



Longford Public Participation Network (PPN) E-bulletin **May / June 2015**

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1. NEWS FROM LONGFORD PPN

Public Participation Network update:

Vacancies for Community Representation on Longford County Council Committees and outside Bodies:

All PPN registered groups were notified about vacancies for community representation on the Longford Volunteer Centre and Longford County Councils four Strategic Policy Committees. The PPN would like to congratulate all those who were elected and wish them luck in their new role as PPN community representatives for their associated Linkage Group.

Longford Volunteer Centre (LCRL)

Mary Farrell (Older Persons Network)

Economic Development & Enterprise SPC:

Louise Lovett (Longford Women's Manifesto), C&V Representative

Housing SPC:

Tess Murphy (Ballinamuck Community Enterprise), C&V Representative

Stephanie Igoe (Longford Women's Manifesto), C&V Representative

Eileen Finan (Lús na Greine), Social Inclusion Representative

Infrastructure & Environment SPC:

Teresa Kearney (Longford Women's Manifesto), C&V Representative

Planning and Development and Cultural SPC:

Pat Murphy (Longford Women's Manifesto), C&V Representative

Paddy Howe (Ballinamuck Community Enterprise) C&V Cultural Representative:



Meetings:

- Strategic Policy Committee Linkage group meeting/election 12th May 2015.
- The PPN Secretariat Friday 22nd May 2015.

New groups affiliating:

The Secretariat reviewed Midlands Bat Group and Longford Beekeepers application forms for registration 22nd May and both applications have been sent to the Environmental Pillar for approval.

General:

The PPN Facebook page is [Longford Public Participation Network](https://www.facebook.com/pages/Longford-Public-Participation-Network/1583548325216241?). Please copy and paste the following URL below if you cannot get direct access from link above:

<https://www.facebook.com/pages/Longford-Public-Participation-Network/1583548325216241?>

If your group has any information they would like posted please contact us on Facebook where we will share your information or if you are not on Facebook e-mail ppn@longfordcoco.ie and we will post it on your behalf. *Don't forget to "Like" our page!!*

If there are any community group's you know who are not yet registered with the Longford PPN they are invited to do so online or download at www.longfordcoco.ie , e-mail ppn@longfordcoco.ie or contact Siobhán at 087 261 5583

2. WHAT'S ON IN YOUR MUNICIPAL DISTRICT?

Traditional Music Sessions around the County:

*Tally Ho, New Street, Longford – 1st and 3rd Tuesday of each month.

*Rustic Inn, Abbeyshrule, County Longford – Wednesday Nights every week.

*The Bent Elbow, Drumlish, County Longford – 8pm on Friday Nights.

For further information on Trad Sessions and Comhaltas Events please contact: Martin Murphy – 086 8119444

* The Camlin Bar and Lounge, Clondra every Wednesday @9.30pm. For further information please contact Rose @ 086 0722825

Adult Badminton, Granard: Takes places each Monday night from 8.00pm to 10.00pm in Cannon Kelly Community Sports Hall Granard at the rear of Ardscoil Phadraig. Keep fit and have fun for only €3.00 - Rackets and Shuttles provided. 4 Playing Courts. Contact Willie on 086-8226523 for further information.

Granard Country Market: Granard Country Market continues each Friday morning beside Granard Post Office commencing at 8.30am to 11.00am. The usual supplies of home baking, crafts; firewood and local honey are available.



Granard Credit Union is pleased to announce a Car Loan rate of 7.5%. Please call into the office for more details and the offer of free road tax with every 2015 car purchased with a loan from Granard Credit Union Ltd. Other services available are EFT Electronic fund transfer, Laser facility, Wedding / car loans, Communion/confirmation loans and 2nd level iPad loans. Office hours are Tuesday to Saturday 10.00am to 5.00pm.

New 2 U: The SVP shop ,Lower Main Street Granard have a wonderful new selection of stock with something for everyone. Come along and bag a bargain. Opening hours Fridays 10.00am to 5.00pm. Saturdays 11.00am to 5.00pm. and First Tuesday of each month from 10.00am to 5.00pm. For further information contact 085-1503985.

Citizens Information: An information officer from Co. Longford Citizens Information Service will attend Granard Area Action Group Information Office, Main Street, Granard each Thursday morning from 10.30am to 12.30pm. The service is free to all.

Granard Community Diary: A diary is available at the Information Office of Granard Area Action Group, Main Street, Granard where groups and organisations can log their events so as to avoid duplication. Phone 043-6686922 to log events where a member of staff will gladly assist.

Friday Club, Lus Na Greine: Every Friday morning at 11am. Great relaxation for mind and body. A range of holistic treatments for stress management and good health also available.

Granard Art Club, Lus Na Greine: Will be back in action every Wednesday from 10am – 12pm for an exciting year with a line-up of resident and creative visiting artists. New members welcome.

Adult & Children's Sign Language Classes, Lus Na Greine: Continues every Monday evening. We are considering running a class for children from 7 years and up. If you are interested, perhaps you would contact the Centre on 043 666 0977 or e-mail: lusnagreinefrc@gmail.com

Lus na Gréine: 'Busy bees Parent & Toddler' Group: Meet Wednesdays' 11-12.30. Structured workshops combining play, puppet making, and musical rhythms and reading stories. Tips and support for parents, Grandparents and Carers.

Lus na Gréine Knitting Club: Knit & Chat, share Patterns and Tips. Every Tuesday from 12 pm – 1pm in the Centre.

Counselling & Bereavement Support, Lus Na Greine: Available on one to one basis. Confidential and professional support so you don't have to suffer alone. Appointment through the centre.

Other Activities at Lus Na Greine: Social Dancing Classes: Tuesday's at 8 pm. Learn how to jive, waltz, fox trot and quickstep. Cost €10. Tai Chi: Thursday's 8pm Yoga Classes: Mondays 11 am Friday Club Seated Exercises: Fridays at 11 am. Men on the Move: Wednesdays 9.30 – 11am. Groups & Clubs continue as normal: WIT travel to Ballincarrigy Women's Group on Tuesday at 10 am all welcome.

Women in Touch - Meet every Tuesday 10 – 12 pm (Dress Design & Felting Class for next few weeks) Granard Art Club every Wednesday 10 – 12 pm. Crafters United – Thursday morning 10 am – 12 pm. Set Dancing – Monday evening 7.30 – 9.30 pm.



For further information contact 043-6660977 or 087 6387827.

Rath Mhuire & Dolmen Resource Services : Rath Mhuire Resource Centre – Barrack St. Granard.
Phone: 043 – 6686309. Email rathmhuirerc@eircom.net Moatsider's Active Retirement Group

Dolmen Centre, Aughnacliffe: have a range of activities and social events happening in the coming months. New members are very welcome. For any information on any of the groups or activities – contact Jackie or Lucy @ 043-6686309. Transport is available.

North Longford Men's Group: This Group meets weekly at the Dolmen Room Aughnacliffe Community Centre each Friday from 12-3 pm. As it's one of the most progressive groups nationally, it offers an extensive programme to suit all men. It's a socially dynamic group, where men gather and work on meaningful projects. Where they can realise their full potential and the passing on of their skills and talents is a key aspect of their work. It was established in 2004 and coordinated by EDI Centre Longford it has gone from strength to strength. It offers an open door policy. New members are most welcome. For further information contact Co ordinator Breda 043 3347515

Dring Festival: The annual Open Air Festival in Dring due to be held on Sunday, 31 May has been postponed for this year. The annual church gate collection for St. Christopher's will be held that weekend at both churches.

Host Families needed: A group of Spanish students are hoping to attend a Summer camp in Cnoc Mhuire, Granard from 4 - 24 July. This will be the first year for the camp in the Granard area and is an extension of the successful Moyne C.S. Summer Camp which has been running since 2011. The students boys/girls aged 12/13 years are currently looking for host families. For further information please contact Angela 085 8391939 or mail summercampgranard@gmail.com. Good rates apply.

Stars in our Eyes: A date for your diary: Saturday 6 June in the Longford Arms Hotel commencing at 8.30pm St. Mary's G.A.A. are hosting a Stars in our Eyes evening. A great night's entertainment is guaranteed and your support will be appreciated.

Novel Fundraiser: Northern Gaels the underage footballers of Abbeylara and Mullinalaghta are holding a novel fundraising event on Sunday 31 May at 5pm. A "Duck Race" will take place on the river at Derragh. Sponsor a duck for €5.00 and if your duck wins you will receive a valuable prize kindly sponsored by Cllr. P.J. Reilly.

Abbeylara New Parish Centre: the official opening is on Friday night the 12th June with a dance and the music is by the ever popular Derek Ryan and his band. Dancing from 11 pm to 1 am. Tickets 15 euro each available from Farrell's Shop, Abbeylara; Music Centre, Longford; Multi Sound, Cavan, and other outlets, see the Longford leader for details.

Abbeylara Active Retirement are taking a day trip on Tuesday 30th June. They are taking a boat trip on the River Shannon from Banagher down south to Victoria Lock, this Lock is the oldest Lock on the Shannon and the trip takes around one and half hours. Then they travel on to the Tullamore D.E.W. Visitor Centre for a tour of the Distillery and finish off with some tastings.



Evening meal will be at Flynn's Restaurant, in Banagher. Contact Denis at 087 251 0072 to book your seat.

Abbeylara Active Retirement are travelling to Lissadell House, Sligo, for the Country Fair on 13th July and also stopping off at Glencar Waterfall and returning with a stop at the grave of W.B. Yeats, refreshments on way down and evening meal on return journey, cost inclusive for the day is 65 euro. Contact Denis at 087 251 0072 seats are limited book early to secure yours

Lourdes Pilgrimage: The annual Diocesan Pilgrimage to Lourdes takes place from Wednesday 27 May to Monday 01 June 2015. Departing from Knock Airport. Assisted pilgrims wishing to travel should contact their local parish priest. Others wishing to travel please contact Joe Walsh Tours direct on 01-2410800 or email joewalshstours.ie for booking forms and further details.

Parish Centre Abbeylara: The open evening for the new Parish Centre for the people of the parish and friends will take place on Friday 29 May. Format for the evening is viewing; celebration of Mass and blessing followed by refreshments. On Friday 12 June a dance with Derek Ryan and his Band will take place. Dancing from 11pm to 1am. Full bar extension. Tickets €15 each are currently available from Farrell's Shop, Abbeylara; Music Centre, Longford; Multi Sound, Cavan and Images Hair Studios, Market Street, Granard and other outlets.

2015 Irish Vintage Society: Streete Parish Park will host the 2015 Irish Vintage Society All-Ireland on Sunday, July 12. An all-out effort will be made to make this an outstanding event which will not only benefit the parish of Streete but also the counties of Westmeath and Longford. For further information on this event please contact Brian Nerney on 086 2596656, Pat Duffy on 086 8433355, John Parker on 086 8301347 or email brian.nerney@gmail.com

Cycle and Climb: The 5th annual Glenn Brady Memorial Cycle and climb will take place on Sunday, May 31st. This unique event is challenging and most rewarding, with 147km cycle and a 3-3.5 hour climb on Croagh Patrick. So there is plenty of time to train and we will look forward to another very successful day on May 31st. Details on Registration will be available in the coming weeks.

County Longford Ladies Golf Club have a package of Beginner Lessons for ladies in process - a great way to meet new people and take up a new sport - if you are interested or know of anyone interested - Enquiries to 086 3508920

Longford Community Bus: Is your group taking a trip soon? If so, are you aware that there is a community bus available to community and voluntary groups in the Longford area? The bus is subject to a driver being available and does not do runs on Sundays. If you would like more information on the bus, rates etc. contact Pozy Greene 085-1334595 for further details.

Longford Branch Alzheimer Society of Ireland invites you to host a Tea Day in your home or your workplace. Remember every single euro you raise will be spent on vital services in County Longford. Please contact Breda/Marie on 043-3348402 or visit www.teaday.ie

Springlawn RCDG : Springlawn Men's Group meet every Monday at 11am to 1pm in the front room of the Resource Centre at 26 Springlawn. The group was formed twelve months ago and to date having enjoyed playing various card games. Light refreshments are provided and the group



has an open door policy. The group is currently planning a range of activities and would welcome new members.

Springlawn RCDG: Springlawn Gardening Group meets every Tuesday morning at 10am- 1pm at the Resource Centre at 26 Springlawn. The group is made up of enthusiastic amateur gardeners. At the moment the group is propagating from seed and transplanting plant plugs in the house and getting the flower beds in the estate ready for spring and summer planting. The group plans to run a horticultural course once there are sufficient numbers interested. So if you are interested in gardening come along and join in and share the knowledge.

Springlawn RCDG: The Wednesday Activity Group meets every week in the Resource Centre at 26 Springlawn. This group has been meeting for over five years. During each year a range of activities are planned. If you are interested in joining the group drop in any morning and let us know or call us on 0873749950 or by email at Springlawn rcdg26@hotmail.com . We look forward to hearing from you.

FYI: Longford Westmeath Community Transport Ltd (formerly known as LCRL Rural Transport): is administered from Moate and Mr Noel McCormack is the co-ordinator. All services are running the same as always with the local providers. The contact details for Longford Westmeath Community Transport Ltd are as follows:

Noel McCormack, Manager, Tel: 087 798 7905

Magdalen Dunne, Administrator, Tel: 090 644 8670

Address:

Westmeath Rural Community Transport

IRL Complex, Moate Business Park, Clara Road, Moate, Co. Westmeath

Email: swrta@eircom.net

Fax: 090 6448670

Senior Helpline: Is Ireland's only confidential listening service for older people provided by older volunteers is open 365 days of the year. The helpline is open every day from 10am to 10pm. Don't be alone. Call Senior Helpline LoCall 1850 440 444. No call costs more than 30cent.

Family Learning: Are you an early school leaver? Are you a long time out of education? Would you like to learn a new skill? Meet new people? Have fun while learning? If so, the following programmes for 2015 for parents, grandparents and carers include Child Development, Family Learning, Growing your own Vegetables, Parenting, Food Nutrition, Communications, Family Budgeting, Family Digital Photography and Supported Learning on line. Programmes are at QQI Level 1, 2 and 3. Most of the courses are for six weeks, courses are free with basic education skills given. For further information please contact Grainne on 086 8883413, telephone 043 3345609, or e-mail longfordfamilylearning@gmail.com

Foróige are trying to expand in Co. Longford and in particular in Drumlish. They are looking for volunteers who would be suitable and interested in setting up a Foróige club in the Drumlish locality. Foróige offers young people an opportunity to mix and have fun in a safe environment. Contact: Jim Maher- Regional Youth Officer. Tel 086 967 2904.



Drumlish AED/ Defibrillator Training: Training in the use of use an Automated External Defibrillator (AED) and basic techniques of cardiopulmonary resuscitation (CPR) commence shortly at Drumlish Community Centre, we are hoping for a good response from the local community, businesses, sporting organisations etc., to come an avail of training to help save lives of those in cardiac arrest. If interested Please text you name to Breda 0879181787.

Drumlish Social Dancing: Classes continue at the Community Centre, Drumlish, Wednesday at 8.30pm. This class is for all ages (no age restriction!!) and all abilities, if you're looking to enhance that first dance on your wedding day, learn a few moves or shed a few ounces after the festive session. Come along join in the fun.

Drumlish Cookery Classes on Tuesday at 7.30pm in Drumlish Community Centre, Tiles cover over the next three weeks are Importance of Fish in your Diet, Stress & physical activity. Please text Breda 087 9181787 to confirm your place.

Drumlish Art Classes: continue this Wednesday morning at 10.00am – 12 noon in the Centre with the use of water paints.

Ballinamuck Bingo continues in Ballinamuck on Tuesday nights at 8.30p.m. More local support would be appreciated.

St. Vincent's GAA: are currently seeking new coaches/trainers/mentors for all age groups from u6 right up to u18. All that's needed is enthusiasm and a desire to be part of a vibrant and dynamic club catering for large numbers of young people in the Drumlish/Ballinamuck area. Even if you have limited or no experience of Gaelic football you can still get involved as coaching courses will be provided over the coming months. Anyone interested can contact Colin Crowe on 086 0761556 or any committee member

The Ballinamuck Visitor Centre is run by Ballinamuck Enterprise group and is manned by volunteers and anyone can visit the centre by calling (087) 205 5462/0879613312 or by emailing 1798ballunamuvk@gmail.com, it is free to visit and all are welcome

Ballinamuck now on Facebook: Ballinamuck is on Facebook our pages are as follows: 1. Ballinamuck Longford, 2. 1798 visitor centre, 3. Ballinamuck walks, 4. Ballinamuck Essert Twining, 5. Ballinamuck enhancement. So why not like our pages and keep up to date!

Fitness at Monaduff Gym : If you are currently looking for a Fitness Class but don't know where to start, why don't you join us here in the Fitness Centre. We run group classes every Monday at 8pm & Wednesday & Friday at 7pm in Monaduff Gym beside the football pitch. Membership/Insurance costs €20 for the year (unbelievable value) and then the cost of the class is €6 per session or we do monthly prices too. We are looking for members with all fitness types. If you are looking to slim down, tone up or even maintain your physical appearance get in contact with Gabriel at the Following contacts. Phone: 087-2189517 Email: gabrielhiggins@yahoo.ie Facebook/fitnesscentre

Yoga classes, Drumlish: continue every Thursday night in The Village Inn, Drumlish at 7.30pm. Contact 087-2868254.



Badminton in the Community Centre, Drumlish: every Thursday night at 9.00pm. New and previous members welcome.

Edgeworthstown District Development Association will be holding a night at the dogs fundraiser in Mullingar Greyhound Stadium on Saturday 12th September. Tickets available from any committee member or 043-6671801, edgelocdev@eircom.net, www.edgeworthstown.org. Buster draw winning ticket holder wins €1,000. A great night guaranteed.

Beginners Irish Classes: Beginners conversational classes for adults starting soon in The Green. No pressure, No books just a circle of friends having a chat together. Basic Irish to start with. If interested call Pauline on 086-1513152.

Outreach work in Edgeworthstown: The Rural Resource Worker in Longford Community Resources Ltd will carry out on-going outreach work in Edgeworthstown to support people who are unemployed. If you would like more information please contact Mary Mulvey, Longford Community Resources Ltd at 043-3345555.

Parent and Toddler Group, Edgeworthstown: held every Tuesday from 11am-12:30pm in The Green. Very friendly group. Everyone welcome. Contact Caroline 087 681 8083.

Edgeworthstown Active Retirement Group: meet every Friday from 11.30am – 1.30pm in The Green. New members welcome.

The Student Scholarship, sponsored by Ballymahon & District Credit Union is operational again this year. It is open to all Leaving Cert Students attending the Vocational and Mercy Secondary Schools. The student must be completing a FAS Apprenticeship, full-time Certificate, Diploma or Degree course at any University, IT or approved third-level college. **All students** who wish to enter the draw must be a member of the Credit Union before 31st May 2015. The Recipient of the Scholarship will receive €1,000 per annum for a maximum of three years.

Goldsmith Literary Festival : The 31st annual Goldsmith Literary Festival takes place over the Bank Holiday weekend, 29th May to 1st June. The press launch for the Festival will be held at Ballymahon new Library on this Friday, 15th May at 6p.m. We wish the **organising committee** every success with this year's event. For schedule and further information please go to www.goldsmithfestival.ie

Ballymahon School Re-Union: Plans are underway to have a re-union of Ballymahon Convent Secondary School Class of 1970 to 1975. Dolores Power is one of the main organisers for this 40 year re-union which will be held in Cooney's Hotel, so if you are one of the sixty or so pupils from those years please pencil in a provisional date for Saturday, June 20th. If you wish to attend please e-mail ballymahonclass1975@gmail.com or info@cooneyshotel.com

Ballymahon Traders Association are very excited about the Center Parcs project planned for the area. They would be grateful if local businesses and groups could show their support for the planning application. You can e-mail them a letter of support to Ballymahontraders@eircom.net or traders1@eircom.net or give your letter to a member of the BTA. Also a public Open day is to be held sometime towards the end of May in Ballymahon which will provide further details behind the Center Parcs plans.



Ballymahon Church Choir: St. Matthews's Church choir has resumed usual practices at 8pm on Wednesday evenings in the Church. New members are always welcome. Contact Mary on 086-8715155.

A Pilgrimage to Medjugorje will take place from Knock on Sept 16th 2015 at a cost of €699 per person sharing. Contact group leader Marita Concannon on 098-64017 or 089-4146331.

Innyside Singers: Have resumed their weekly sessions in the usual venue, Skelly's Restaurant, on Thursday nights from 8p.m. to 9.30p.m. If you would like to join the group, who sing together for fun, why not go along. They are presently preparing for a Concert which is to be held in May 2015 so everyone's attendance each week is vital. Everyone welcome, men and women.

Ballymahon Social Dancing takes place every Saturday night in Cooney's Hotel from 9p.m. to 11p.m. Everyone welcome.

Ballymahon Men's Group: Longford Community Resources Ltd continues to support Ballymahon Men's Group. The men meet every Tuesday at 9am in Bridgeways Family Resource Centre, Dean Egan Hall, Ballymahon. Activities include gardening and computers. New members are always welcome. There is no admission charge. Refreshments are provided. If you would like more information please contact Mary Mulvey, Longford Community Resources Ltd at 043-3345555 or Rory Gallagher Bridgeways Family Resource Centre 090-6432691.

Creative Ardagh: Why not learn a new skill or refresh one you already have with Creative Ardagh
Tuesdays: Drawing and painting course starting on Tuesday from 10.30am to 12.30pm. Contact Loretto on 0868478527 to book and for further details

Wednesdays: French Leaving Cert Grind Club 6.30pm to 7.30pm. Practice for your orals and prepare for your written exams with a qualified, experienced teacher/examiner in a group session. €80 for 6 classes €20 drop in. Susan Eades, M.A., H.Dip Ed, SEC oral examiner.

Adult Group French Conversation Sessions at 8pm.

French conversation on current affairs, Grammar catch-up, French for holidays.

€80 for 6 wks. or €20 p/w drop in.

Thursday: Toddler Creativity continues from 11am to 12 pm. €5 per child. Free tea/coffee for accompanying adult.

Elements of Art classes continue from 12.30pm to 1.30pm. €5 per person. Drop in and join in or follow us on creativeardaghelementsofart.blogspot.com.

Friday: Spanish Leaving Cert Grind Club recommences, 6.30pm to 8pm. €80 for six class block or €20 for each drop in session. New members always welcome.

And there's more...

Keep an eye out for Community Games Model making classes starting soon and don't forget you can book your own group session, school tour or birthday party with us!

Are you interested in German, Irish, Chinese, English Grind clubs or group sessions? Any subject not mentioned you would like us to organise a club for?

CREATIVE LONGFORD Craft Gallery at Ardagh Heritage and Creativity Centre is a lovely spot to browse local crafts at your leisure. Just give us a call to browse.

Clondra Community Association: Art Classes for children continue on Saturday mornings at Waterways Ireland House in Clondra. Adult classes on Wednesday evenings. Contact 087 615 8772 for details.



Ladies circuit training class will take place in St. Barry's Hall, Kenagh at 7.30pm on Tuesday's and 8.30pm on Thursday's. Suitable for all levels of fitness. Call 087-9292378.

Good2Talk Longford provide accessible counselling and psychotherapy services for all who need them. Good2Talk Longford are looking for Volunteers to walk or run the Ladies mini marathon on the 1st June in Dublin. Buses will be organised, for more information please contact Siobhan Leighin at 0872909182.

Change of A Dress: Proceeds from this shop go directly to Meals on Wheels
Dublin Street, Longford Tel: 043.3346621

Designer Boutique & Local crafts

Outlet for pre-owned designer clothes and accessories. We sell quality gently used clothing, which is often well known designer brands. Clothing is in excellent condition and priced at a fraction of its original sale price. If you are looking for that special outfit at a giveaway price why not call to us and see the fabulous stock we carry:

- Wedding outfits
- Party wear
- Day dresses
- Evening dresses
- Coats
- Jackets
- Suits
- Separates
- Shoes and boots
- Handbags
- Accessories
- Costume jewellery
- Fascinator's

Arthritis Longford Branch: are running the following courses which are adapted exercises suitable for people with arthritis or other limitations: Walking / strolling group - every Thursday at 11am, meet at the Mall Complex, Longford Town. Aquafit every Tuesday at 11:30am and Wednesday at 8pm in the Longford Arms Leisure Centre. Contact Mary at 087-1404200 or 043-667506 for further details

Longford Community Mothers continues to provide our home visiting services to families with children aged between 0-5 years. Community mothers use experienced mothers from the local area to visit parents in their own home to help with isolation and stress many parents experience with young children. The service free and you can ask your local Public Health Nurse for more information or contact the co-ordinator Catriona Corcoran who is based in Longford Childcare 043 3342505

Longford Community Mothers Baby Café : This group will meet on Thursdays between 11 and 12noon in the Family Centre behind St Mel's Cathedral. The group is an ideal opportunity for new



mums to meet other parents and babies, make new friends, hear what activities are available locally and share experiences of being a new parent.

For more information contact Catriona Corcoran 086 0442354 or visit www.cmums.ie

Longford Voices United Community Gospel Choir (supported by LCRL): Longford Voices united every Monday night @ 8.30pm in Respond House (Across from EDI Centre). Everyone welcome. Please contact Ann on 087 7141733.

Co Longford Citizens Information Services: hold a **Pensions Clinic** every Tuesday morning from 10 - 1 p.m. This service will assist clients with queries on State Contributory; Non-Contributory and Transition Pensions and will include PRSI records, calculating mixed insurance pensions and claiming a pension from another EU state or country with bi-lateral agreements. For all enquiries and to book an appointment for the pension clinic contact **Tel: 076107 5890**

Other services provided by CIC

- * Pensions - State Pensions (Contributory and Non-Contributory) - **NEW SERVICE**
- * Fair Deal - Nursing Home Support Scheme - **NEW SERVICE**
- * IRIS - Irish Remote Interpreting Service - **NEW SERVICE**
- * Immigration - Interpreters (Polish, Latvian, Russian, Lithuanian, Slovakia) **Every Tuesday - No Appointment Required**
- * FLAC - Free Legal Advice Clinic
- * CAVA - Chartered Accountants Voluntary Advice **By Appointment Only**

Tel: 07610 75890 Fax: 043 3342485, Email: longford@citinfo.ie

Longford Toastmasters: Do you find it difficult to speak up in public? Do you struggle to get your point across at committee meetings, dread the thoughts of giving presentations or do everything you can to avoid providing staff evaluations? Would you like to improve your communication skills, build your self-confidence and broaden your social life in the process? Join us at Longford Toastmasters, where, regardless of your current ability, you will get whatever help and support you need to gain the skills and confidence to speak up in public. Our meetings take place in a friendly, encouraging and fun environment on the first and third Thursday of every month, in The Longford Arms at 8.20pm. Anyone over 18 is welcome, so come along and see if Longford Toastmasters suits you. Interested but still not convinced? If you would like more information before attending, please contact Terrie on 085 1163565 or Mary on 086 1219281 and they'll answer any questions you have.

The Peelo School of Dance Longford is running a number of summer dance camps for Twinkle Toes & Tiny Boppers right up to 16 years+. All dance styles including Classical Ballet, Tap, Hip Hop, Musical Theatre, Contemporary, Zumba and much more. For further information ring 01 6275570 or info@peelodance.ie

East Meets West Women's Group (supported by LCRL): are women from all nationalities, ages and backgrounds who meet every second Thursday from 11am – 12pm in the Library for a friendly chat and a cuppa. Here women can make new friends and find support while living in County Longford. This group are also a Mother/ Toddler group.

For further information please contact Yvonne on 043 33 47944



Longford Women’s Manifesto Group: The Longford Women’s Manifesto Group meet on the third Wednesday of every month at the Longford Women’s Link training room. If you have an interest in your local government and issues in your community this group might be of interest to you. Email: manifesto@longfordwomenslink.org or phone Longford Women’s Link at 043-41511.

Friendly Phone Call Service calling older people in Co. Longford (LCRL): Mary Mulvey, Rural Resource Worker will be promoting the Friendly Phone Call Service to older people in County Longford. Please contact Mary at 043-3345555 if you are a group in County Longford who would like more information on the service. The Friendly Phone Call Service is a free confidential service which provides information on local activities and services available to older people as well as an opportunity for a friendly chat. If you are feeling lonely or isolated and you would like someone to talk to, this is the service for you. The Friendly Phone Call Service can be reached at 043-3349678 from Monday–Thursday from 10:00am – 4:00pm.

GROW Meetings: GROW Community Mental Health Movement meets in the Community Mental Health Centre, Dublin Road on Mondays at 11am. If you are anxious, isolated or depressed why not join this group and learn a practical psychology of mental health. For further info contact John on 086 8033126

Clondra Community Association

- Art classes continue in Waterways Ireland House, Clondra on Saturday mornings for children and Wednesday evening for adults.
- Visit Mary Holmes tranquil garden by arrangement. Phone 086 230 7963
- Feed the donkeys. Contact Maureen at 043 33 26310
- Traditional music in the Camlin Bar on Tuesday evenings.
- June Bank Holiday week-end - Saturday and Sunday - Canal and Heritage week-end - Busking competition - Canoeing - Boat trips - Fishing competitions - Walk the Canal Trail -Travel to the Bog the traditional way - by ass and cart followed by barbeque in the Harbour - Busking competition - Demonstration of butter making - Demonstration of Boxty making - Demonstration of crochet and finger-knitting - Country and Western music in Richmond Inn on Sunday from 5.30 pm

Newtownforbes Pilates: Classes at the Giving Tree (Wendy Louise Hat Design), Cloontagh, Newtownforbes, Monday 8pm to 9pm - Tuesday 8pm to 9pm (men only). To book a place contact Brendan on 087 7681730.

Clonguish GAA Club are having a Barbeque on Saturday vight 31st May at the PJ Murphy Hall. Good Food Sausages, Burgers and Steak. Music by Gobsmaeked. From 9pm till late. Fully licensed bar. Come and enjoy the craic.

Tarmonybarry Parent and Toddler Group takes place every Tuesday morning from 10.30am to 12noon in Buttercups Playschool.

Mohill Badminton every Wednesday, Mohill sports complex starting at 8pm. Newcomers are always welcome.



Outreach Clinic: Mohill Family Support Centre has an outreach clinic in the Trathnona Centre on Wednesdays from 1.30pm to 3.30pm. Anyone needing advice on social issues such as housing, social welfare or on community issues is welcome to drop in.

3. LOCAL NEWS & SERVICES:

Eircode Community Outreach Programme

Getting Ready for Eircode

Background

Ireland is introducing postcodes in 2015 and an outreach programme is in place to ensure that no one is left behind.

An Eircode is a smart location code for all Irish addresses. Unlike other countries, where postcodes define clusters or groups of addresses, an Eircode will identify an individual address – rural or urban – and help show exactly where it is located. This means every residential address and business will receive a unique Eircode.

There are numerous benefits of introducing Eircode. Not only will it make the delivery of services and goods to households easier, but in the case of a medical emergency, being able to accurately and quickly identify an address can save valuable minutes.

During the launch phase this summer, all residents and businesses will receive a letter notifying them of the Eircode for their address. Addresses will not be changing; an Eircode will simply be added to current addresses.

Eircode Outreach in Longford & Westmeath

The Wheel, working closely with Irish Rural Link, are involved in a nationwide effort to reach out to people who may get left behind when Eircodes are introduced. **Longford Community Resources Ltd** is leading the drive in Longford & Westmeath, working with community and voluntary organisations to reach these people and offer them basic information and reassurance on the change. **Margaret Walsh** is the **Outreach Champion** and is particularly interested in ensuring that people reach out to people they know, friends, family and neighbours, who they feel might get left behind, particularly older people living alone.

How You Can Get Involved

Could you or your organisation help out? Do you know some people that your organisation helps or who live in your area who might need some assistance? Could you hold an event this summer to reach some of the target group in your area? Could you get the word out through your organisation? We'd love to hear from you, let us know how we can help. You can get in touch with **Margaret Walsh** at Longford **Community Resources Ltd** 043 3345555 eircode@lcrli.ie



Further information on the Outreach Programme is available from www.wheel.ie/eircode or www.irishrurallink.ie/eircode

Further general information on Eircode is available at www.eircode.ie

Please find Eircode Community Outreach Programme letter attached for your convenience in circulating the information



National Volunteering Week a great success 11-17 May

Longford Volunteer Centre was delighted to play an active role in promoting National Volunteering Week aimed at increasing awareness of volunteering here in county Longford. Our week long programme included a Volunteer EXPO, clean-ups, volunteer lunch, painting project, information giving, helping develop the native woodland in Farnaght and partnering with the Courtyard and Torc in our coffee shop promotion. Longford Volunteer Centre would like to thank all those who participated in events during the week.

Our Outreach and Development Officer, Angela Killion, also had the opportunity to highlight the excellent work the Volunteer Centre, volunteers and organisations are doing in Longford to Gabrielle McFadden TD at the national TD/Senators briefing event organised by Volunteer Ireland.

There are lots of charities, community groups and worthy causes looking for volunteers in county Longford – if you are interested in finding out more about volunteering contact Terri on 087 2915367 or call into our office at 6 Earl Street, Longford.





Longford Volunteer Centre (Supported by LCRL)

Volunteer Sports Assistants required for Sports Day in Granard May 26th

Volunteer Churghgate Collectors required for **Arthritis Ireland, Longford Branch** for all masses in Keenagh, Moydow, Ballymahon, Forgone, Ardagh, and Edgeworthstown on 23rd and 24th May.

Volunteer Receptionist required for **Longford Counselling Service**

Volunteer Stewards & Race Officials required for **Longford Community Games** County Final, Ballymahon, 31st May

Volunteers required for Youth and Senior Buddies Program with St. Christopher's Day Care Centre, Longford

Volunteer Home Visitors, Kennel Assistants, Woodland Walkway Volunteers required for **ISPCA**, Keenagh, Longford

A big Thank You to all the volunteers who volunteered in all the events during National Volunteering Week 11th-17th May 2015.

Contact Details for Longford Volunteer Centre:

Terri on 087 2915367 (Mon-Wed) or Angela 087 7594770 (Wed- Fri)

Longford Volunteer Centre,

6 Earl Street,

Longford

Mobile 087 7594770

www.volunteerlongford.ie

Follow us on:

Facebook: www.facebook.com/longfordvolunteercentre

Twitter: www.twitter.com/volunteerlvc

Open call for literary and art works for Midir and Etain anthology

Creative Ardagh, in partnership with County Longford Arts Office and Cruthú Arts Festival are inviting all artists, writers, poets, established and new, young and old to take part in an exciting Visual Arts and Literature Project.

We want to celebrate our local legend by publishing an anthology of stories, poetry and artwork by people of all ages. We envisage a mix of work from professional artists and writers, along with the work of children and other budding artists/writers based on the legend of Midir and Etain.

This inspirational legend lends itself to an exciting project such as this. Be inspired by the drama, love, envy and shapeshifting transformations that are entwined in the story and produce your own creation in whatever media you like. We are accepting poetry and stories up to a maximum of 1500



words and artworks in any media including drawing, painting, photography, digital media and images of 3d artwork. The only restriction is that it is your own original work. You can find out more about the legend here: <http://creativeardagh.blogspot.ie/p/midir-and-etain.html>.

You can enter from where ever you are in the world by post or email.

Artworks sent by post should not exceed A4 size.

The closing date for submissions is: 5pm on 7th June 2015.

Please send all submissions to:

Creative Ardagh, Ardagh Heritage and Creativity Centre,
 Ardagh, Co. Longford

or email: creativeardagh@gmail.com

The anthology will be launched as part of the Bilberry Sunday Event on the 26th July 2015 in Ardagh Heritage and Creativity Centre. This event will be hosted by Creative Ardagh in conjunction with County Longford Arts Officer Fergus Kennedy during the Cruthú Arts Festival. Those selected for the publication will get a chance to read their written piece or display the original artwork on the day.

Library Programme of Events May / June 2015

Branch	Day	Event	Time	Contact No.
Longford	Each Friday	Knitting Group	11-1pm	043 3340727
Longford	Every second Mon	Longford Writers Group	7-8.30pm	043 3340727
Longford	Mondays & Wednesdays	Library Visit St. Christophers	11-12pm	043 3340727
Longford	Wed./Thu/Fri	Library Visit Local Schools	Mornings	043 3340727
Longford	Wednesdays	Triple P-Positive Parenting	10-12pm	043 3340727
Lanesboro	Each Monday	Knitting & Crochet	2-4pm	043 3321291
Lanesboro	Each Tuesday	ESOL Class	7-9pm	043 3321291
Lanesboro	2 nd Mon of the Month	Lasrai Writers Group	7-9pm	043 3321291
Lanesboro	Last Fri of the Month	Book Club	11-12pm	043 3321291



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

Lanesboro	Each Tuesday	Active Age	3-4pm	043 3321291
Granard	Last Wed. of every month	Book Club	11-1pm	043 6686164
Granard	Every 2nd Saturday	Storytelling for Children	11-12pm	043 6686164
Drumlish	Each Wednesday	Arts and Crafts	2-4pm	043 3324760
Drumlish	Each Monday Each Wednesday	Local Schools Class Visit	10.30-11.30am 11.30-12.30pm	043 3324760
Drumlish	Each Wednesday	Keyboard Skills for Children	12.30-1.30pm	043 3324760
Edgeworthstown	Tuesdays & Thursdays	Local Schools Class Visit	11.30-12.30pm 12.30-1.30pm	043 6671927
Ballymahon	Tuesdays & Wednesdays	Local School Class Visit	11am-12pm 2-3pm	090 6432546

Date	Venue	Class / Event	Time	Contact No.
Monday, May 18 th	Lanesboro & Longford Libraries	Bealtaine na nGael – an entertaining show by Futa Fata Publishing, Galway based on music and old traditions. For times, please contact 043-3341124	To be confirmed	043-3341124
Monday, May 18 th	Longford Library	Longford Library Book Club. The book up for discussion this month is 'Nora Webster' by Colm Tobin. New members always welcome	7-8pm	043-3341124
Tuesday, May 19 th	Granard & Ballymahon Libraries	Bealtaine na nGael – an entertaining show by Futa Fata Publishing, Galway based on music and old traditions. For times, please contact 043-3341124	To be confirmed	043-3341124



Wednesday, May 20 th	Backstage Theatre	'The Man in the Woman's Shoes' written and performed by Mikel Murfi. An ingenious and imaginative performance in this hilariously funny, tender play. Adm €16/14	8.30pm	043-3341124
Wednesday, May 20 th	Lanesboro Library	Computer Class with Seamus	3-4.30pm	043-3321291
Wednesday, May 20 th	Lanesboro Library	Art class No. 6	8pm	043-3321291
Wednesday, May 27 th	Longford Arms Hotel	The official launch of 'Age Friendly Longford', a programme designed to make Longford a better place to grow old in. This is an opportunity for you to have your say.	All day	043-3341124
Wednesday, May 27 th	Lanesboro Library	Computer Class No. 6 with Seamus	3-4.30pm	043-3321291
Thursday, May 28 th	Longford Arms Hotel	Close of Bealtaine tea dance	2pm-4pm	043-3341124
Monday, June 8 th – Friday, June 19 th	Longford Library	Claire Connell Art Exhibition. We are delighted to be hosting an exhibition by this very talented local artist.	Ongoing	043-3341124
Monday, June 15 th	Longford Library	Longford Library Book club. The book up for discussion this month is 'Birdsong' by Sebastian Faulks. New members always welcome.	7-8pm	043-3341124

Longford Libraries Contact Details:

Web: www.longfordlibrary.ie

T: @Longfordlibrary

Fb: www.facebook.com/longfordlibraries

Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Longford Branch Library						
Tel: 043 3341124 E: library@longfordcoco.ie	10am - 8.30pm	10am - 5.30pm	10am - 8.30pm	10am - 5.30pm	10am - 5pm	10am - 2pm
fb: like 'Longford Branch Library'						
*Except on Bank Holiday Weekends						



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ballymahon Community Library						
Tel: 0906 432546 E: ballymahonlibrary@longfordcoco.ie fb: like 'Ballymahon Library'	Closed	10am - 1pm, 1.30pm - 8pm	10am - 1pm, 2pm - 5.30pm	1pm - 6pm	10am - 1pm, 2pm - 5pm	10am - 1pm
Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Edgeworthstown Library						
Tel: 043-6671927, E: edgeworthstownlibrary@longfordcoco.ie fb: like 'Edgeworthstown Library'	Closed	11am - 1.30pm, 2pm - 8pm	Closed	11am - 5pm	Closed	10.30am - 1pm
Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Granard Library						
Tel: 043-6686164 E: granardlibrary@longfordcoco.ie fb: like 'Granard Library'	Closed Mon	10am - 1pm, 1.30pm - 7pm	10am - 1pm, 1.30pm - 7pm	1.30pm - 8pm	10am - 1pm, 1.30pm - 5pm	10am - 1pm
Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lanesboro Library						
Tel: 043-3321291 E: lanesborolibrary@longfordcoco.ie fb: like 'Lanesboro Library'	2pm - 8pm	2pm - 6pm	2pm - 8pm	Closed	10am - 1pm, 2pm - 5pm	10am - 1pm
Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drumlish Library						
Tel: 043-3324760 E: drumlishlibrary@longfordcoco.ie	10.30am - 1.30pm, 2pm - 6pm	Closed	11.30 - 4pm, 5pm - 8pm	Closed	Closed	10am - 1pm



fb: like 'Drumlisk Library'

Revamp project is a non-profit furniture recycle and reuse project started in 2005 as a social enterprise to reduce waste and provide training and employment for young people from a welfare dependent background



**Revamp 3R Furniture Store
 Mastertech Business Park Athlone Road Longford**

**Always looking for
 furniture fit for reuse
 Free collection and delivery
 Call 043 33 48876
 or come in and browse
 around our showroom**

4. THE GATHERING IRELAND

2013/2014 saw the successful delivery of many Gathering Events throughout Ireland. 2015 also has a lot to offer over sea visitors. Listed below are just some events being held nationwide in May/ June:

Ocean to City - Cork Harbour Festival – 30TH May – 6th June

Venue: Cork City & Harbour

Welcome to Ireland's newest festival, the Ocean to City - Cork Harbour Festival, a celebration from sea to shore! The festival begins with the 28km flagship race, Ocean to City - An Rás Mór. Join thousands of other visitors to watch the hundreds of participant's race from Crosshaven to Cork in a spectacular flotilla.

More than just a race, Ocean to City represents a personal challenge, a shared effort and a coming together of people who love these waters and love their boats. The following day, the June Bank Holiday Sunday, you are invited on board for Cork Harbour Open Day.

Featuring over twenty different events it's time to begin the maritime season in style! Embark on a journey and discover all that our beautiful harbour has to offer, both on and off the water.

Other events during the week include films, talks, a river trail, harbour cruise, seafood market, the



dragon boat challenge as well as the chance to row, paddle or drive a boat yourself!

Cork Harbour Festival offers something for everyone. Watch the spectacular fleet of boats from the many vantage points along the race; come aboard the harbour cruise; explore Cork Harbour's impressive forts, try some rowing or kayaking and see the city like you've never seen it before; put together a team for the dragon boat challenge, or get creative with your children in the model boat competition! Taking place in Cork Harbour.

Contact details:



+353 21 4847673

info@oceantocity.com

twitter.com

facebook.com

corkharbourfestival.com

The Festival of the Pirate Queen – 30th May- 1st June

Venue: Westport, Newport, Achill, Louisburgh, Clare Island, Mulranny & Co. Mayo

The Festival of the Pirate Queen celebrates the life of Grace O'Malley, one of the most inspirational women in Irish history. Events take place all over Clew Bay on the Wild Atlantic Way, the land base for her sea-faring adventures!

Can any modern day woman match the determination and bravery of the original Wild Atlantic woman? It's been over 500 years since the Pirate Queen commanded the seas from Scotland to Spain from Clew Bay in the West Coast of Ireland and even by today's standards, she is still considered legendary.

Enjoy a whole range of activity celebrating this infamous woman. There is something for everyone whether it's taking part in the Pirate Queen Adventure Race; enjoying the spectacle of traditional Yawl Racing on Achill Island; learning the story behind the legend through the many heritage tours, shows and lectures on offer; or simply taking in all the live entertainment with street performers, Irish music, song and dance.

Learn the historical reality of this extraordinary leader from her official biographer and historian Anne Chambers, whose name has become synonymous with Grace O'Malley. Her biography of the Pirate Queen has become the inspiration for documentary film makers, composers and writers from a range of creative disciplines worldwide, as well as for students in all educational levels.

Contact

Various

Westport

Mayo

Republic of Ireland



+353 98 50400

info@piratequeenfestival.ie

Piratequeenfestival.ie



[Twitter.com](https://twitter.com)
[Facebook.com](https://facebook.com)

Immrama, The Lismore Festival of Travel Writing – June 11th – 14th

Venue: Various venues in Lismore, Co. Waterford


Immrama, The Lismore Festival of Travel Writing is a high quality international literary festival and the only festival dedicated to the medium of travel in Ireland. It is driven by the long-term cultural benefits to the participants, the audience, the town of Lismore and the greater South East region. By bringing a host of top international and national authors, the festival is giving both the presenters and participants a unique opportunity for interaction and exposure to the genre of travel writing, while also catering for the mainstream literary area.

The festival offers the community and audience the opportunity to participate in four days of total immersion in the arts through exhibitions, readings, lectures, workshops and street theatre. Each year the programme works around a theme focussing on an aspect of travel writing. Authors and presenters explore this theme based upon their own works and experiences. The open mic session provides a platform for new and emerging Irish poets, while workshops are designed to encourage participants to pursue creative writing.

The bi-lingual poetry workshops and storytelling for primary school children are organised to introduce this age group to the literary arts

Contact

Various venues in Lismore
Waterford
Republic of Ireland

 +353 58 5853803

info@lismoreimmrama.com
www.lismoreimmrama.com

West Cork Chamber Music Festival 26th June – 4th July

Venue: St Brendan's Church & Bantry House, Bantry, Co. Cork

The West Cork Chamber Music Festival celebrates its 20th anniversary by programming some of the great landmarks in the chamber music repertoire. Among the works included will be Schubert's Trout, Brahms' Piano Quintet, Beethoven's Archduke Trio, Mendelssohn's Octet, Mozart's Clarinet Quintet and Bach's Violin Concertos. Lesser known works, for which the festival is famous, will also find their place in the nine day programme.

Among the world-class musicians appearing will be Alina Ibragimova, Viviane Hagner, Brett Dean, Barry Douglas, Natalie Clein, Lilli Maijala, Liana Gourdjia, Dmitry Sitkovetsky, Alexander Melnikov, Peter Laul, Philippe Bernold, Peter Whelan, Cremona Quartet, Vanbrugh Quartet, Borodin Quartet, Signum Quartet and Benyounes Quartet. Sopranos Claire Booth and Maria Keohane join



tenor James Gilchrist.

Young musicians have the opportunity to learn from international stars in masterclasses during the week while Ireland's only violin and bow making exhibition runs for the duration of the festival.

Contact

Bantry House & St. Brendan's Church
Bantry
Cork
Republic of Ireland

+353 27 52788

westcorkmusic@eircom.net

www.westcorkmusic.ie

Woodland Cottage Garden

Woodland Cottage Garden is a member of the wonderful Lough Derg Garden Trail. Located in Birr, County Offaly, the garden has been evolving over the past 30 years and consists of three distinctive areas. To the front of the house is the main lawn, which is flanked by a large mixed herbaceous border on one side. A hidden path leads down to the new rose garden. Here visitors can admire the many circular shapes of the borders, reflection pond and pergola.

Continuing along the rustic path, there is the woodland area. The semi-mature trees are under-planted with spring-flowering bulbs, Hellebores, Anemone nemerosa, Hostas and many other interesting woodland species. Cross the avenue and follow grass pathways that meander through a meadow filled with some fine specimens of both mature and semi-mature trees. Of particular interest are some old heritage apple trees.

After viewing these areas visitors can explore the smaller gardens nearer the house. To one side is an enclosed yard garden, filled with spring-flowering bulbs, nepeta-edged borders and fiery red plants in the autumn. A beautiful Acer 'Osakazuki' under-planted with ferns, lily-of-the-valley and hostas dominate one corner. To the other side of the house is a thriving vegetable garden.

Many of the plants seen in the garden are for sale.

Contact

Woodland Cottage
Birr
Offaly
Republic of Ireland

+353 57 9121215

+353 86 3051697

www.loughderggardens.com



150th Irish Derby 26th – 28th June 2015

Venue: The Curragh Racecourse, The Curragh, Co Kildare

Derby Festival Friday - Kicks off the weekend with a major music theme featuring a live concert after racing. Derby Day Saturday - World class racing, fabulous fashion, wonderful food and great music in celebration of the 150th year of Ireland's most iconic race, The Irish Derby.

Family Day Sunday - A must for all families with exciting racing and lots of free entertainment for children.

Contact Details:

The Curragh Racecourse

Curragh

Kildare

Republic of Ireland

+353 45 441205

info@curragh.ie

www.curragh.ie

5. [National News](#)

Fáilte Ireland's 2015 Competition Now Open and the search is Underway

Minister for Tourism and Sport, Michael Ring TD and Fáilte Ireland today invited applications from eligible towns across the country for the 2015 Tourism Towns Award.

A true Tourism Town must meet some minimum standards of presentation, with the eligible towns for the competition being those who ranked in the top 100 Tidy Towns for 2014. All eligible towns are being contacted directly with the **closing date for applications on Friday 12th June 2015**. The award, now in its fourth year, designed by Fáilte Ireland, is all about recognising Irish towns and villages where the local community goes the extra mile to enhance their appeal to tourists.

Last year Westport was crowned the 2014 National Large Tourism Town with Kinsale taking home the title of Small Tourism Town, with each receiving a certificate along with a €5,000 grant towards further developing itself as a tourism destination. Officially opening the call for applications, Minister Ring said: "This award is all about recognising Irish towns and villages which have really gone the extra mile to make Ireland even more attractive for tourists. Tourism isn't just a business, it's a community industry and that's why the whole community has a role in supporting tourism. I would encourage all the eligible towns to apply to Fáilte Ireland this year and look forward to hearing the overall winners later in the year."

The award will continue to focus on how participating towns have developed their local area in the following key tourism areas:

- Sense of Place – how the town tells its own unique story to visitors, what's special about it, and what distinguishes it from other towns;



- Local Involvement - how the local community works together to provide an authentic visitor experience;
- Tourism Experiences – what the town has to offer visitors;
- Promotion of the town – how the town takes a unified approach to marketing and promoting the town into a “tourism town”. Paddy Mathews, Head of Investment & Innovation with Fáilte Ireland emphasised the important characteristics of a tourism town and the how the award scheme seeks to recognise them: “For us a good tourism town is all about the role of the community in welcoming visitors and telling the story of the local area which adds significantly to the enjoyment that visitors have. “These are towns that have already performed well in the Tidy Towns Competition in 2014, so we know that they are clean and well presented. Now we want to know how well they present themselves to their visitors. “We have taken great care in drawing up the assessment criteria, ensuring that towns receiving an award have enhanced the experience of their visitors, improved their local ‘tourism offering’ and encouraged community wide participation in the development of local tourism.”

For further information please contact: Catherine Whelan - Press Office 087 6449572/01 8847181 - See more at: <http://www.failteireland.ie/Footer/Media-Centre/Where-are-Ireland%e2%80%99s-Best-Tourism-Towns.aspx#sthash.yXsnswBT.dpuf>

Demand on charities increasing despite economic recovery

Over two thirds (72%) of charities have reported increasing demand for their services despite the economic recovery, according to a new survey of 262 charities conducted by The Wheel, Ireland’s representative and support organisation for charities. The survey that was conducted earlier this month also found that 33% of charities have had to cut back or suspend services in the past year due to a lack of funding, while over 42% have reported a drop in their income over the same period.

Responding to the challenging environment facing the community and voluntary sector, Deirdre Garvey, Chief Executive Officer of The Wheel, today called on Government to prioritise investment in social provision and social infrastructure in Budget 2016.

Speaking at The Wheel’s national conference for the charity sector at Croke Park, Ms. Garvey said: “In recent budgets Government has rightly focused on achieving sustainability in our public finances, but we must acknowledge that this has come at an enormous cost to Ireland’s social infrastructure. We can now see clear evidence that even though the economy has been growing for over a year, the services that people rely on, continues to be cut. We are calling on Government today to prioritise the restoration of funding for services in Budget 2016. We are also calling on Government to ensure that future funding models continue to support the community and voluntary sector in its work of sustaining communities in Ireland,” said Ms Garvey.

Over 150 charities from across Ireland attended the conference on Thursday 14 May, hosted by The Wheel and sponsored by Ulster Bank. Doug Munro, Head of Deposits, Products and Propositions at Ulster Bank said: “We are delighted to be the principle sponsor of this event. Through our partnership with The Wheel we are demonstrating our commitment to valuing and supporting charities to grow. At Ulster Bank, we are happy to step forward, to help build lasting legacy in our communities and deliver measurable social impact. We believe that events like these empower community and voluntary organisations to make the greatest possible impact in the communities and in the lives of the people they serve,” said Mr Munro



Ireland's National Biodiversity Week May 22nd – June 1st. Photo Competitions

If you are a keen amateur photographer that loves to capture striking landscapes, migration spectacles or dramatic close-up images of birds and mammals then we have the competition for you.

Nothing captures Ireland's beautiful natural environment better than photograph, so as part of Ireland's Biodiversity Week 2015 we are running two photo competitions; for enthusiastic amateurs and smartphone snappers alike.

Biodiversity Photographer of the Year 2015 #bidiweek Smartphone Snapper Competition

Please read the **Terms and Conditions* thoroughly before sending in your entries.

6. [EU NEWS](#)

EU's state of nature: Ireland's wetlands deteriorating; mixed picture for EU habitats

A European Commission report out this week states that all of Ireland's wetlands have an unfavourable conservation status and are continuing to deteriorate (data from 2007 to 2012).

Overall, in the EU, 51% of wetland habitats overall get an 'unfavourable' conservation status, while the report remarks that: "In Ireland, all bogs, mires and fens habitat types have an unfavourable conservation status and bogs continue to deteriorate due to peat extraction and drainage."

It says that targeted conservation actions in the EU overall have brought some success, but a much greater effort is needed for the situation to improve significantly. Once-common farmland birds such as the Skylark are declining while grasslands, wetlands and dune habitats are of particular concern.

The report is the first assessment to cover both the Birds and Habitats Directives, and it results from the largest collaborative data-collection and assessment of nature ever undertaken across the Member States in the period 2007-2012.

State of Nature in the EU – Commission report and well-illustrated brochure – more links at end: http://ec.europa.eu/environment/nature/index_en.htm

Fiscal, health, jobs and mortgages - Ireland gets four recommendations from European Commission

As part of its system of economic governance, the European Commission this week issued its annual policy recommendations to the Member States.

Ireland received four recommendations. They covered:

- correcting the deficit,
- making the health-care system more cost-effective,



-
- getting people back to work - including affordable childcare, and
 - restructuring mortgages in arrears.

[Click here !\[\]\(a03a7eb2f4046e1d3c76772003e549ea_img.jpg\) to listen to Ruth Deasy, Head of Press at the EC Representation in Ireland, explain more.](#)

Life expectancy to increase significantly between now and 2060

Ireland's population will grow to 5.3 million between now and 2060, according to the European Commission's 2015 Ageing Report, released today.

Average life expectancy will increase from its current 79 years to 85 years in 2060 for men, while women's life expectancy will increase from 83 to 89 during the same period.

Fertility rates in Ireland will decrease from 2.01 in 2013, to 1.98 in 2060.

The young population (0-14 years) is expected to decrease from 21.9% of population to 18.5% during the period 2013-2060, while the elderly population is expected to grow significantly.

Currently those aged 80 and above account for 2.9% of the population, and in 2060 they will make up 10.2% of the population.

New survey on Patients' Rights – Irish more willing to travel for medical treatment

A new EU survey on *Patients' rights in cross-border healthcare in the EU* reveals that over half (55%) of Irish people would be willing to travel abroad for medical treatment compared to only a third (33%) of EU respondents. A further 8% of Irish and 13% of EU respondents said it depended on the type of medical treatment. Only one third of Irish respondents (33%) said that they would not be willing to travel for medical treatment, compared to almost half of EU respondents (46%).

The most common reasons for Irish people to consider travelling abroad are: to receive treatment not available in Ireland (67%), to receive treatment more quickly (56%) and to receive better quality care (54%). For Irish people, cancer treatment (67%), dental treatment (62%) and heart surgery (52%) are the treatments they would be most willing to travel to receive (compared to EU averages of respectively 53% (cancer), 38% (heart) and 28% (dental)).

In the six months prior to the survey, 6% of Irish people had availed of medical treatment in another EU country, a little above the EU average of 5%. In both cases only 2% had travelled abroad for a planned medical treatment. The vast majority of Irish people who had travelled abroad for healthcare (87%) said that they had not experienced any problems getting reimbursement from the national health service or their health insurer, well above the EU average of 69%.

Over one thousand people were interviewed for the survey in Ireland last October.



7. UPCOMING TRAINING/WORKSHOPS

EDI Centre

Occupational First AID, FETEC LEVEL 5;

3 day course from 9am to 4.30pm (Tea/ coffee served)

Cost: €200

For start dates or more information contact Geraldine on: 043 3347515

Disability Activation Congress Training (DACT) course starting end of March. Call the EDI Centre @ 043 33 47515 to book or for more information.

Free Training Opportunities:

Would you be interested in an introduction to digital photography, sending/receiving emails, using social media, using apps, buying tickets and on-line banking? Longford EDI Centre is running an 8 hour basic computer course which can be delivered mornings, afternoons or evenings. To avail of this great opportunity contact Bernie or Amanda at 043 3347515 or email infocentre@ericom.net

IT – 4 –today (Trade Unions supporting Learning)

Free 1 day computer basics course:

8 hrs of IT training

Eligible to attend if you are:

- Aged 55 OR OVER
- Unemployed
- Experiencing disadvantage
- Without any recognised formal education or
- Have none or some computer experience

To apply, contact **Bernie** or **Mary** in the **EDI Centre on 043 33 47515**

During this one day session, you will learn how to use a computer including: send/receive email, use social media, use of Apps, introduction to digital photography, perform simple online transactions; such as book a ticket, pay a bill, online banking and introduction to safety & security online.

Career Planning Programme

This six week programme five mornings per week- from 9.30 – 1.30, offers assistance to unemployed and other target groups to re-enter the work force through training & employment supports. Programme consists of - Skill sampling, personal development, career guidance, IT training, one to one support, Limited place available, Confined to people in receipt of a payment from Department of Social Protection (Unemployment or Disability payment) To register for this programme Contact the Centre.

The EDI Centre currently runs two FAS Local Training Initiative projects (LTI's).

REVAMP Training Project

Pilot Youth Project by Dept of Social & Family Affairs identified youth at risk of long-term unemployment from welfare dependent homes, with little motivation, early school leavers, some with literacy problems.



Mainstream education or training not relevant to their needs. Lack of suitable local training initiatives.

Pre-Employment identified Furniture Restoration as viable carrot to attract trainees to broader training. FAS Community Training Initiative was established in Dec 2002. First two programmes were 26 weeks long, now they are 48 weeks with continuous enrolment. In the first 5 years 70% of trainees progressed into full time work.

<p>Apprenticeship, Education or Training. This is a 48 week LTI for long-term unemployed persons providing FETAC accredited training in areas such as:</p> <ul style="list-style-type: none"> • Application of Number • Communications • Career Preparation • Computer Literacy • Upholstery Woodwork Tiling Personal and Interpersonal Skills • Personal Effectiveness Work Experience • Word Processing • Internet Skills Health and Safety Awareness 	<p>Catering/Life Skills Programme This is a 26 week LTI for long-term unemployed persons providing FETAC accredited training in areas such as:</p> <ul style="list-style-type: none"> • Application of Number • Communications • Career Preparation • Computer Literacy • Personal and Interpersonal Skills • Personal Effectiveness • Work Experience • Culinary Operations • Restaurant Service • Bread, Pastry and Desserts
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FREE JOB SEARCH SERVICE

Every Thursday from 10am to 1pm..The EDI Centre can help you with:

- CV's
- Job Applications
- Interview Skills
- Training Opportunities
- Career Advice

The EDI Centre provides a range of services to support unemployed people including information on employment rights, entitlements, training and education with access to computer facilities.

For further information, Contact the EDI Centre on 043 33 47515

E-mail: infocentre@eircom.net / Website: www.Edilongford.ie

White Goods Training

'Appliance Repair and Recycling Project' is the latest training programme undertaken by the EDI Centre. A 12 week training programme for 10 jobseekers has been designed and is being delivered by a qualified local Electro Mechanical Engineer who is also an experienced tutor. The programme is approved and funded by Skillnet. Washing machines, dishwashers, dryers, cookers, heaters, microwaves and small electrical etc are all part of the items which are worked on in the programme.



Longford and Westmeath Education and Training Board

Free Education Courses

Would you like to learn more about Gardening, Woodwork, Working with Childcare, Cookery Food and Nutrition, Turning on the computer, using the computer for learning on line? If the answer is yes and you are a parent, grandparent, child carer, early school leaver or a long time out of education, call or text Grainne 086 8883413, also email Longfordfamilylearning@gmail.com. Courses are free and basic education skills.

Longford Womens Link

Have you developed your business idea and are ready to launch?

Or have you been in business for less than a year?

If yes, then this is the course for you!

Building For Success – Working For Women

Topics include:

- Business Administration/Management Planning
- Costing, Pricing, Tax
- Financial Management
- Time Management
- Sales and Marketing

All modules are geared specifically towards female entrepreneurs.

Starting Date: June 2nd 2015

Duration: 6 weeks (1 morning per week)

Venue: Longford Women's Link, Ardnacassa Avenue, Longford

Course Fee: **No charge**

Participation funded through the Ulster Bank Community Impact Fund

Partners: Longford Enterprise Office, Ulster Bank Longford

To register please contact Pamela Latimer, Business Development Manager on 043 3341511 or by email on pamelalatimer@longfordwomenslink.org

Occupational First Aid



QQI - Level 5 - 5N1207

Date: Thursday 28 May, June 4th, June 11th 2015

Time: 9.00am to 5.00pm

Venue: Longford Women's Link

It is essential to attend all 3 dates.

Cost: 210 euro.

Class is limited to 10 participants – Tea/Coffee provided

A 50 euro non refundable deposit is required to secure a place on this course. Full course fees should be paid prior to the start of course.

If you have any further queries or require a booking form, please contact -
Pamela Latimer – Education and Training - Business Development Manager

Email: pamelalatimer@longfordwomenslink.org

Tel: 043 33 41511

Mobile: 087 205 8152

Local Enterprise Office Reminder

Managing Your Finances

Managing Your Finances takes place over four evenings 26th and 27th May and 2nd and 3rd June from 7pm until 10pm. This course will cover the following topics:-

Managing a Finance Function

- Key performance indicators, profitability and liquidity
- Prioritising bills
- Managing Costs
- Setting Targets
- Dealing with the 'once off' payment

Cash Management in a Small Business

- Cost Control
- Credit Management
- Tax Bills



- Using Budgets
- Cash flow and money management
- Distinguishing between profit and cash

Day to day Financial Management

- Setting attainable goals
- Costing and pricing issues for a small business
- Analysing and monitoring performance
- Use of technology in managing finances (e-banking, EFT's)

Finance - Third Parties and Strategy

- Day to day challenges - working capital, personal finance planning
- Variables affecting finance
- Building relations with a funder

Twitter for Business

This three hour interactive workshop will help participants to set up and use Twitter to successfully market their business.

Upon completion participants will be able to:-

- Explain what Twitter is
- Identify the value of Twitter to their business
- Set up a Twitter account
- Demonstrate how to tweet
- Utilise hashtags, photos and website/blog links to increase engagement
- Implement a winning Twitter strategy
- Use Twitter search to find customers
- Build a Twitter following
- Manage Twitter easily using Twitter lists, Twitter trends, 3rd Party Twitter tools and Twitter Scheduler



- Describe how to analyse Twitters marketing impact

[Book Here](#)

8. FUNDING

IRELAND 2016 – LONGFORD ACTIVATION GRANTS SCHEME 2015

Longford County Council intends to allocate small grants to groups seeking to organise events as part of the Ireland 2016 Centenary programme. These will be for activation measures, such as the purchase of materials such as flags, replica items, or for preparatory works. The grants will typically be up to €1500.

Applications must be submitted using our application form **before Friday 29th May 2015**.

Canvassing on behalf of any Applicant will automatically disqualify an application. In previous years some applications have been rejected for this reason.

Please read this document before completing your application form.

1: Objective of the grant	To support community-based projects as part of the Ireland 2016 Centenary Programme
2: Themes	<ul style="list-style-type: none"> • Remember: recalling our shared history on the island of Ireland; • Reconcile: honouring all who have built peace and brought people together; • Imagine: releasing the creativity of our people, in particular our young people; • Present: creatively showing our achievements to the world; • Celebrate: family, community and friendship and renew our commitment to the Proclamation ideals of liberty and equality
3: Who can apply?	Open to not for profit organizations, local community groups, history, heritage and preservation societies, and private companies. Applications by individuals must be in partnership with a community or heritage group.
4: How to apply	All applications must be made using Longford County



	Council’s application form and attach any necessary documentation.
5: Criteria	<p>Applicants must demonstrate the following:</p> <ul style="list-style-type: none"> • That the project focuses on a minimum of one aspect of the Ireland 2016 themes as set out in Section 2. • That the project will be guided by good practice and historical accuracy in research, management and interpretation. <p>That the project shall raise awareness of the Longford- aspect of the events of the Easter Rising.</p> <ul style="list-style-type: none"> • That the project has a demonstrable public benefit. <p>Costs and sustainability</p> <ul style="list-style-type: none"> • That the project can be completed by 27th November 2015. • That the project will form the basis of another project to take place in 2016 or contribute significantly towards the county-wide commemoration events. • That the project is costed and offers reasonable value-for-money. <p>Communication about the project</p> <ul style="list-style-type: none"> • That the project promoters will take measures to engage a broad audience within their community. • That the project will support local jobs and economy would be desirable (where appropriate).
6: Examples	<p>Here are some examples of possible projects under this scheme:</p> <p>Historic Research:</p> <ul style="list-style-type: none"> • Preparation of research of the Longford-born/resident participants of the 1916 Rising, which may be used in commemoration projects. • Research on society in Co. Longford to better raise awareness of life in 1916 and the impact of the Rising on the County. <p>Enhancing through good management practice, the heritage of towns, villages and rural landscapes</p> <ul style="list-style-type: none"> • Preparation towards a memorial area. • Preparation of a permanent memorial in honour of the people of 1916, in line with guidelines to be set out. • Conservation of heritage collections, objects and



	<p>documents relating to 1916.</p> <p>Raising awareness of the 1916 Rising and its local impact</p> <ul style="list-style-type: none">• Support to community-based publications, websites, and interpretative material.• Seminars and events where there is a demonstrated demand, or where a potential audience is identified.• Events that assist people to engage and explore in new ways to engage with the story of 1916 using artistic and other mediums. <p><i>Note that any relevant permissions and licences must be in place prior to commencement. All materials must be correctly attributed and permission obtained from the copyright holder prior to use.</i></p>
<p>7: Exclusions</p>	<ul style="list-style-type: none">• Longford County Council will not fund hard amenity landscaping works e.g. car parks and their surrounds under this scheme.• Postgraduate students may not use funding under this scheme to carry out work on their theses.• The Council will not fund archaeological excavation or post excavation analysis and reporting.• The grant may not be used to fund travel abroad, office equipment, nor overheads.
<p>8. Levels of funding</p>	<p>The maximum grant award will generally be up to €1,500</p> <ul style="list-style-type: none">• Longford County Council does not specify the number of projects to be funded under this scheme, nor the size of projects that can apply.• However the maximum amount to any one project will typically be €1500, due to the limited funds available to the local authority for this scheme.• There is no set minimum nor maximum funding limit, however it is expected that up to 80% of the costs of the project, to a maximum of €1500. This will be dependent on the nature of the project, the quality of the application and the• In very exceptional circumstances, Longford County Council reserves the right to award a sum in excess of this, for wide-ranging projects that promote multiple elements of the themes set out in Section 2. The onus will be on the applicant to make a strong case for this.



<p>9. Essential information to be included in each application</p>	<p>All applications, no matter what the activity, must include the following 3 items to pass the screening stage of assessment:</p> <ol style="list-style-type: none"> 1. Project outline: A short description of the overall project, its relevance to one or more of the 5 themes, and an outline of the work to be undertaken in 2015. 2. Quotations, estimates or other evidence to support expenditure costs itemized in your budget. 3. Permissions: Where required relevant permissions, licences or other consents should be supplied, or an timeline of when the permissions will be in place and made available to Longford County Council. 4. Location map– For events in a specific area or venue only. This will be used for information purposes only and will assist Longford County Council in effectively promoting the event. <p>Depending on the nature of the project other documentation, as outlined below, <u>must</u> also be supplied.</p> <ol style="list-style-type: none"> a) Proposals for websites and apps must include an outline of the website layout and proposed content. b) Proposals for radio or audio-visual pieces must include programme outline, time frame, research teams, proposed broadcaster - including a letter of commitment. c) Proposals for interpretative materials must include an outline of the proposed layout and content. d) Proposals for seminars must include a outline of the theme, a list of proposed speakers and proposed date and venue. e) Proposals for raising awareness and research must outline potential collaborators.
<p>10. Time frame</p>	<p><u>Closing date for submission of applications online is Friday 29th May 2015 to mreynolds@longfordcoco.ie</u>. Applicants shall be notified, in writing, of the outcome by the 26th June 2015. Projects must be completed by the 27th November 2015.</p>
<p>11. Assessment</p>	<p>Screening All applications will be screened initially to ensure eligibility. If an application does not meet the following criteria it will not be assessed:</p> <p>Is the applicant registered on the form correctly? Are the following essential documents included with the application?</p>



	<ol style="list-style-type: none"> 1. Project outline. 2. Budget outline. 3. Permissions – where necessary 4. Location map – where necessary. <p>Assessment</p> <p>If the application passes screening it will be assessed as follows:</p> <ol style="list-style-type: none"> i. Is the application complete? ii. Does the project forward one or more of the Ireland 2016 themes as set out in section 2? iii. Does the project meet the criteria as outlined under Point 5 on Page 2. iv. What will be local and county-wide benefits of supporting the project? <p>Applications are assessed and prioritized against the criteria by a panel made up of Longford County Council staff and the Ireland 2016-Longford Steering Committee.</p>
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Local Diaspora Engagement Fund Applications for Funding 2015

Applications are now being invited for funding for local diaspora engagement projects and initiatives under the Local Diaspora Engagement Fund from local and community groups and organisations based in Ireland.

Purpose of funding

The purpose of the funding is to promote diaspora engagement at a county, local and community level. This is in line with the objectives of *Global Irish: Ireland’s Diaspora Policy* which was published in March, 2015 and acknowledges the importance of a sense of place to the members of the Irish diaspora and the potential for communities and counties in Ireland to reach out to their own diaspora and build relationships for mutual benefit. The aim is to provide support to local and community projects and initiatives that are focused on developing strong diaspora links within the community.

Qualification and evaluation criteria

In order to qualify for consideration, applicants will have to confirm compliance with the conditions of the scheme as to funding and timescale for delivery. The evaluation criteria will include:



- the quality and relevance of the proposal;
- the likely impact of the project relative to the size of the grant sought;
- the nature of the activities planned.

Budget and grants available:

There is a total of €200,000 available under this grant scheme. The maximum amount of an individual grant to be awarded to a project is €10,000 and no more than 75% of the overall cost of any project will be funded.

Application process

The closing date for funding applications is 12 noon on 29 May.

Please return your completed application via email to localdiasporafund@taoiseach.gov.ie.

Alternatively, if you would like to return this via post, please send your application to: Brenda Boylan, Department of the Taoiseach, Upper Merrion Street, Dublin 2.

You can also contact us via localdiasporafund@taoiseach.gov.ie or via phone at 01 619 4318 if you have any queries.

**Department of the Taoiseach
May, 2015**

The Community Foundation of Ireland: Caring Communities Round 6

Caring Communities Round 6 will open for applications on June 15th and will close July 24th. The categories for this Round are **Mental Health and Migrants**. For this Round we are only accepting **Online Applications** (both the instructions for this and the application form will be available on our website closer to the time) and as grant payments will now take place by electronic transfer, please note that you now must **upload a recent bank statement** with your application also.

Further information will be available closer to the time on our website, in our newsletter "Community Matters", social media and on Activelink and Fundit (The Wheel's one).

HSE National Lottery Grants

The HSE has been allocated National Lottery Funding for distribution to community based groups and voluntary organisations under the following terms:

1. Respite Care Grant Scheme
2. National Lottery Grant Scheme

Applications are invited from groups and organisations involved in the provision of Health and



Personal Social Services for once off funding for viable projects (non major capital projects) which can be completed within a reasonable period of time.

The closing date for receipt of application forms is Friday May 29th 2015

[Explore over 800 funding schemes on Fundingpoint](#)

Want to heighten the profile of your Community Group! 😊

Then why not send us along a short piece for inclusion in next month's PPN Ebulletin!

Is your group holding an event or has your group news you would like to share with the wider Longford Community?

Then why not promote it in this Ebulletin?

Just email, post or call to us (contact info above)

For inclusion in the June/July edition of the PPN EBulletin

Compiled by

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Sources: EU News, DOECLG, Failte Ireland, Longford Co. Council, Longford Leader and other sources with many thanks!