

County Longford Public Participation Network (PPN)

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PPN Newsletter August 2023 (Part 2)

LOCAL NEWS

CHIME The National Charity for Deafness and Hearing Loss

Our free and confidential clinics provide a one-on-one space where you can receive information and advice about deafness and hearing loss. Join us to learn more about topics such as tinnitus, assistive technologies, minor hearing aid repairs, and low-cost hearing aid batteries. We are here to help and support you in any way we can.

COMMUNITY OUTREACH CLINIC For the Deaf and Hard of Hearing.

DROP IN & VISIT US:

When: 10am - 1pm First Tuesday of every Month, starting from 4th July

Where: Longford CIC, Level 1, Longford Shopping Centre (Just above TESCO), Longford, N39 X

Contact: Email fiona.hope@chime.ie

Tel. 086 8252538

Lifelong Learning

Irish higher education institutions have announced hundreds of short, flexible, university-accredited courses aimed at boosting the numbers taking part in lifelong learning. A platform to host the courses, MicroCreds.ie, which has been developed by seven universities. Click [here](#) for courses.



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](#)



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



sportselongfordcoco.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 AND CO
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QUINN

SPORT IRELAND



Longford
Tourism

SPORT IRELAND

UNIVERSITIES CAREERS FAIRS 2023-2024

Information for Enterprise

Access the information [here](#)

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 Oisin 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,



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



NATIONAL NEWS

Free Transport Passes and Seat Reservations

Older People's Councils have queried why some Free Travel Pass holders have not been given a seat on certain bus routes. The National Transport Authority explains that this is because on certain bus services there is a seat reservation charge. The main difference is whether the bus is operated as a public service or whether its run by a private operator.

Passengers on Public Service Operators (such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead) in contract with the National Transport Authority are boarded on a first-come first-served basis, regardless of payment method. Passengers with online tickets do not have any priority over cash/leap/Free Travel Pass (FTP) paying customers as there is no seat reservation system in place on these services.

There is an exception with Irish Rail. Irish Rail have a number of seats that can be reserved by all passengers with valid tickets, including Free Travel Pass holders. When that allocation of seats is full a charge of €2.50 is applied for all passengers. More details [here](#)

The Free Travel Pass is run by the Department of Social Protection. All the Public Service Operators, such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead are signed up to accepting them.

It is up to Private Bus Operators to decide to sign up to it, or not. They can also decide if they are charging a booking/reservation charge to all passengers and what that charge is.

Expressway (and other Private Bus Operators): All holders of valid methods of travel, including Free Travel Pass holders, can prebook or reserve their seat. Customers who have pre-booked their seat on a service are called to board ahead of customers who have not pre-booked a seat on their preferred service. A pre-booked ticket can be a ticket purchased online or from a Ticket Vending Machine (TVM). This includes Free Travel Pass holders who have gone online or to a TVM to reserve a seat on their preferred service. On Expressway Services it costs €2 euro to reserve a seat. Different private bus operators charge different amounts.

Customers who have not pre-booked are then boarded on a first-come first-served basis, regardless of whether they are paying with cash/leap/Free Travel Pass, provided there is space left on the coach. If you wish to reserve your seat on an Expressway Service, there is a helpful video on this link: <https://www.expressway.ie/service-news/reserve-your-seat-with-your-free-travel> pass.

Social Justice Ireland Interviews Ep.102: Double Deficit - Ageing in the Private Rented Sector with Gráinne Loughran (ALONE) and Ann-Marie O'Reilly (Threshold)

We all know that Ireland's population is living longer, which is really good news! However, we need to plan for the needs of our future older people today, particularly in the area of housing. A new report commissioned by ALONE and Threshold, '[Double Deficit: Older and Ageing Persons in the Private Rental Sector](#)', highlights the experience of older people who are renting privately, the impact that this has on their housing security, mental health, and overall quality of life, and makes a series of key recommendations on how Government and stakeholders might learn from these experiences.

JOIN THE FAIRTRADE FUN IN 2023 AND MAKE A REAL DIFFERENCE!

Fairtrade Ireland have recently relaunched the Ambassador programme. The next big thing is the Electric Picnic for which Fairtrade Ireland are looking for 15 – 20 Ambassadors to help them carry out a Fairtrade survey. There will be a training on 24 August for this.

Details:

- **AMBASSADOR TRAINING (THURSDAY 24 AUGUST, 18.30 – 20.00)**
- **ELECTRIC PICNIC (1-3 SEPTEMBER - WE HAVE SPACE FOR UP TO 10)**

Register your interest for our training by [filling out this form](#) and we will get back to you in due course.

(NB we have a limited number of spaces for Electric Picnic so cannot guarantee places to specific people – but do still apply, there will be many other activities)

WHY?

FAIRTRADE AMBASSADORS WILL:

1. **Upskill.** Fairtrade Ireland will organise a briefing session for Fairtrade getting out and about at festivals and events.
2. **Network & Connect.** Linking up with other Fairtrade Ambassadors in regional and nationwide activities is encouraged so go meet other passionate people making a difference in all areas of society. In addition, Fairtrade Ireland will organise a team-building event for Fairtrade Ambassadors.

3. Organise events during Fairtrade Fortnight. Fairtrade Fortnight is our annual flagship awareness-raising event. A small number of Fairtrade Ambassadors will get to be a part of our community outreach events around the country – we will try to rotate this in as fair a way as possible. Ambassadors will also be supported with resources, and we will share all share each other’s pictures or videos to our mutual benefit.

4. Fairtrade Work Place. Fairtrade Ambassadors are encouraged to ask their workplace to stock Fairtrade coffee, bananas, tea and sugar in staffroom or canteen and can help promote Fairtrade coffee and other Fairtrade certified products by organising Fairtrade Coffee Breaks/Fairtrade Breakfast.

6. Share online. Fairtrade Ambassadors donate their social media voice and help spread the word about sustainable Fairtrade products and upcoming events. Share it far and wide, spread the word and let’s change the world together

For all activities, there will be a fair selection process. We want everyone to get a chance.

If this is something that resonates with you, get in touch! To register your interest, please [fill out this form](#).

7. HAVE THE CRAIC! By engaging their friends, Fairtrade Ambassadors will multiply their reach and impact with Fairtrade Ireland. Have the craic by getting your friends/family involved in your events and activities. Just having conversations is very powerful.

Our Rural Future: Ministers Humphreys, McConalogue and Hackett announce an additional call for applications to the LEADER Food Initiative

- **Over €883,000 in funding is available under the LEADER Food Initiative**
- **Call aimed at Artisan, Micro, Small food producers or on-farm diversification enterprises**
- **This grant aid is also for investment in local processing facilities, which allow farmers to sell their products into the local and wider domestic markets**
- **Timeframes for approval and completion of all LEADER funded projects also extended**

Minister for Rural and Community Development, Heather Humphreys TD; together with Minister for Agriculture, Food and the Marine, Charlie McConalogue TD; and Minister of

State for Land Use and Biodiversity, Senator Pippa Hackett have today (Monday, 7th August, 2023) announced a new call for applications to the **LEADER Food Initiative** (LFI).

. The call is targeted at eligible small food businesses in line with a commitment in the Programme for Government, *'Our Shared Future'*, to “support the small food producer, providing support for on-farm diversification enterprises and investment in local processing facilities, allowing farmers to sell their products into the local and wider domestic markets”.

The LEADER Food Initiative was allocated €15 million as part of Ireland’s Rural Development Programme 2014 -2020 and was launched in May 2018 to support the further development of food and beverage businesses throughout rural Ireland. Of the allocated amount, at least €883,000 in funding has become available for various reasons, e.g. project withdrawals, or projects completing for less than the grant amount approved.

This new call is specifically targeted towards the following groups to enable them to diversify, expand and develop:

- on-farm diversification enterprises; and
- artisan, micro and small food businesses.

The maximum amount of funding permitted per project under this call is €200,000 and funding proposals must not be for less than €5,000 per project. Additionally, projects must be fully completed by 31 March 2024.

Announcing the final call for applications, all three Ministers urged Local Action Groups and their Implementing Partners to engage with potential applicants for this funding in their areas and to submit any project proposals they may have to the Department of Rural and Community Development seeking funding approval in principle for these projects.

All project proposals for this call must be submitted by the LAG and their Implementing Partners to food1420@drcd.gov.ie by 5:30 pm on 31st August 2023

Announcing the call for applications at Castleblayney Agricultural Show, Minister Humphreys said:

“Following a review of the LEADER Food Initiative, I am delighted to announce that funding of €883,000 is now available.

“This is a fantastic opportunity for Artisan, Micro, Small food producers or on-farm diversification enterprises in rural Ireland to avail of funding to enhance the products and services they offer.

“Supporting small business in rural Ireland and creating employment opportunities is key to ‘Our Rural Future’, the government’s rural development policy. This call is to help ensure that all of the €15 million initially allocated to the LEADER Food Initiative is utilised and it further demonstrates how my Department supports projects in communities throughout rural Ireland.

“I hope that all the Local Action Groups and their Implementing Partners will engage with all eligible enterprises in their areas and submit their eligible project proposals to my Department for consideration.”

Commenting on the development, Minister McConalogue said:

“I am delighted to launch this renewed call for applications to the LEADER Food initiative, which has been an important avenue to date for supporting diversification and innovation in our food industry in recent years, as well as providing support to our rural economy.

“I encourage all artisan, micro and small food businesses to avail of this opportunity of support which will allow them to expand their offerings and to innovate thereby helping their businesses to thrive, and deliver high-quality products to their communities, and beyond. It is important that Local Action Groups and their Implementing Partners engage with potential applicants for this Call with due regard to the 31 August 2023 deadline for project proposals.”

Minister Hackett said:

"This new call is a very welcome development, and I would encourage all producers who might be eligible to engage with their Local Action Groups and to develop their project proposals so that they can submit an application over the next few weeks. This funding round will support farmers and other artisan, micro and small food businesses right across rural Ireland to establish sustainable routes to market and to showcase their locally grown and produced, high quality, sustainable Irish food."

Coinciding with this announcement, Minister Humphreys has also extended the timeframe for approval of all LEADER funded projects from 30th August 2023 to 31st December 2023 and the completion date deadline for all projects from 31st December 2023 to the 31st March 2024.

Minister Humphreys said:

"As we are coming close to the end of the current LEADER programme, and in order to enable the Local Action Groups to allocate any unallocated funding they may have, I am extending the timeframe for approval of funding to projects from 30 August 2023 to 31 December 2023. I am also extending the completion date deadline for all projects from 31 December 2023 to 31 March 2024."

Contact details for all Local Action Groups and their Implementing Partners (Local Development Companies) can be located:[here](#).

ENDS

Contact:

The Department of Rural and Community Development Press Office

01-7736843 / 087-1734633

Press.office@dracd.gov.ie

Notes to editor:**LEADER**

LEADER is a rural development programme co-funded by the EU which operates a locally-led, bottom-up, approach to meeting the needs of local communities and businesses. The programme supports private enterprises and community groups in rural areas. LEADER forms part of Ireland's multi-annual Rural Development Programme which is co-financed by the EU and is part of the Common Agriculture Policy (CAP).

The LEADER programme is delivered by 29 Local Action Groups (LAGs) in 28 sub-regional areas. These groups are partnerships of public and private entities from a defined geographical area. The current LEADER Programme will soon be replaced by the next iteration, LEADER Programme 2023–2027. Further information in relation to the Programme will issue in due course.

LEADER Food Initiative

The LEADER Food Initiative opened in May 2018 as part of Ireland's 2014 – 2020 Rural Development Programme to support the further development of food and beverage businesses throughout rural Ireland, and closed in December 2021, with 168 projects benefitting of the €15 million LFI funding allocated.

The LFI is delivered using the LEADER model and is managed by the Department of Rural and Community Development, with funding provided by the Department of Agriculture, Food and the Marine.

The maximum amount of funding per project permitted under this call is €200,000 and funding proposals must not be for less than €5,000 per project.

The selection process for project applications involves two stages:

- Stage 1 - request for approval in principle by DRCD
- Stage 2 - final approval of project by DRCD & DAFM

Approved projects must be fully completed by 31st March 2024.

Final claims for payment must be submitted to the DRCD no later than 30th June 2024.

Our Rural Future

Our Rural Future is the whole-of-government policy for rural Ireland for the period 2021-2025 representing a more strategic, ambitious, and holistic approach to investing in and maximising opportunities for rural areas.

