

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<https://www.hinterland.ie/downloads/hinterland-festival-programme-2022.pdf>

Have a look through 36 pages of this festival programme. You are certain to see something you would like to attend.