

County Longford Public Participation Network (PPN)

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PPN Newsletter August 2023 (Part 1)

LOCAL NEWS

Longford Sports Partnership
in association with Longford GAA



GAA CÚL CAMP

for children with additional needs



The camp will take place from
10am-12 noon on August
9th, 10th & 11th in Drumlish
Community Centre

The cost of the camp will be
€20 and each attendee will
receive a Cúl Camp Kit
(Includes a bag, t-shirt and half
zip top).

To sign up please contact
sports@longfordcoco.ie as
soon as possible as places are
very limited.



HER Outdoors 2023

Experience HER Outdoors week—a celebration of women embracing nature and adventure!

Discover incredible outdoor activities and opportunities for females to thrive in the great outdoors. Join us on this empowering journey of self-discovery and liberation. Let's break barriers, conquer new heights, and celebrate the limitless potential of women. HER Outdoors week is not just an event—it's a movement. Let's redefine what it means to be a woman in the outdoors. Come, celebrate, and be inspired!

To book tickets click [here](#)

New TFI Local Link 426 Longford to Roscommon



NEW ROUTE 426
LONGFORD
↕
ROSCOMMON



save
up to
30%

TFI LEAP CARD/
TFI GO APP



CONNECTIONS TO
REGIONAL BUS AND
RAIL SERVICES



NEW PEAK-TIME
SERVICE



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



See timetable [here](#)



SUMMER WALKING SERIES 2023

6pm Monday & Wednesday



31ST JULY

Newtownforbes Heritage Trail



2ND AUGUST

Royal Canal Longford



7TH AUGUST

Commons Trail Lanesborough



9TH AUGUST

Corlea Bog Kenagh



14TH AUGUST

Brí Leith Ardagh Mountains



16TH AUGUST

Derrycassin Woods Mullinalaghta



21ST AUGUST

Cairn Hill Drumlish



23RD AUGUST

Newcastle Woods Ballymahon



sports@longfordcoco.ie or



043 3343493

LONGFORD TRAIL RUN SERIES 2023



AUGUST 2 ROYAL CANAL LONGFORD 5K

AUGUST 9 CORLEA BOG 5K

AUGUST 16 DERRYCASSIN WOODS 5K

AUGUST 23 NEWCASTLE WOODS 5K

RUNS START @ 7.30PM

€8 PER INDIVIDUAL RUN
NO MEDAL OR T-SHIRT

€15 PER INDIVIDUAL RUN
INCLUDES SERIES MEDAL + T-SHIRT

€30 FOR SERIES
INCLUDES SERIES MEDAL + T-SHIRT

Register at
MyRunResults.com



OBOYLE & CO
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AN LONGFORD
TRAVEL

SPORT IRELAND



Longford
Tourism

— SPORT IRELAND —

How to stay active and flexible Advice for older adults

Please check [here](#) for details

Healthy Eating for Older Adults

Please check [here](#) for details

Turn2Me offering free counselling to Ukrainians!

Turn2me, a national mental health charity, is offering all Ukrainians staying in Ireland up to 6 free one-to-one counselling sessions. The charity is also offering free online support groups for Ukrainians. The initiative is funded by a grant from the Community Foundation Ireland, as part of the Ireland for Ukraine project.

Sessions will be conducted by a mental health professional, in English. Ukrainians will be connected to psychotherapists who have experience working with clients who have experienced a traumatic event.

Follow the below steps to avail of these free counselling sessions:

1. Go to www.turn2me.ie
2. Click on "Create a new account"
3. Input all your details as directed, for "Company code / Refugee Code" Input "UKR"
4. Once registration is completed, all counselling slots within Turn2Me's free service, and their weekly support group will be available for registration in advance of the scheduled date and time.

"We're delighted to be able to offer this service to Ukrainians living in Ireland," Fiona O'Malley, CEO of Turn2Me, said, "Therapy is vital for people who have been through a trauma like fleeing war. Our psychotherapists will help them deal with this trauma and process it in a healthy environment."

For more information or to sign up to these services, follow the above steps on Turn2Me.ie

ENDS

About Turn2Me:

Turn2Me is supported by the HSE's [National Office for Suicide Prevention](#) to deliver counselling online. Turn2me is a national mental health charity that was founded in 2009 by Oisín and Diarmuid Scollard, who tragically lost their brother, Cormac, to suicide in 2003. **Turn2me** offers adult counselling and support group services to adults and young people aged 12 plus. Turn2Me has helped over 120,000 people since it was set up in 2009. Turn2Me offers up to six free counselling sessions to adults living in Ireland. To sign up, go to Turn2Me.ie

FINDING HOPE AND HEALING AFTER SUICIDE



Compassionate conversations around suicide grief

Saturday, 12th August 1-4pm
Abbey Hotel, Roscommon



FREE information event hosted by HUGG on loss, grief and supports available.

Speaker Bryan Nolan, grief and loss specialist @1.30pm

Find out more www.hugg.ie



HUGG is a national suicide bereavement charity which helps adults bereaved by suicide. HUGG will host a free information event on Saturday, 12 August in the Abbey Hotel, Roscommon (F42F992), 1pm to 4pm. There is no need to register for this event, all are welcome.

What to expect:

- Guest speaker Bryan Nolan, grief & loss specialist 1.30pm
- Fiona Tuomey, CEO & Founder of HUGG, will share her lived experience of suicide loss, along with information around suicide bereavement and supports available
- Coffee, cakes, and compassionate conversations.

This event will be beneficial to anyone bereaved by suicide, whether you have experienced a bereavement this year or at an earlier time in your life. Also, if you are supporting someone bereaved by suicide, either professionally or personally, we encourage you to attend. Members of the HUGG Team, Arlene Hanratty and Marie McKeon will also be there to welcome you along.

For more information visit www.hugg.ie or if you have any questions contact Arlene, Email: arlene@hugg.ie, Phone: 086 2714515.



Stakeholders required for Co-Productions

REGARI Recovery College and MLM Recovery Education Service are seeking stakeholders to co-produce and co-facilitate in a innovative new project. This opportunity is open to people with lived experience, family members, mental health professionals and anyone with an interest in mental health.

We need you to engage and collaborate with us in the development and delivery of mental health workshops as part of an elective module for the Technological University of the Shannon (TUS).

Co-Productions - Summer/ Autumn 2023

Co- Production Topic	Date	Time	Room
Exploring Anxiety	Thurs, 18th May 23	2-4pm	E3203 <small>(*Upstairs in main building)</small>
Understanding Depression and Mood Disorders	Thurs, 15th June 23	2-4pm	*Y103 <small>(*Engineering Building)</small>
Trauma and Healing	Thurs, 13th July 23	2-4pm	*E3207 <small>(*Upstairs in main building)</small>
Managing Emotions	Thurs, 17th Aug 23	2-4pm	*C51 <small>(*Business Building near reception)</small>
Co- Production in Action (Self-Care and Boundaries)	Thurs, 21st Sept 23	2-4pm	*E3206 <small>(*Upstairs in main building)</small>

*Meeting point in the TUS canteen beside shop at 1:45pm (For anyone unfamiliar with room locations)



For more information contact:

☎ Amanda Hunt on (086) 1304869 / ✉ regarirecoverycollege@gmail.com OR

☎ Anne O'Reilly on (087) 1854893 / ✉ anneoreilly@mentalhealthireland.ie



FUNDING

Apply Now for SSGT Family Matters Grant Programme 2022-2025!

The SSGT Family Matters grant programme is open again for applications from groups working across the island. The programme aim is to contribute to improving the system of support for families affected by convictions and imprisonment to improve rehabilitation and resettlement outcomes. [Read full story](#)

SSGT Civil Society Grant Programme Opens for Applications

In line with one of the strategic goals of St Stephen's Green Trust (SSGT) to contribute to strengthening democracy through civic engagement and participation, SSGT has launched a new funding programme and now inviting applications. [Read full story](#)

Funding Opportunity for Healthy Eating Projects

Safefood is inviting organisations who are not currently involved in the CFI to apply for funding to deliver an online project, in their own local area, that meets the criteria of the CFI at Home Programme. The purpose of the CFI at Home Programme is to support families in their own homes to develop their cooking skills and healthy eating habits. [Read full story](#)

Sports Capital & Equipment Programme 2023 Inviting Applications

The Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media, Catherine Martin, and the Minister of State for Sport and Physical Education, Thomas Byrne, has announced that new applications have opened for a new round of the Sports Capital and Equipment Programme (SCEP). [Read full story](#)

Deferral of WRC Talks to Resolve Crisis in Public Service Delivery “Gravely Disappointing” Says The Wheel

Immediate government approval of resources for charities delivering public services on behalf of the state is needed to avoid further shrinking of services and escalation of waiting lists, according to the sector's representative organisation, The Wheel. [Read full story](#)

NATIONAL NEWS

Minister for Public Health, Wellbeing, and the National Drugs Strategy welcomes publication of alcohol treatment data

Minister for Public Health, Wellbeing, and the National Drugs Strategy, Hildegarde Naughton has today welcomed the publication of the National Drug Treatment Reporting System (NDTRS) data on Alcohol Treatment for 2022.

The report, produced by the Health Research Board, reveals that 7,421 cases were treated for problem alcohol treatment in 2022, with new cases accounting for 44.2% of the total.

It also shows an increase in the number of cases reporting problem use of other drugs in addition to alcohol, rising from 1,628 in 2021 to 1,796 in 2022. Cocaine surpassed cannabis as the most common additional reported drug.

Welcoming the publication of the report, Minister Naughton said:

“Data from the NDTRS illustrates the ongoing importance of a public health-centred response to harmful alcohol use and substance misuse.

“The repercussions of harmful alcohol use and drug use are widespread, causing both short and long-term damage to families and communities.

“The causes of this problem are multi-faceted and there is no single solution, which is why this Department is investing in integrated services and providing increased community-based supports to those directly and indirectly impacted.”

The NDTRS bulletin also reveals that the median age at which cases entered treatment was 42 years. Only 1% of all cases were aged 17 years or younger, a

decrease from 1.6% in 2016. Among parents with children aged 17 years or younger, over half (51%) had at least one child residing with them at the time of treatment entry.

The majority (60.2%) of cases were treated in outpatient facilities, with the number of outpatient cases increasing from 4,183 in 2021 to 4,469 in 2022.

Minister Naughton added:

“I note with great concern that in 2022 so many of those people seeking treatment for alcohol use were parents, so it is essential that alcohol services provide community-based resources to promote recovery and improve wellbeing.

“For this reason, funding has continued to increase in order to meet this need, with €4 million provided in 2023 to expand community and residential addiction services, among other initiatives.

“Under the Slaintecare Healthy Communities programme, new integrated Alcohol Services are being rolled out in community settings and I’m confident that we will quickly see the benefits of these vital supports.”

Two new integrated alcohol services are currently being established in Community Healthcare Organisations 3 (Clare, Limerick, Tipperary) and 4 (Kerry and Cork).

In these areas, a community-based team will deliver counselling and psychoeducational interventions to adults with problematic alcohol use, provide family support, and develop integrated alcohol treatment pathways. An evidence review has been commissioned to review effective interventions and is being led by Prof Catherine Comiskey at Trinity College Dublin.

Funding allocated in 2023 includes €750,000 to mitigate the impact of drugs and alcohol on children, families and communities, €900,000 to ensure sustainability and to increase capacity of residential treatment services, €850,000 to expand integrated care pathways for high-risk drug and alcohol users, including gender-specific

services and €1m to strengthen monitoring of emerging drug trends and to expand community-based services.

Anyone with concerns regarding their own drug and alcohol use, or that of a family member or friend, should seek support from your GP, local services or contact the drug and alcohol helpline for support, information, and guidance on 1800 459 459. Further information can be found on drugs.ie and askaboutalcohol.ie.

ENDS

Notes to editor:

The NDTRS is the national surveillance system that records and reports on cases of drug and alcohol treatment in Ireland. The HRB report presents NDTRS data on treated problem alcohol use for the year 2022.

Public Health Alcohol Act 2018

The Public Health Alcohol Act 2018 seeks to address the negative impacts of consumption on public health. It contains a suite of measures designed to reduce alcohol consumption and limit the damage to the nation's health, society and economy.

The primary policy objectives of the Public Health (Alcohol) Act 2018 are to:

- reduce alcohol consumption to 9.1 litres of pure alcohol per person per annum.
- delay the initiation of alcohol consumption by children and young people.
- reduce the harms caused by the misuse of alcohol.
- ensure the supply and price of alcohol is regulated and controlled in order to minimise the possibility and incidence of alcohol related harm.

Measures that have been implemented to date include structural separation, the regulation of sports sponsorship, restrictions on certain promotional activities and minimum unit pricing.

Most recently, regulations were signed in May to introduce comprehensive health labelling of alcohol products sold in Ireland. The law provides that the labels of alcohol products will state the calorie content and grams of alcohol in the product. They will warn about the risk of consuming alcohol when pregnant and will also warn of the risk of liver disease and fatal cancers from alcohol consumption. The labels will direct the consumer to the HSE website, www.askaboutalcohol.ie, for further information.

There is a three-year lead-in time built into the law in order to give businesses significant time to prepare for the change. The law will apply from 22 May 2026.

HSE Alcohol Programme

The HSE Alcohol Programme aims to achieve a healthier and safer Ireland by working to reduce individual and population alcohol use and health inequalities, and protecting children, families and communities from alcohol-related harm. The Ask About Alcohol website and campaign is a key element of the programme and provides factual information to people on the benefits of reducing alcohol consumption for their physical and mental health.

Minister Joe O'Brien officially announces bursaries for professional Community Work education

- ***Community workers supported to get professional Community Work qualifications***
- ***Commitment under the government's five-year strategy for the Community and Voluntary sector: Sustainable, Inclusive and Empowered Communities***

The Minister of State for Communities, Integration and Charities, Joe O'Brien T.D. has today (Friday, 28th July 2023) announced a bursary fund of €200,000 to support community workers to pursue endorsed postgraduate community work qualifications. The Department of Rural and Community Development (DRCD) has provided funding for the bursary to the All-Ireland Endorsement Body (AIEB) for Community Work Education.

The fund has been established to meet a commitment under the government's five year strategy for the Community and Voluntary sector: Sustainable, Inclusive and Empowered Communities. It responds to a key finding of AIEB's assessment of education and training needs which calls for affordable and accessible professional community work education for people with degrees already in community work jobs.

The bursary will be available to managers of community organisations, community workers and those who undertake community work duties in associated roles who have graduate degrees but no professional community work qualifications.

The bursary will fund places on the Masters in Community and Youth Work Programme at NUI Maynooth, which will be offered on a part-time basis. The blended mode of delivery of that programme makes it possible for potential bursary applicants also managing workloads and other commitments.

The need for education and training for people with no degrees or qualifications working or involved in community work and associated areas was also strongly identified in responses to the AIEB needs assessment. AIEB is currently developing a pre-professional training initiative for people with no qualifications.

Announcing the bursary, Minister Joe O'Brien stated:

"I am delighted to see that this postgraduate programme is now available on a part-time and blended basis making it accessible to the staff of community and local development organisations all over the country. The bursary will support successful applicants and we hope that employers in the sector will also support their staff to take up this opportunity.

"My department is currently engaging with AIEB on further proposals to support people employed and involved in community work who do not have any qualifications."

Information about the bursaries is available from bursary@aieb.ie and information on the programme can be provided by the Department of Applied Social Studies in NUI Maynooth.

ENDS

Contact:

The Department of Rural and Community Development Press Office

01-773 6843 / 087-1734633

Press.office@drcd.gov.ie

Notes to editors:

Sustainable, Inclusive and Empowered Communities

Sustainable, Inclusive and Empowered Communities, 2019-2024, is a five year strategy to support the community and voluntary sector in Ireland. It contains a number of strategic actions including 2.4 and 2.5 which commit the Government to supporting the development of a continuum of training and education opportunities based on the All Ireland Standards for Community Work including for people who are employed, but not qualified in community work, to acquire qualifications. These strategic actions form part of a series of actions which aim to strengthen the capacity of communities to participate in community development and local development initiatives.

All Ireland Endorsement Body (AIEB)

AIEB seeks to support and promote pathways to endorsed professional community work qualifications and the highest standards in community work education and training at all levels. The anticipated outcomes of this work are that it will ensure community work practitioners with the professional competencies required to work as professional community workers, producing quality outcomes for communities and for the organisations within which they work.

