

LAIT eNewsletter

October 2024

About Us

The LAIT work to empower individuals to become self-sufficient, independent, settle into their new communities, and participate in Irish life. They do this by connecting people to services that can help them integrate into the community.

Working under the principle of
'integration from day one'

Support Services



1:1 and Group Based



Appointment based



Orientation Programmes



Integration Programmes



Short term support



Comhairle Contae
an Chabháin
Cavan
County Council

Importance of Community Involvement

Community involvement is essential for the well-being and successful integration of new communities.

Community involvement plays a crucial role in helping refugees foster integration and build strong, inclusive communities.



Cavan County Library Services

- IT Services
- Study Spaces
- Borrow books
- Social clubs and groups
- Sensory toys
- Online library and services



Johnston Central Library
Cavan Town



Bailieborough Library



Cootehill Library



Belturbet Library



Arva Library



Ballyconnell Library



Ballyjamesduff Library



Virginia Library



Kingscourt Library



Library Headquarters

Community Based Activities & Support Groups



TEACH OSCAIL
COMMUNITY
Breakfast
WHY NOT JOIN US FOR A FRIDAY FRY UP?
EVERYONE WELCOME
TERRY COYLE PARK H12 XK33 FRIDAY 25TH OCTOBER
10AM - 12PM
COOKED BREAKFAST €3
(HEALTHY OPTIONS AVAILABLE)
FOR MORE INFO : 0494372730

The poster features a dark blue background with orange autumn leaves. At the top, there is a logo for 'TEACH OSCAIL' and a banner that says 'COMMUNITY'. The word 'Breakfast' is written in a large, orange, cursive font. Below it, a blue banner contains the text 'WHY NOT JOIN US FOR A FRIDAY FRY UP? EVERYONE WELCOME'. The event details are listed in orange and white text: 'TERRY COYLE PARK H12 XK33 FRIDAY 25TH OCTOBER 10AM - 12PM'. The central illustration shows a breakfast table with a pumpkin, a witch's hat, cereal boxes, fruit, and a plate of cooked breakfast. At the bottom, it states 'COOKED BREAKFAST €3 (HEALTHY OPTIONS AVAILABLE)' and 'FOR MORE INFO : 0494372730'.



TEACH OSCAIL
COMMUNITY
Breakfast
WHY NOT JOIN US FOR A FRIDAY FRY UP?
EVERYONE WELCOME
TERRY COYLE PARK H12 XK33 10AM - 12PM
UPCOMING DATES
Friday 25th Oct
Friday 29th Nov
Wednesday 18th Dec
Friday 31st Jan
Friday 28th Feb
Friday 28th March
COOKED BREAKFAST : €3
FOR MORE INFO : 0494372730

This poster has a light blue background with a sun in the top right corner. It features the 'TEACH OSCAIL' logo and a 'COMMUNITY' banner. The word 'Breakfast' is in a large, blue, cursive font. A yellow banner below it says 'WHY NOT JOIN US FOR A FRIDAY FRY UP? EVERYONE WELCOME'. The event details are in blue and white text: 'TERRY COYLE PARK H12 XK33 10AM - 12PM'. A dark blue box contains the 'UPCOMING DATES' in white text: 'Friday 25th Oct', 'Friday 29th Nov', 'Wednesday 18th Dec', 'Friday 31st Jan', 'Friday 28th Feb', and 'Friday 28th March'. At the bottom, it says 'COOKED BREAKFAST : €3' and 'FOR MORE INFO : 0494372730'. The illustration includes a banana, an apple, and a bowl of cereal.



Parkrun takes place every Saturday morning at 9.30am in the following locations throughout Co. Ca:

- Con Smith Park, Cavan
- Deerpark, Virginia
- Haltons, Cootehill
- Castleblayey, Monaghan
- Monaghan Town

- New participants and volunteers welcome.

- Runners must pre-enter online using the below link

The logo for parkrun is rendered in a thick, rounded, green font. The word 'parkrun' is written in lowercase letters. The 'p' has a small tail at the bottom. The 'a' is a simple circle. The 'r' has a curved top. The 'k' has a vertical stem and a diagonal leg. The 'r' is a simple curve. The 'u' is a simple curve. The 'n' has a vertical stem and a diagonal leg. The overall style is clean and modern.

All men have the opportunity to maintain and improve their well-being on their own terms and within their own communities.

The Men Shed work creates places of belonging, participatory democracy, mutual respect, companionship and community for all Shedders.

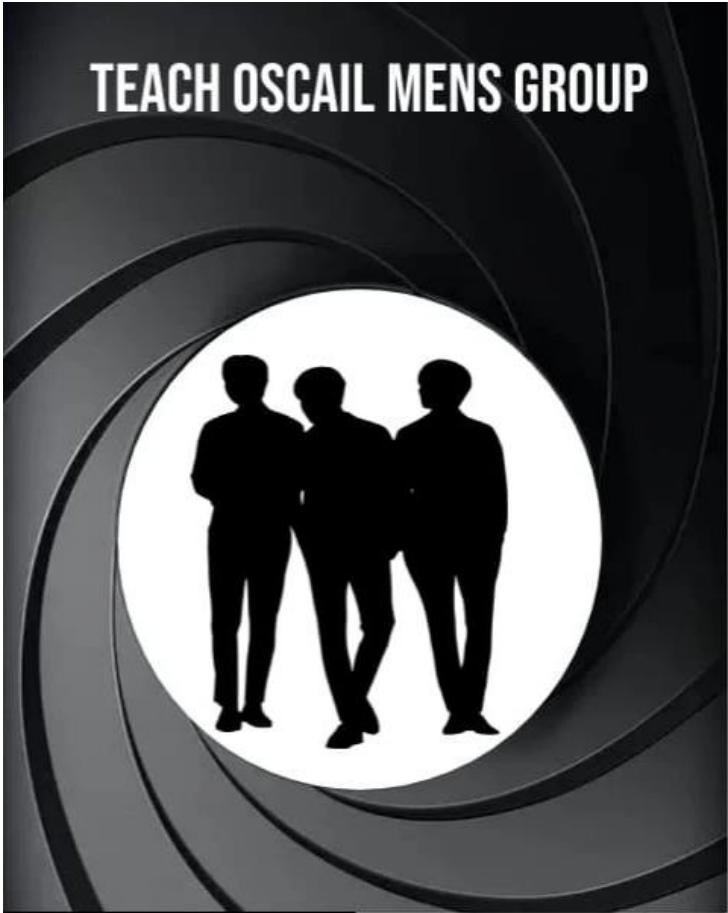
Locations listed below:

- Cootehill
- Mullagh
- Bailieborough
- Ballyjamesduff
- Shercock
- Lacken
- Kilnaleck
- Bawnboy
- Killeshandra
- Belturbet
- Cavan Town
- Kingscourt



[Contact details for each shed can be found online at:](#)
[Irish Men's Sheds Association | Mens Sheds Ireland](#)

TEACH OSCAIL MENS GROUP



- YOUR SPACE
- NO JUDGEMENT
- NEW OPPORTUNITYS
- NEW EXPERIANCES

Meeting Tuesdays 5pm -6pm
Contact Paddy : 0858668783
Check out Teach Oscail online
and facebook

Women's Groups

Local women's groups provides a space for personal growth, empowerment and community support.

Details of the individual Hen's Sheds in Cavan can be found on Facebook.

If you require support to make the initial contact please contact integration@cavancoco.ie

Hen's Sheds

- Kilnaleck
- Belturbet
- Cootehill
- Cavan Town
- Ballinagh





WONDER WOMEN WOMENS GROUP

Social group for women to :

- **Come Together & Chat**
- **Explore Hobbies**
- **Workshops + Classes**
- **Personal Development**

**Fortnightly starting
12th Oct 3-5pm**

Booking Is Essential

Teach Oscal
Family Resource Centre
31 Church Street
Cavan Town

For more information contact :
Darina - 0494372730

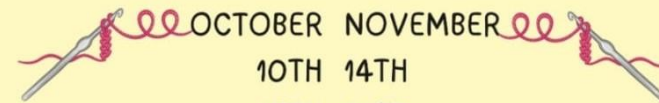


Crochet Class

Would you like to learn how to crochet in 6 weeks?

Come along and learn a new skill!

All equipment provided.



OCTOBER NOVEMBER

10TH 14TH

17TH 21ST

24TH 28TH

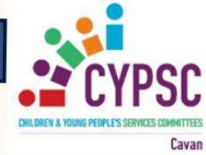
Time : 10 - 11am

FOR MORE INFORMATION CALL : 0494372730

TEACH OSCAIL FAMILY RESOURCE CENTRE - 31 CHURCH STREET



WORKSHOPS FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS



Booking is Essential
To book your free space contact:
Phone: 0879247159 or Email
bernie@focusfrc.com

SAVE THE DATES

Where?
Focus Family Resource Centre
Portaliffe Centre,
Main Street,
Kilshandra
H12K6D3



19th September - 10am-12pm
Solicitor and Accountant
Discussing your Rights and Entitlements



26th September - 7pm-8:30pm
Illuminate Behaviour and Psychoeducation
Understanding Behaviour, Transitions and Routines - Under 10's



3rd October - 7pm-8:30pm
Illuminate Behaviour and Psychoeducation
Understanding Behaviour, Puberty and Relationships -Adolescence



10th October - 7pm
Wellnested OT Fidelma Woods
Emotional Regulation

FREE EVENTS



17th October- 10am-12pm
Wellness
Self Care Day for Parents



24th October - 7pm
Play Therapist
Parent Session
Relationship and Importance of Play
&



26th October - 10:30am
Parent and Child Session
Sensory Play and Regulation tools

Date to be Confirmed
FUN DAY!!



VANS 2

Virginia additional needs support are hosting their second group on Fridays @ 10:15 to 12:15.

A safe place to meet to explore the feelings that are normal and always present as a carer/parent of children with additional needs.

Drop in for a cuppa and a chat and de-stress

or contact Damien 086 7355309 with any queries

C.A.P.S
Cavan Autism Parents Support CClG

Social Morning

Date: Tuesday 1st October 2024
Time: 10:00am - 12:00pm
Location: Teach Oscail, 31 Church St. Cavan H12 H049

Join us for the next CAPS Social Morning event! Whether you're a member of CAPS or a parent in the community, you're invited to come together at Teach Oscail.

These gatherings offer a fantastic opportunity for parents to connect with one another, share valuable advice, exchange ideas, and access information in a supportive environment. It's a safe space where worries and concerns can be openly discussed.

We look forward to seeing you there!

FOCUS
Family Resource Centre CLG

YOUTH CLUB

Social Club for families with additional needs

Meeting every second Saturday
at 1pm in The Loft
at Focus Family Resource Centre.

Fun, games,
social interactions & information sharing.
All Welcome!

To book a place or for more information contact
Bernie on 087 9247159



Autumn / Winter Schedule

28th September - Lego with Clayotic

12th October - - Music with Rachael

26th October - Art with Anna (earlier start time of 12.30pm - 2pm)

9th November Art with Anna (earlier start time of 12.30pm - 2pm)

23rd November - Music with Rachael

7th December - Music with Rachael

21st December - Art with Anna (earlier start time of 12.30pm - 2pm)

Nurturing Abilities

Session Overview:

- 1. Introduction to Autism:**
Understand autism and gain insights to further comprehend your child's unique needs. Learn how to create a supportive environment at home to foster your child's overall development.
- 2. Interaction and Communication:**
Explore strategies to enhance your child's engagement and learn techniques to support your child's language development. This session will also introduce practical communication supports to help your child understand language and effectively communicate with you.
- 3. Play Development:**
Delve into the function and development of play, understanding its various forms and how it may differ for autistic children. Gain practical knowledge on engaging in play with your child and creating an environment that promotes play skills crucial for their development.
- 4. Supporting Behaviour:**
In the final session, discover strategies to encourage positive behaviour, cooperation, and effective problem-solving. Learn how to approach challenging situations with compassion, focusing on prevention and thoughtfully providing support for your child.

Dates: Wednesday 16th October,
Wednesday 23rd October,
Wednesday 6th November &
Wednesday 13th November

Times: 10:30am-12:30pm
Venue: Cavan Leisure Complex

*Facilitated by Silvia Angel Education
FUNDED THROUGH CMETB REACH FUNDING 2024*



Does your child have
ADHD?

ADHD Children's Programme(6-12 Years)

A free in-person evening parenting programme for parents, carers of children aged 6-12 years with a diagnosis of ADHD and suspected ADHD who are awaiting assessment. ADHD-(Attention Deficit Hyperactivity Disorder).

Topics Include: Parenting a child with ADHD, responding positively as a parent, establishing routines, managing concerning behaviour, problem solving , long term supports, supporting siblings, manage stress, support child's education and learning etc.

Date: 6th November – 11th December 2024 (Once a week for 6 weeks).

Time: 7pm- 9pm (Wednesday evenings).

Where: Cavan County Local Development Building 6A Corlurgan Business Park, Ballinagh Road, Cavan, H12DP86.

For more info, and to reserve your place, contact Joanne on 0877529948 or email parentingcavan@cclid.ie
www.parentingcavan.ie





One to One Family Carers Information

Come and meet us at our **Family Carer information days.**

Free, confidential one to one appointment available at a time that suits you - Morning, Afternoon or Evening appointments available Find our supports available and let us know your needs.

Are you caring for an older person or parent at home. Do you have a child with additional needs. Does a member of your family have a physical or intellectual disability? Why not join us for a confidential conversation one to one and find out about supports which may help you and those in your care.

It is a joint initiative between FOCUS Family Resource Centre, Cavan County Local Development & Family Carers Ireland.

- Blacklion Tuesday 22nd October
- Swalinbar Thursday 31st October
- Killeshandra Tuesday 5th November
- Ballyconnell Wednesday 13th November
- Belturbet Thursday 21st November
- Corlough Monday 25th November

To book, please contact Sandy on 087 666 4108 or email Sandy at sholland@cald.ie

If you can't make the dates above in your area please contact us and we can arrange another meeting with you.



Arna chomheisiú ag an Aontas Eorpach
Co-funded by the European Union



FAMILY SUPPORT CLINICS

Every family needs some support from time to time. Call and have a chat with your local community family support worker who will provide advice, support and information in confidence.



➤ 1st
Wednesday
of every month
Krafty Kidz
Daisy Hill House
Ballyconnell

➤ 3rd
Wednesday
of every month
C.C.L.D Office
Belturbet
H14K602
Drop-in
10 am - 12 pm

➤ FOCUS Killeshandra
Every Monday
by appointment
Please contact us on
049 4364065
to make an appointment or for
further information

Follow us on Facebook



Portaliffe Centre Main Street Killeshandra Co. Cavan
Eircode: H12K6D3 Tel: 049 4364065 Mob: 087 396 4985
Email: reception@focusfre.com
Website: www.focusfre.com

THE DOODLE CLUB

alleviate anxiety & stress

enhance wellbeing

increase self-awareness

increase self-confidence

FOR ADULTS

WHEN:
WHERE:
CONTACT:

Friday 25th Oct for 6 weeks

2 - 4pm in Townhall Arts Centre

To book : emccaffrey@cavancoco.ie

CREATIVE VOICE

Art, Music & Drama

Join our production!

Creative Voice are preparing for a production next March. If you would like an easy introduction to Drama and Music, we have small walk on parts or for you singers, a Choir or Both.

Meets every Wednesday

From 7 to 9pm at Cavan Townhall Arts Centre

For further information you can call Carolann at 085 1552093
or email heartcreativearts@gmail.com

Knockbride P&T Group
Knockbride Church of Ireland Hall
Knockbride, Co Cavan, A82 E377
Jenny Horner 086-3420299

Siolta Beaga P&T Group
Gaelscoil Bhreifne, Cavan Town
Aisling Walsh 086-3042100

Kidz at Play P&T Group
Kingscourt Community Centre
Kingscourt, Co Cavan
Rhona Cassidy 086-8873732

Shercock P&T Group
Kingscourt Road, Shercock, Co Cavan
Siobhan O'Reilly 042-9669961

Little Hands P&T Group
Cavan Baptist Church
Corglass, Oldtown, Cavan
Rachel Bachtold 089-2374924

Folly Tots P&T Group
Main Street, Ballinagh, Co Cavan
Julia Dunne/Ann McPhilips
086-2284655/086-8154407

AD Centre P&T Group
Kilmore Diocesan Pastoral Centre
The Conaty Centre
Cullies Cavan, H12 E5C7
Susuana Komolafe 049-4333796

Ballyconnell Parent & Toddler Group
Daisy Hill House, Ballyconnell Co. Cavan
Sally Johnston 049-9526045

Cavan Down Syndrome Parent & Toddler
Backyard, Moynehall Cavan
Michael Gormley 086-7945953

Mullagh Parent & Toddler Group
Mullagh Hall
Mullagh, Co Cavan
Sarah Herbert 087-4674793

Swanlinbar Parent & Toddler
Group Church Hall, Church Rd,
Swanlinbar, H14 DY93
Abigail Donohoe 049-9521895

Little Cubs P&T Group
Teach Oscail Family Resource Centre,
31 Church Street, Cavan Town
H12H049
Emma / Kathryn 049-4372730

Killeshandra Parent and Toddler Group
Focus Family Resource Centre
Main St, Portaliff Glebe, Killeshandra, Co.
Cavan
Ann Crowe 049 436 4065



PARENT & TODDLER GROUPS IN COUNTY CAVAN

ADDRESS

Cavan County Childcare Committee
Unit 5, Cavan Enterprise Centre,
Killygarry, Dublin Road, Cavan, Co.
Cavan

CONTACTS

Tel: 049 4365856
Email: admin@cavancce.ie
Website: www.cavancce.ie



Teach Oscail Parent and Toddler Group.
Contact Aiste on 0494372730



**Baby & Toddler
Group**
OCTOBER
11am - 12:30pm

8th of October - Nature Art

15th of October -
A Cuppa in Insomnia

22nd of October -
Storytime
(Librarian visiting)

29th of October -
Spooktacular Fun

The poster features a warm orange background decorated with spider webs, a spider, and various autumn leaves. At the bottom, there are pumpkins and a border of small flowers.



*Calling all parents, guardians, carers
to join us in our Baby & Toddler morning.
Starts on the 1st October and every Tuesday
from @10-12pm in the Realtog Kilnaleck.*

*Meet & have a cuppa while your little one
plays*



The illustration shows a family of six: a grandfather with glasses and a mustache, a mother holding a baby, a father, a grandmother with glasses, a young boy, and a young girl. They are all smiling and standing together.

The logos at the bottom include:
- Parenting Cavan: A logo with a green map of Cavan and the text 'PARENTING CAVAN'.
- Cavan County Local Development: A logo with a green leaf and the text 'Cavan County Local Development' and 'A trading name for Breifne Integrated CLG'.
- CYPSC: A logo with colorful figures and the text 'CYPSC CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE Cavan'.

CAVAN GAA HURLING BOYS BLITZ

Age
11-14

New Players
welcome
Gear
Providced



Scan to
register

26th sept - 31st oct

KINGSPAN BREFFNI 3G
EVERY THURSDAY
6:30 PM - 7:30PM



YOU ARE INVITED TO

FREE HALLOWEEN DISCO

UNDER 12'S

WEDNESDAY OCTOBER 30TH (2PM - 4PM)
 CAVAN RUGBY CLUB - H12 CC60
 PRIZES FOR BEST FANCY DRESS COSTUME

THIS IS A TICKET ONLY EVENT
 (PARENTAL SUPERVISION REQUIRED)

TEACH OSCAIL

TICKETS AVAILABLE ON EVENTBRITE
 FOR MORE INFORMATION CONTACT : 0494372730

CAVAN CU



FREE HALLOWEEN FAMILY CODING CAMP

PRIMARY AGE KIDS AND PARENTS TOGETHER

2 DAYS OF GHOULISH CRAFT AND SPOOKIE CODING! JOIN IF YOU DARE...

CODING AND CRAFT

Castlerahan Community Centre, A82 Y4T2

Mon & Tues 28th & 29th Oct, 10-12 pm. each day

Please note: this is not a drop-off activity. Parents must attend with their children!

REGISTER NOW to Book Your FREE Place*

<https://www.ourkidscode.ie/register/>

Club Code: CavanCastlerahan01



*Limited to 6 families, first come first served

*Activities are aimed at ages 7-12, but all children are welcome

Enquiries to **Ann Kinsella** 086 6018559



Volunteering Opportunities



Tidy Towns

Ireland's Tidy Towns refer to locations across the country that are uniquely committed to improving the environment. Through the hard work of local authorities and dedicated volunteers, Ireland's Tidy Towns inspire greener living habits and act as shining examples of the power of community.

Current Opportunities:

Cavan Tidy Town Committee

- Environment & Biodiversity Enthusiast – **Cavan Town**
- Litter Pickers – **Cavan Town**
- Road Cleaners & Painters – **Cavan Town**

Bailieborough Heritage Society

- Clean Up Volunteers – **Bailieborough**

Ballinagh Community Enterprise Association

- Community Garden Volunteers – **Ballinagh**
- Project Volunteers – **Ballinagh**

Belturbet Tidy Towns Committee

- Litter-pickers, gardeners & painters – **Belturbet**

Gowna Tidy Towns

- Tidy Towns Volunteer – **Gowna**
- Festival Volunteers – **Gowna**

Maghera Community Development

- Litter Picking and Gardening Volunteers – **Maghera**

Children In Hospital Ireland (CIH)

VOLUNTEER IN CAVAN GENERAL HOSPITAL

Become a play volunteer and engage with children and young people through games, arts and crafts, card games and more!

2 hours, once a week.

Must be 18 years or older.

APPLY NOW!
CHILDRENINHOSPITAL.IE

VOLUNTEER



Wild Wardrobe CLG

Wild Wardrobe is a non-profit organization dedicated to supporting Irish wildlife charities through the sale of donated clothing, accessories, and household items. By shopping or volunteering with them, you're not only helping to protect Ireland's precious wildlife but also promoting sustainable fashion and reducing waste.

Current Opportunities:

- **Wild Wardrobe Shop Assistant – Cavan Town**
- **Animal Transporter for Wildlife Rescue – Co. Cavan (Anywhere)**



Team Hope Cavan

Team Hope is an Irish Christian International Development Charity that works to help children affected by poverty in Eastern Europe and Africa. Through its annual Christmas Shoebox Appeal and Sustainable Development Projects, Team Hope aims to bring about positive long-term change.

Current Opportunities:

- **Raise Funds While Watching TV – Co. Cavan (Anywhere)**
- **Children's Gift Knitter – Co. Cavan (Anywhere)**
- **Early Gift Shoebox Makers – Co. Cavan (Anywhere)**



Cavan Connects Network

Cavan Connects Network is a dynamic organisation dedicated to fostering connections and collaboration across communities in Cavan and beyond. Our mission is to create a vibrant network where individuals, businesses, and organizations can come together to share resources, ideas, and expertise for the betterment of our region.

Current Opportunities:

- **Digital Champion – Co. Cavan (Anywhere)**



Creative Places Ballyconnell

Creative Places Ballyconnell aims to create connections and opportunities and understand the possibilities for arts participation and a sense of place in Ballyconnell. The approach is inclusive and diverse and rooted in socially engaged arts practice and community development principles. It builds on existing cultural strengths and is led by community participation and ideas and supported by artists.

Current Opportunities:

- **Event Support for Older Person's Concert – Ballyconnell**
- **Creative Workshop Assistant – Ballyconnell**
- **Mural Workshop Assistant – Ballyconnell**



Mullagh/Cross Friendship Club

A voluntary committee runs the Mullagh Friendship Club and meets on the last Wednesday of every month in the People's Hall, Main Street, Mullagh. They enjoy music, games, bingo, dancing, chat, laughter and friendships, all served with a cup of tea! All of their activities are aimed at keeping older people active and well. Active Retirement Associations such as theirs are a lifeline for many older people who would otherwise feel isolated and lonely. All older people aged 50 and over are welcome to join Mullagh Friendship Club to have fun and have their voices heard, regardless of age, gender, culture or any other grounds.

Current Opportunities:

- [Friendship Club Volunteers – Mullagh](#)



Cavan Volunteer Centre

Cavan Volunteer Centre supports people who want to volunteer to find suitable roles and helps organisations in need of volunteers to find suitable people to fill those roles.

Current Opportunities:

- [Letters to Nursing Home – Belturbet \(Anywhere\)](#)
- [Letters to Nursing Home – Bailieborough \(Anywhere\)](#)
- [Letters to Nursing Home – Mountnugent \(Anywhere\)](#)
- [Letters To Nursing Home – Cavan Town \(Anywhere\)](#)



Kingscourt Farmers & Craft Market

Craft market supporting local and small businesses. It takes place on the first Sunday of every month at The Kingscourt Community Centre from 11 AM to 3:30 PM.

Current Opportunities:

- [Market Set-Up and Clean-Up Assistant – Kingscourt](#)



Keep up to date with the most recent volunteering opportunities on www.volunteercavan.ie.

If you require support or more information in relation to a particular volunteering posts please contact integration@cavancoco.ie or Cavan Volunteer Centre directly on 049 4331957

Training Programmes



Build your professional brand using LinkedIn Premium

Your professional brand

We will be running a hybrid webinar (either online or attending at the LinkedIn office) to run through the features and benefits of using LinkedIn Premium which will cover the below:

- How to build out your LinkedIn Profile using Premium features
- Using LinkedIn Learning to learn new skills
- How to Search and Apply for live jobs on LinkedIn
- Privacy & Security Settings on LinkedIn

This session will be delivered in English.



Thursday 31st October
11 - 12pm

 Online session

 employment@irishrefugeecouncil.ie



‘Work Matters’ Accessible to all members of the Library

What We Offer

- Free membership and Internet Access.
- Direction and help with your research
- Business and employment books, journals, newspapers, reports, wirefeeds
- eBooks, eAudio and eMagazines available through our Online Library
- PC and Internet access. Free WIFI.
- Space for meetings, study and research
- Online learning and services with access to over 500 e-learning courses available through our Online Library
- Printing, scanning and photocopying
- Workshops, presentations and networking opportunities
- Language learning

What You Can Do

- Explore career information
- Learn about support available for jobseekers
- Develop new skills to boost your CV and job application
- Search and apply for jobs in Ireland and abroad
- Research companies and potential suppliers
- Develop new skills to plan, start and grow your own business
- Research funding sources for small businesses
- Explore the market and identify potential customers
- Research your competitors
- Connect with like-minded people and share experience

<https://www.cavanlibrary.ie/services/national-initiatives/work-matters/training-videos/>

EPIC Programme

EPIC helps unemployed asylum seekers, refugees and migrants living in Ireland to increase their chances of finding a job through online training, individual support and partnering with businesses.

How the programme works

EPIC is a free online programme focused on career development and integration. Over 6-weeks you will:

- Improve your job applications with direct advice from recruitment professionals.
- Identify your transferable skills and strengths.
- Explain gaps in your CV.
- Improve your interview skills and get feedback from business volunteers (face to face, phone, and online).
- Network with our business partners, mentors, and recruiters.
- Integrate and understand Irish work culture.
- Develop your IT and LinkedIn skills.
- Develop a career plan and get guidance from a Career Counsellor.
- Access different services (health, education, employment rights, social welfare, and much more).
- Explore your further education and employment options.
- Improve your confidence to achieve your goals.

EPIC is open to unemployed adults living in Ireland with an intermediate level of spoken and written English who are:

Asylum seekers with work permits.

Refugees, people with Subsidiary Protection or Leave to Remain and with Stamp 4.

People with Temporary Protection Certificates.

Migrants with Stamp 4, dependent Stamp 1G or EU/Irish citizenship (conditions apply).



Guidance and Information Service Drop in Service Upcoming dates

Ballyconnell 10am - 1pm

Thursday 14 November
Thursday 12 December

Virginia 2pm - 4.30 pm

Wednesday 13 November
Wednesday 11 December

Mullagh 2pm - 4.30pm

Wednesday 23 October
Wednesday 27 November

Bailieborough 2pm - 4.30pm

Wednesday 06 November
Wednesday 04 December



Free confidential information and guidance to help you make the correct decisions regarding your education, training and career choices

No Appointment Necessary

For more information

049 4377001 or cavanguidance@cmetb.ie

www.cmetbadultguidance.ie



Riailtas na hÉireann
Government of Ireland



Có-mhaoinithe ag an
Aontas Eorpach
Co-funded by the
European Union

Transport



A NEW WAY FROM CAVAN TO BAILE GHIB VIA KELLS ROUTE 186

From October 21st, new TFI Local Link Route 186 will provide 6 daily return services to Kells Monday to Thursday which includes 3 return services that extend to Baile Ghib. On Friday & Saturday, there will be 8 daily return services with 4 of those services extending to Baile Ghib and on Sunday the route will operate 3 daily return services to Baile Ghib.

The new route will provide peak-time and evening services and connectivity to Cavan Town, Cavan Bus Station and regional bus services.



TFI LEAP CARD



PEAK-TIME AND EVENING SERVICES



CONNECTIONS TO REGIONAL BUS SERVICES

Timetables & Fares visit www.locallinkcm.ie



Brought to you as part of the Connecting Ireland Rural Mobility Plan

BAILE GHIB - CAVAN					
Departs	Stops	Stop Number	Sunday & Public Holidays		
Baile Ghib	An Stór	12293	07:07	11:07	15:07
Diméin Bhaile Ghib	Crosbhóthar	12290	07:08	11:08	15:08
Headfort Bridge	West of Bridge	12289	07:16	11:16	15:16
Kells	Parochial House	135231	07:20	11:20	15:20
Cavan Road	Oliver Plunkett Rd Junct	135241	07:22	11:22	15:22
Father McCullen Pk	Eureka Secondary School	141031	07:24	11:24	15:24
Moynalty	Finlay's	131431	07:34	11:34	15:34
Mullagh	Main St	131301	07:42	11:42	15:42
Saint Kilian's Church	Opposite Church	12286	07:44	11:44	15:44
Lough Ramor	Lakeview	101471	07:56	11:56	15:56
Virginia	Bus Stop	131841	08:00	12:00	16:00
St. Clare's College	Opposite College	12285	08:11	12:11	16:11
Ballyjamesduff	Dublin St	135191	08:13	12:13	16:13
Cross Keys	Crosskeys Inn	12282	08:23	12:23	16:23
Moynhall Business Park	Moynhall Car Sales	12281	08:33	12:33	16:33
Moynhall	Opposite Lidl	10631	08:35	12:35	16:35
Cavan Bus Station	Outside Bus Station	141451	08:40	12:40	16:40

CAVAN - BAILE GHIB					
Departs	Stops	Stop Number	Sunday & Public Holidays		
Cavan Bus Station	Opposite Bus Station	141471	09:35	13:35	17:35
Moynhall	Lidl	10632	09:42	13:42	17:42
Moynhall Business Park	Apex Fire	12280	09:43	13:43	17:43
Cross Keys	School	12283	09:53	13:53	17:53
Ballyjamesduff	Dublin St	107231	10:02	14:02	18:02
St. Clare's College	College	12284	10:04	14:04	18:04
Virginia	Bus Stop	135211	10:15	14:15	18:15
Lough Ramor	Yew Park	101671	10:18	14:18	18:18
Saint Kilian's Church	Church	12287	10:30	14:30	18:30
Mullagh	Main St	130921	10:32	14:32	18:32
Moynalty	Deignan's	130931	10:40	14:40	18:40
Father McCullen Park	Opp Secondary School	101731	10:51	14:51	18:51
Kells	Opp Parochial House	135391	10:53	14:53	18:53
Headfort Bridge	East of Bridge	12288	10:56	14:56	18:56
Diméin Bhaile Ghib	Crosbhóthar	12291	11:01	15:01	19:01

186 Baile Ghib / Kells to Cavan

BAILE GHIB/ KELLS - CAVAN											
Departs	Stops	Stop Number	Monday to Saturday								Fri -
Baile Ghib	An Stór	12293	---	08:40	---	13:00	15:00	---	19:25		
Diméin Bhaile Ghib	Crosbhóthar	12290	---	08:41	---	13:01	15:01	---	19:26		
Headfort Bridge	West of Bridge	12289	---	08:49	---	13:09	15:09	---	19:34		
Kells	Parochial House	135231	07:15	08:53	11:15	13:15	15:15	17:35	19:38		
Cavan Road	Oliver Plunkett Rd Junct	135241	07:17	08:55	11:17	13:17	15:17	17:37	19:40		
Father McCullen Pk	Eureka Secondary School	141031	07:19	08:57	11:19	13:19	15:19	17:39	19:42		
Moynalty	Finlay's	131431	07:29	09:07	11:29	13:29	15:29	17:49	19:52		
Mullagh	Main St	131301	07:37	09:15	11:37	13:37	15:37	17:57	20:00		
Saint Kilian's Church	Opposite Church	12286	07:39	09:17	11:39	13:39	15:39	17:59	20:02		
Lough Ramor	Lakeview	101471	07:51	09:29	11:51	13:51	15:51	18:11	20:14		
Virginia	Bus Stop	131841	07:55	09:33	11:55	13:55	15:55	18:15	20:18		
St. Clare's College	Opposite College	12285	08:06	09:44	12:06	14:06	16:06	18:26	20:29		
Ballyjamesduff	Dublin St	135191	08:08	09:46	12:08	14:08	16:08	18:28	20:31		
Cross Keys	Crosskeys Inn	12282	08:18	09:56	12:18	14:18	16:18	18:38	20:41		
Moynhall Business Pk	Moynhall Car Sales	12281	08:28	10:06	12:28	14:28	16:28	18:48	20:51		
Moynhall	Opposite Lidl	10631	08:30	10:08	12:30	14:30	16:30	18:50	20:53		
Cavan Bus Station	Outside Bus Station	141451	08:35	10:13	12:35	14:35	16:35	18:55	20:58		

CAVAN - KELLS/ BAILE GHIB											
Departs	Stops	Stop Number	Monday to Saturday								Fri -
Cavan Bus Station	Opposite Bus Station	141471	07:00	09:20	11:20	13:20	15:20	17:35	19:20		
Moynhall	Lidl	10632	07:07	09:27	11:27	13:27	15:27	17:42	19:27		
Moynhall Business Pk	Apex Fire	12280	07:08	09:28	11:28	13:28	15:28	17:43	19:28		
Cross Keys	School	12283	07:18	09:38	11:38	13:38	15:38	17:53	19:38		
Ballyjamesduff	Dublin St	107231	07:27	09:47	11:47	13:47	15:47	18:02	19:47		
St. Clare's College	College	12284	07:29	09:49	11:49	13:49	15:49	18:04	19:49		
Virginia	Bus Stop	135211	07:40	10:00	12:00	14:00	16:00	18:15	20:00		
Lough Ramor	Yew Park	101671	07:43	10:03	12:03	14:03	16:03	18:18	20:03		
Saint Kilian's Church	Church	12287	07:55	10:15	12:15	14:15	16:15	18:30	20:15		
Mullagh	Main St	130921	07:57	10:17	12:17	14:17	16:17	18:32	20:17		
Moynalty	Deignan's	130931	08:05	10:25	12:25	14:25	16:25	18:40	20:25		
Father McCullen Park	Opp Secondary School	101731	08:16	10:36	12:36	14:36	16:36	18:51	20:36		
Kells	Opp Parochial House	135391	08:18	10:38	12:38	14:38	16:38	18:53	20:38		
Headfort Bridge	East of Bridge	12288	08:21	---	12:41	14:41	---	18:56	---		
Diméin Bhaile Ghib	Crosbhóthar	12291	08:28	---	12:48	14:46	---	19:01	---		
Baile Ghib	An Stór	12292	08:30	---	12:50	14:50	---	19:05	---		

Useful Facebook Pages



Cavan County Council

Government organisation · 27.4 km · Opening soon · 16K followers



Cavan County Library Service

Library · 100% recommend (6 reviews) · 27.4 km · Open now · 5.8K followers



Cavan Sports Partnership

Sport & recreation · Not yet rated (4 reviews) · 27.7 km · Open now · 7.2K followers



FOCUS Family Resource Centre

Community organisation · Not yet rated (0 reviews) · 28.3 km · Open now · Pick-up, Online services, See posts for service changes · 1.8K followers



Teach Oscail Family Resource Centre

Charitable organisation



TFI Local Link Cavan Monaghan

a day ago · 🌐



Cavan Volunteer Centre

Charitable organisation · Not yet rated (1 review) · 27 km · Open now · 1.3K followers



Cavan Cross Cultural Community

Community organisation · Not yet rated (4 reviews) · 27.3 km · Open now · 800 followers



Cavan County Local Development

Community organisation · Open now · 2.7K followers



Cavan and Monaghan Education and Training Board - CMETB

6 days ago · 🌐



Citizens Information

Public and government service · 37K followers



The Anglo-Celt

Newspaper · 49K followers



Activities for Children in Cavan

Thank You!



As we wrap up this edition of our newsletter, we want to extend our thanks to everyone who has taken the time to engage with us over the past number of months, identifying the needs and supports required by people throughout the county.



Your continued engagement and support enables us to deliver meaningful support and content.



As always, your input and feedback is welcome.



Please feel free to contact us with if you require support or assistance on integration@cavancoco.ie



Comhairle Contae
an Chabháin
Cavan
County Council