



# 2024 Calendar

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Cavan County Council  
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Comhairle Contae  
an Chabháin  
Cavan  
County Council

Clár Éire Ildánach  
Creative Ireland  
Programme



Healthy  
Cavan





**YOUR TIME, YOUR WORDS,  
YOUR PRESENCE**



**TALK & LISTEN,  
BE THERE, FEEL CONNECTED**



**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**



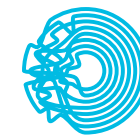
**REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY**



**EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF**

## *5 Ways to wellbeing*

The Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well. The calendar features images from a recent design competition for older and younger residents of Co. Cavan.



**Mental Health  
Ireland**

# January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Cervical Cancer Prevention Week	23	24	25	26	27	28
29	30	31				

# Connect

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving us a better sense of purpose. Your local library is a great place to connect with different events or just to drop in and catch up with local newspapers, magazines and a good read! visit [www.cavanlibrary.ie](http://www.cavanlibrary.ie)



Picture: Breen Smyth.



# February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Time to Talk' day	2	3	4 World Cancer Day
5 St. Brigid's Day	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Ireland Reads Day	25
26	27	28	29			





# Be Active

Step outside, walk, dance. Discover a physical activity that suits your lifestyle. Regular physical activity is key to getting and staying healthy.

For adults: At least 30 minutes a day of moderate activity on 5 days of the week or 150 minutes a week. For those 65+ focus on aerobic activity, muscle-strengthening and balance.

You can accumulate the 30 minutes in even shorter bouts of activity towards the guidelines, these bouts should last at least 10 minutes.

Picture: Connect across the generations.  
Alla Zhamarianian, 4th Class Scoil Mhuire, Swanlinbar.

# March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 World Hearing Day
4	5	6	7	8	9 International Women's Day	10
11	12	13	14	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31





## *Take Notice*

Savour the moment. Be Curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Pay attention to the present moment – to your thoughts, feelings and to the world around you.



# April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easter Monday	2	3	4	5	6	7 World Health Day
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# Age and Opportunity

Bealtaine is Ireland's national festival which celebrates the arts and creativity as we age, taking place throughout the entire month of May each year. The festival is run by Age & Opportunity, the leading national development organisation working to enable the best possible quality of life for us all as we age.

The month long Bealtaine festival features performances, exhibitions, discussions, workshops and readings by artists working in different art forms all over Ireland. For more information on what is on in Co Cavan check out [www.cavanlibrary.ie](http://www.cavanlibrary.ie) or visit [www.ageandopportunity.ie](http://www.ageandopportunity.ie)



*Picture: Circus skills.*

# May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6 May Day	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Volunteer week	21	22	23	24	25	26
27	28	29	30	31		





*Picture: Flower Meadow.  
By Margaret Hopkins.*

## *Give*

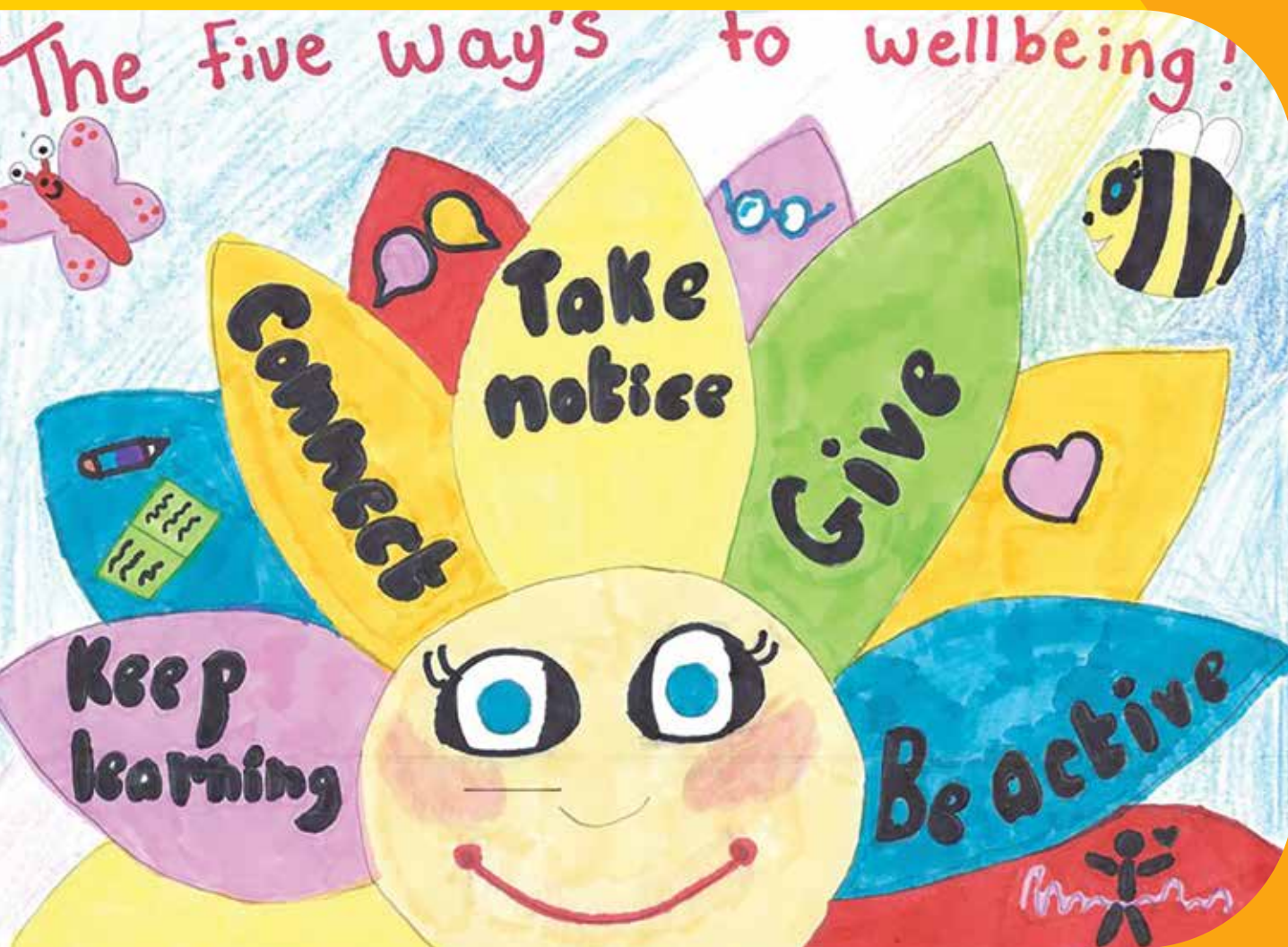
Do something nice for a friend or a stranger. Thank someone, volunteer or join a community group. Giving to others can help protect your mental and physical health by reducing stress, combating depression, keeping you mentally stimulated and provide a sense of purpose.

For more information contact  
[www.volunteercavan.ie](http://www.volunteercavan.ie)

# June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 June Bank Holiday	4	5 World Environment Day	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





## Keep Learning

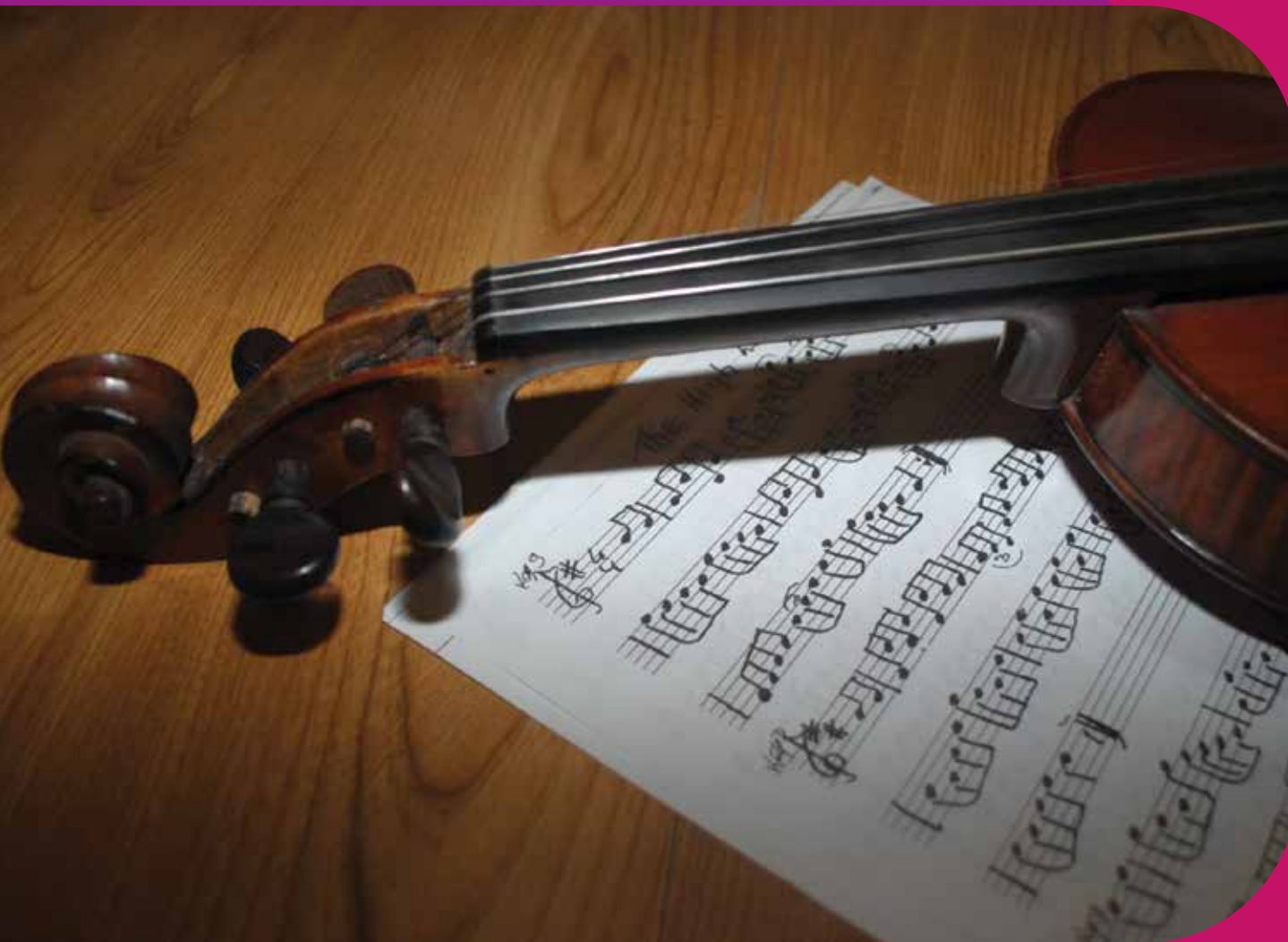
Try something new. Rediscover an old interest. Sign up for that course. Cook a new recipe. Take on a new responsibility. Setting yourself a new challenge and learning a new skill will increase your confidence which can improve your mental health and wellbeing. Being creative can help you learn new skills as well as connecting with others. For information on the Creative Cavan Programme visit [www.creativeireland.gov.ie](http://www.creativeireland.gov.ie)

Picture: 5 ways to connect.  
Shauna Bennett, 6th Class, Scoil Mhuire, Swanlinbar.



# July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# Keep Learning

**World Book Lovers Day** is celebrated on August 9 every year. This is an unofficial holiday observed to encourage people of all ages to celebrate reading and literature. You are encouraged to put away your smartphones and every possible technological distraction and pick up a book to read. Why not take time out to enjoy books and literature by visiting your local library or favourite bookstore.

Picture: Keep Learning.  
Anne O'Donoghue.

# August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 August Bank Holiday	6	7	8	9 Book Lovers Day	10	11
12	13	14	15	16	17 Heritage Week	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# Be Active

The aim of Cavan Sports Partnership's Active Adults(50+) programme is to increase the amount of people who are active in their later years by providing new opportunities for people to participate in sport and physical activities.

Cavan Sports Partnership can help groups and clubs to organise suitable active adults(50+) exercise classes in local communities. Examples of programmes include Aerobics, Activator, Chair Exercises, Yoga, Pickleball and much more. To find out more information visit Cavan Sports Partnership website at [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie) or email Dean at [dmcelroy@cavancoco.ie](mailto:dmcelroy@cavancoco.ie)



*Picture: Connect across the generations.  
Mya Diver, aged 10, Larah NS.*

# September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5 International Day of Charity	6	7	8
9	10 World Suicide Prevention Day	11	12	13	14	15
16	17	18	19	20	21 World Alzheimer's Day	22
23 Organ Donation Week	24	25	26	27	28	29
30						

# Age Friendly at Cavan County Council

Positive Ageing week takes place each year in October. It is a weeklong campaign of events and activities for older people that have been developed to promote active and healthy ageing and reduce social isolation and loneliness. Check out Cavan Age Friendly at [www.agefriendlycavan.ie](http://www.agefriendlycavan.ie) for information on what is planned.

October is also Breast Cancer Awareness Month.



*Picture: Ages and Stages.*

*A drama written, acted and performed by older people in Co Cavan.*



# October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 International Day for older persons	2	3	4	5	6
7	8	9	10 World Mental Health Day	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 October Bank Holiday	29	30	31			





*Picture: Leaves.  
Lynda Crawford*

# *Connect*

**World Kindness Day** aims to highlight good deeds in the community focusing on the positive power and the common thread of **kindness** for good which binds us. Kindness is a fundamental part of the **human condition** which bridges the divides of race, religion, politics, gender and location. We encourage you to show at least one intentional act of kindness to others each day, no matter how big or small it may be. You never know the big difference that a small act of kindness can make to someone's life.

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13 World Kindness Day	14	15	16	17
18	19	20 World Children's Day	21	22	23	24
25	26	27	28	29	30	



*We wish you a Merry Christmas and a Happy New Year!*



*Picture: Killykeen.  
By Anne O'Donoghue.*



# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 International Day of Persons with Disabilities (IDPD)	4	5 International Volunteer Day	6	7	8
9	10 Human Rights Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Christmas Eve	25 Christmas Day	26 St. Stephen's Day	27	28	29
30	31					



# Helpful numbers and contacts

## Childline

24 hour free helpline,  
chat online anytime.  
For young people up to the age of 18

**1800 66 66 66** (Freephone)  
Text: **TALK** to **50101**  
[www.childline.ie](http://www.childline.ie)

## Emergency Services

**112 or 999**

## HSE Drug and Alcohol Helpline

Mon–Fri: 9.30 am – 5.30 pm

**1800 459 459** (Freephone)  
[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)  
[www.drugs.ie](http://www.drugs.ie)  
[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)

## Cavan Libraries

Arva Library  
Baillieborough Library  
Ballyjamesduff Library  
Belturbet Library  
Cootehill Library  
Johnston Central Library, Cavan  
Kingscourt Library  
Virginia Library

Email: [library@cavancoco.ie](mailto:library@cavancoco.ie)  
[www.cavanlibrary.ie](http://www.cavanlibrary.ie)  
049 433 5905  
042 966 5779  
049 854 4445  
049 952 2683  
049 555 9873  
049 437 8500  
042 966 5779  
049 854 8456

## Cavan General Hospital

**049 437 6000**

## Garda Confidential Line

**1800 666 111**

## National Quitline Smoking cessation

**1800 201 203**  
[www.quit.ie](http://www.quit.ie)

## North East Doctor on Call

**1800 777 911**

## Pieta

24 Hour free crisis helpline

Text: **HELP** to **51444**  
(standard charges apply)  
[www.pieta.ie](http://www.pieta.ie)

## Rape Crisis Centre

Preventing and healing the trauma  
of rape and sexual abuse

**1800 77 88 88**

## Samaritans

24 hour free helpline

**116 123**  
Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

## Text about it

24 hours free text  
FREE and anonymous

Text: **HELLO** to **50808**

## Your mental Health

Information, support, services.

**1800 111 888**

## SOSAD Cavan

Counselling & Crisis Support

**1800901909 / 049 432 6339**  
Email: [cavan@sosadireland.ie](mailto:cavan@sosadireland.ie)  
[www.sosadireland.ie](http://www.sosadireland.ie)

**Note** your eircode here in case of emergency

**My Eircode is:** .....

# 2025 Calendar

## JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## OCTOBER 2025


SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

 Bank Holidays

