



**County Longford Public Participation Network (PPN)**  
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Edel Kelly, PPN Support Worker, County Longford Public Participation Network, Longford County Council, Great Water Street, Longford

## PPN Newsletter November 2023 (Part 4)

### LOCAL NEWS



*The United Nation's international campaign **16 Days of Activism Against Gender-Based Violence**, from 25 November (International Day for the Elimination of Violence Against Women) until 10 December (International Human Rights Day).*

This year's theme is: **UNITE! Invest to prevent violence against women and girls.**

How much does the world care about ending violence against women and girls? We don't know. **What we do know, is the human cost of violence against women and girls is immeasurable** with 1 in 3 women experiencing physical or sexual violence in their lifetime. But everyone pays in some way when this violence occurs.

Violence and Abuse against women and girls destroys stability within families and communities. Domestic Abuse triggers huge costs **to societies in healthcare, education, social protection, justice, and productivity, preventing economies from achieving their full potential.**

The solution lies in strong responses, including investment in prevention. Supporting and investing in women's rights organizations is essential to ending violence against women and girls. Longford Women's Link is your county's, nationally recognised women's rights organization who are leading the way and providing training services for professional bodies dealing with domestic abuse.

### **YOUR INVESTMENT**

The investment **Longford Women's Link is asking you** to make is one of **your public space** during 2023's 16 days of Activism. We have commissioned 16 posters from evidence based researched information which aim to educate, inform and break stereotypes in relation to many views of Domestic Abuse.

### **PLEASE JOIN US**

Please join us and be one of our 16 locations taking part in these 16 days of global activism. Contact Loretto on 0433341511 at Longford Women's Link for more details and to order your poster pack.

## LONGFORD WOMENS LINK

Longford Women's link Domestic Violence Service provides supports to women and children experiencing domestic violence in Co. Longford. We are a team of trained specialists in the areas of domestic violence and coercive control.

Longford Women's Link Domestic Violence Service engages in social change actions at local, regional, and national level to highlight the needs of women and children experiencing domestic violence and coercive control. We advocate for improved responses in policy and legislative measures and service delivery. For a full list of supports provided please see [www.lwl.ie](http://www.lwl.ie)

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### Adult Safeguarding Day

Adult Safeguarding Day is an annual initiative of Safeguarding Ireland, supported by the HSE, and now in its third year. It is also being coordinated in partnership with organisations across the health, social, financial and justice sectors. The aim is to raise a greater understanding of adult abuse and safeguarding and the emphasis this year is on 'go to' actions all adults can take to Plan Ahead and reduce their risk of adult abuse.

**The 2023 Message** is that planning ahead reduces the risk of adult abuse, and that 'go to' actions that all adults can take are to:

- Make an Enduring Power of Attorney
- Nominate a Health Representative
- Choose who can Assist with Decisions

### Events

Decision Support Service

**Save the Date: Advance Planning with the Decision Support Service** - Why you need to and how to get started

**When:** Thursday, 30 November 2023

**Where:** Hodson Bay Hotel Roscommon Road,

**Time:** 10am-1pm

### HIQA

The [resources on The Fundamentals of Advocacy in health and social care](#) have been shortlisted for a European Social Services Award. The European Social Services Award recognises innovations that impact social care workforces in a positive manner and the theme of the event is "Promoting Person-centred Care". The European Social Network (ESN) is a network with over 125 member organisations in 33 European countries and supports the sharing of knowledge, practice and policies between social services across Europe.

The voting is now open to the public by visiting the [ESN Website](#). The project is listed under the category "Workforce Support".

HSE National Office for Human Rights and Equality Policy

The Health Service Executive and researchers from the University of Limerick are currently undertaking on Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) practice and policy.

To inform future policy development, the researchers are interested in capturing the experiences and opinions of healthcare workers and service providers through a questionnaire. (Further details are available in the attached update). The questionnaire will remain open for responses until close of business on Friday 10th November.

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### **HSE Schedule of upcoming suicide prevention, self-harm, and bereavement support training programmes.**

Please see below an outline of scheduled training programmes for the next 6 months.

Requests can also be taken for settings-based delivery of the safeTALK and Introduction to Self-Harm programme if such is desired.

Registration to attend any of the workshops is via the booking website:

<https://bookwhen.com/suicidepreventiontrainingmidlands>

**Introduction to Self-harm** (2 hour online facilitated programme): 13<sup>th</sup> November: 5- 7pm

5<sup>th</sup> February: 5-7pm

**Understanding Self Harm** (1 day prog).

7<sup>th</sup> December – Athlone

22<sup>nd</sup> February - Tullamore

**safeTALK** (suicide alertness programme) 6<sup>th</sup> December: 6-9pm – Laois Education Centre

12<sup>th</sup> December: 9.30am – 1pm – Tullamore

**ASIST workshops**

22<sup>nd</sup> and 23<sup>rd</sup> January – Tullamore (9-5pm)

7<sup>th</sup> and 8<sup>th</sup> February – Athlone (9-5pm)

**Workshop for those supporting people bereaved through suicide:**

30<sup>th</sup> November – Longford (9am – 4.30pm)

14<sup>th</sup> March – Tullamore (9am – 4.30pm).



HSE ROSP Training  
Schedule 2023 - 20

Please check out the pdf here for further information and registration

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# EDGEWORTH'S ARTISAN & CRAFT INDOOR MARKET

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**SATURDAY 25TH NOVEMBER &  
SATURDAY 16TH DECEMBER  
11.00 AM TO 4.00 PM**

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**FREE ADMISSION**

**St Mary's Community Centre,  
Granard Road, Aghafin,  
Edgeworthstown, Co. Longford**



instagram



facebook





# Longford

LOCAL COMMUNITY  
SAFETY PARTNERSHIP

## Annual Public Meeting and Crime Prevention Expo



TUESDAY 28 NOVEMBER 2023



Longford Arms Hotel



6pm to 8pm



**LOCK UP  
AND  
LIGHT UP**



### Includes:

#### Crime Prevention Masterclass with Longford Gardaí

- ✓ Meet the Community Safety Team and Partnership members
- ✓ Community Safety Information Stands with our LCSP Partners
- ✓ Submit your questions on Community Safety in advance



Refreshments

email

[communitysafety@longfordcoco.ie](mailto:communitysafety@longfordcoco.ie)

## All Welcome



Please contact for entering a stall:



GAELS UNITED FC  
PRESENTS  
**DRUMLISH STREET**  
**CHRISTMAS**  
**MARKET**

DECEMBER 9TH & 10TH  
2PM TO 6PM

PLEASE CONTACT 0851249528 BY  
TEXT IF YOU WISH TO ENTER A  
STALL



**GAELS UNITED FC  
PRESENTS**

**DRUMLISH STREET  
CHRISTMAS MARKETS**

**&**

**SANTA GROTTO**

**9th & 10th Dec 2023**

**2Pm-6pm**

**A MAGICAL EXPERIENCE FOR  
ALL THE FAMILY**

**Check us out on  
facebook @Santa  
Visiting Drumlish**



## FREE DIGITAL LITERACY COURSES

My name is Dereck Carolan, and I am a technology Trainer for NCBI. I am reaching out to discuss how I can help and support your communities, specifically people with low sight or no sight and their families.

Here is a link to our website - <https://www.ncbi.ie/supporting-you/technology/ncbi-labs/>

### Services Offered

As part of my role, I can provide the following services:

- Group training courses, projects, and talks that will enable the low-vision and no-vision community to access their local area.
- Technology assessments and demonstrations.
- Technology clubs and webinars.

We are promoting the following course

Are you ready to embark on a journey towards digital empowerment? NCBI Labs is thrilled to announce our FREE Digital Literacy Courses, designed to equip people with essential digital skills! Course topics include computers and the internet, using a smartphone, connecting with others, entertainment and shopping, hobbies and travel, and online banking.

### Next Steps

I would love the opportunity to discuss further how we can work together moving forward. Please feel free to contact me at [dereck.carolan@ncbi.ie](mailto:dereck.carolan@ncbi.ie) or 0866086771.



**Dereck Carolan**  
**Technology Trainer**

**NCBI Labs: 1800 911 110**

Email: [Dereck.Carolan@ncbi.ie](mailto:Dereck.Carolan@ncbi.ie) |  
[www.ncbi.ie](http://www.ncbi.ie)



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### **Literacy Friendly Workshops**

Learn how to become more literacy friendly in your work. **(10am – 12.30pm)**

Join us at one of our in-person workshops to get top tips, share experiences and learn from examples of good literacy friendly practice.

**Reserve your place today for one of these free in-person workshops (by clicking on any button below):**

**DUBLIN - 21 NOV**



**CORK - 22 NOV**

**ATHLONE - 28 NOV**

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## **ALONE DIGITAL CHAMPIONS TRAINING THIS NOVEMBER**

**ALONE is a national organisation that supports older persons to age well in their homes and communities.**

**ALONE Community Impact Network is offering FREE digital champion training to organisations staff and volunteers so they can support older persons to use their phone/device and get online.**

A Digital Champion gives an older person the confidence, basic digital skills, and knowledge to use their device and make the most of being online.

- This training is offered to external groups, services/organisations so they can support older individuals with basic digital skills to use their phone/device and get online. The format is a 1-hour self-directed eLearning and a 2.5-hour workshop (online or in person depending on numbers).
- For volunteers of external groups, services/organisations we offer the free 1-hour e-learning resource.
- Ongoing support & check-ins are provided to ensure you are confident in your Digital Champion role supporting the individuals with digital skills. To learn more about how ALONE can support your organisation in upskilling older persons, please contact [digitalskills@alone.ie](mailto:digitalskills@alone.ie)

Our online training dates available for November are:

- November Thursday 23 11am – 1pm
- November Thursday 30: 11am – 1pm

You can [Register Here](#) for the November dates. You can also avail of information on further training dates and in-person training dates by registering or emailing us at: [digitalskills@alone.ie](mailto:digitalskills@alone.ie)

## **ALONE's Schools/Youth Digital Champion Programme**

We are offering Digital Champion training to students and youths nationwide so they can support older persons use their phone or device and be comfortable online. This a great opportunity for both young and old to learn new skills and transfer knowledge to help bridge the digital skills gap amongst older persons and foster a greater understanding between the two generations.

Find out more via the links below:

- [Digital Champion Leaflet](#)
- [Schools Digital Champion Leaflet](#)

You can register your interest here: [Schools/Youth Digital Champion Registration](#) . Once this registration form is received, we will be in contact with you to chat through more details and to arrange scheduling.

Digital skills and connection to family and friends is a huge issue faced by many older persons, so we really appreciate your interest and participation in this initiative.

For any questions or queries on this programme, please do not hesitate to contact us at: [digitalskills@alone.ie](mailto:digitalskills@alone.ie) and a member of our team will be in contact with you.

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## **ACHIEVING & MAINTAINING COMPLIANCE WITH DATA PROTECTION & GDPR (ONLINE WORKSHOP) 7<sup>TH</sup> DECEMBER**

While this workshop is intended as an introduction for people who are engaging with the General Data Protection Regulation (GDPR) for the first time, it will also be a useful refresher for people who have some knowledge and experience of the subject.

**The workshop will take you through the fundamental principles, definitions and actions required by the GDPR, there will also be a valuable opportunity to ask questions.**

In particular, this workshop will provide attendees with:

- An overview of GDPR
- An understanding of the principles, terms and the key roles such as Data Controller, Data Processor and Data Protection Officer and their obligations under the Regulation
- A walk-through of the Seven Data Management Principles
- An outline the rights of data subjects - i.e., the people whose data we hold
- The key steps that organisations need to take to become GDPR compliant.

### **How to register**

This event will be held on **Zoom**. Please check [HERE](#) for further information and registration.

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## **National News**

### **Minister Humphreys announces new €1 Million Fund to support Men's Sheds**

- *Funding to support 435 Men's Sheds with their running costs*
- *Grants of up to €3,000 to be provided under new €1 million initiative*
- *Minister Humphreys made the announcement at 'Shedfest' in Virginia*

Minister for Rural and Community Development, Heather Humphreys TD has today (Monday, 20<sup>th</sup> November 2023) announced a new **€1 million Fund** to support Men's Sheds across the country.

Under the initiative, grants of up to €3,000 will be provided to 435 Men's Sheds across the country.

The funding is designed to assist Men's Sheds with their running costs such as their heating, electricity utility and insurance bills.

The Minister made the announcement at 'Shedfest', the National Conference of the Irish Men's Sheds Association (IMSA), in Virginia, County Cavan.

**Announcing the funding, Minister Humphreys said:**

*"The emergence of our Men's Sheds has been a hugely positive development for communities right across Ireland.*

*"They help tackle isolation and provide a safe, comfortable and welcoming environment where men of all ages can come together to socialise, share skills and work on meaningful projects.*

*"As we enter the winter months, the supports that our Men's Sheds provide are more important than ever.*

*"I'm therefore delighted to announce this new €1 million initiative, which will see 435 Men's Sheds supported with grants of up to €3,000.*

*"This funding builds on last year's fund of €800,000 to support Men's Sheds, and just shows the long-term commitment to Men's Sheds from this government."*

**Minister Humphreys added:**

*"I was delighted to meet with so many of the members of Men's Sheds at their first ever national conference in Virginia, County Cavan, which is called 'Shedfest'.*

*"As Minister for Rural and Community Development, I regularly meet Men's Sheds and I am very proud of the work they do and the contribution they make to their communities.*

*"I have no doubt that this funding that I am announcing today will give a help hand to Men's Sheds in terms of paying a bill or perhaps carrying out small improvements to the facilities."*

**Minister of State, Joe O'Brien also said:**

*"I recognise and acknowledge the positive role of Men's Sheds in the context of social inclusion all over the country and welcome this funding to assist them as they continue that work.*

*"I have met with many Men's Sheds in my role in the Department of Rural and Community Development and their contribution to their communities is second to none.*

*“I want to thank all of the 435 Men’s Sheds for their work and voluntarism and I have no doubt this funding will be a big help.”*

**Also welcoming the funding, Enda Egan, CEO of the Irish Men’s Sheds Association, said:**

*“We are delighted with today’s announcement and we’re grateful to Minister Humphreys for her ongoing support for the sheds. The Men’s Shed movement was hit very hard by the Covid pandemic with weekly attendance numbers falling from 10,000 pre-covid to approximately 6,000 currently. This announcement is a major boost for us in the Irish Men’s Sheds Association to know that this funding can be utilised by sheds to pay for their utility bills throughout this winter and mitigate against the increased cost of running a Men’s shed. This funding will help greatly towards the sustainability of Ireland’s 435 Men’s Sheds as many continue to struggle to re-open and remain operational post-covid. There is no doubt Shed members up and down the country, and their communities will benefit greatly from this funding, and I know that the support from Minister Humphreys is much appreciated by all shed members.”*

**ENDS**

Contact: The Department of Rural and Community Development Press Office

01-773 6843 / 087-1734633

[Press.office@drcd.gov.ie](mailto:Press.office@drcd.gov.ie)

**Notes to editors:**

### **Eligibility**

Under the initiative, grants of up to **€3,000** will be provided to **435 Men’s Sheds** across the country. The individual grants will be distributed to the Men’s Sheds via its representative body, the Irish Men’s Sheds Association (IMSA), through an application process which includes qualifying criteria for the fund.

### **The Irish Men’s Sheds Association**

- The Irish Men’s Sheds Association supports Ireland’s network of 435 Men’s Sheds.
- The Irish Men’s Sheds Association was formed in 2011. However, the Men’s Shed movement originally started in Australia which inspired their Irish counterparts to begin their own movement.
- The Men’s Sheds movement had its birth in Tipperary where the first Men’s Shed was formed. Following the formation of the first shed in Ireland, the shed movement



began to grow rapidly, with there now being 435 sheds registered with the Irish Men's Sheds Association.

- Over the past decade, Men's Sheds have become a vital part of Ireland's community infrastructure. Sheds offer men an opportunity to meet in a supportive, collaborative space, improve their health and wellbeing, and contribute to their communities.
- Irish Men's Sheds Association, Unit 6, No 12, O'Carroll St, Tullamore, County Offaly.

Tel: 01 8916150 | Email: [info@menssheds.ie](mailto:info@menssheds.ie) | Web: [www.menssheds.ie](http://www.menssheds.ie)

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### **Ministers and Chief Medical Officer advise older people how to reconnect with their communities as they launch new online resource**

The Minister for Health, Wellbeing and National Drugs Strategy Hildegard Naughton TD; Minister for Mental Health and Older People Mary Butler TD and the Chief Medical Officer Professor Breda Smyth are today encouraging older people to reconnect with their communities to avoid loneliness and isolation.

They are inviting people to say, "Hello Again World", supported by a multi-media campaign that aims to empower people to increase their social connections.

Funded by Healthy Ireland, the campaign also features a new online resource – [www.gov.ie/socialconnections](http://www.gov.ie/socialconnections) - that provides information and advice on building and maintaining social connections, as well as signposts to resources nationwide.

Running on television, radio, outdoor and online, the Hello Again World campaign is designed to address loneliness among older people, whose social network may have shrunk as they aged.

Social isolation and loneliness can impact significantly on physical and mental health and is linked to multiple chronic health conditions. Building and maintaining social connections has many benefits for long-term health and wellbeing.

Connecting socially is safe, and older people in particular are advised that they should reduce their risk of illness while socialising, by keeping up to date with their 'flu and COVID vaccines.

Minister Naughton said:

“Over the past year I’ve had the opportunity to see first-hand some of the many initiatives supported by Healthy Ireland that are helping to strengthen social connections in communities around the country.

“I’m inviting older people to tap into that wonderful network and to re-establish connections with family, friends, and their local community.

“The new Healthy Ireland online resource makes it very easy to take the first step, whether that’s attending a local Men’s Shed, engaging in physical activity or volunteering.

“Making connections with others promotes a sense of wellbeing and belonging and is a very positive step for improving health.”

Minister for Mental Health and Older People Mary Butler said:

“During COVID-19 older people were the first group that were asked to cocoon for their own safety, and saw their connections within their community shrink, with many seeing their independence erode as they got used to family members and neighbours supporting them.

“We know that it can be difficult to re-engage socially especially if it’s been a long time, but I’d like to encourage older people to take that first step and join in social activities that will impact positively on their health and rebuild connections. Day Centres are such an important resource for older people, helping those who may be lonely, those living alone, and providing great support.

“I’m asking everyone to play their part, so if you have an older family member or neighbour, connect with them today. Be conscious of neighbours who may not have immediate family to support them. Many older people experience loneliness so sharing a meal, offering to bring them to a social event and encouraging them to get involved in their community, if they feel well enough, could help enrich their lives and the lives of those in their community.”

Chief Medical Officer Professor Breda Smyth said:

“Numerous studies have linked isolation and loneliness with chronic health conditions including heart disease, lung disease, cardiovascular disease and metabolic disorders, as well as poorer mental health.

“In contrast, the “feel-good” factor that comes from engaging with others has a very positive impact on our health, so I’m delighted that this Healthy Ireland initiative is showing people how to take that all-important first step and reconnect.

“Connecting with people and meeting with your friends and family is good for your health and well-being. We are now in wintertime; respiratory viruses are circulating, and it is important to protect yourself.

“Keep up to date with your ‘flu and COVID vaccines. When socialising, take all sensible precautions such as cleaning your hands, coughing, or sneezing into your elbow and staying home when sick, to avoid the spread of respiratory viruses.

“Reach out to your extended family and friends you may be in contact with to protect themselves and prevent transmission to others by getting their vaccine if they are eligible, this includes children.”

ENDS

Notes to editor:

The Healthy Ireland “Social Connections” resource goes live on Monday 20 November at [www.gov.ie/socialconnections](http://www.gov.ie/socialconnections).

The first ever EU-wide survey on loneliness found that on average 13% of respondents report feeling lonely most or all of the time. Figures for Ireland were higher than the EU average with 20% of respondents reporting feeling lonely.

#### [Loneliness prevalence in the EU](#)

The largest survey on loneliness globally showed that 29% of older adults aged 65–74 and 27% of those aged 75+ said they felt lonely often or very often.

#### [The Anatomy of Loneliness - Who feels lonely? The results of the world’s largest loneliness study](#)

The impact of loneliness on older people was highlighted during the first year of the COVID-19 pandemic, with almost half of those aged 70 or over feeling very or extremely concerned about maintaining social ties.

#### [Social Impact of COVID-19 by Age Group April 2020 - CSO - Central Statistics Office](#)

There is a strong link between loneliness and chronic health conditions plus higher mortality risk, including heart disease, lung disease, cardiovascular disease, hypertension,

atherosclerosis, stroke, and metabolic disorders, such as obesity and metabolic disease. It's also linked to poorer cognitive function and poorer mental health.

[The relationship between loneliness and health](#)

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## **Ireland's Rich-Poor Gap & Middle-Poor Gap**

As well as tracking the post-Budget income levels of different households ([see p6-8 of our Budget 2024 Analysis and Critique | Social Justice Ireland](#)), Social Justice Ireland is also focused on assessing how income divides in Irish society change following the adoption of Budgetary policies. There is merit in undertaking this analysis for each Budget and also over multiple years so that the cumulative effects of Budgetary policies are captured. To achieve this, we track two measures, income gaps we plan to monitor and update annually. They provide a useful barometer of income divides in our society. [Read More.](#)

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### ***Our Rural Future: Minister Humphreys announces almost €2.3 million to develop 50 new outdoor recreation projects***

- ***Funding will support preparatory work required to bring large scale outdoor recreation projects to a shovel-ready stage***
- ***Investment will ensure a strong pipeline of outdoor amenity projects right across the country in the coming years***

Minister for Rural and Community Development, Heather Humphreys, has today (Tuesday, 21<sup>st</sup> November 2023) announced funding of almost €2.3 million to support the development of 50 outdoor adventure projects across Ireland.

The investment under the Outdoor Recreation Infrastructure Scheme (ORIS) will be key to enhancing outdoor amenities such as our walkways, cycleways, rivers, lakes and beaches.

The projects, when ultimately delivered, will also provide a major boost to local economies by attracting visitors and furthering our reputation as a destination for adventure tourism.

This funding will be invested in 50 outdoor recreation projects that are currently at the early stage of development.

These projects are to receive funding of up to €50,000 to bring them to a shovel-ready stage. Once at a shovel ready stage, they will be in a position to secure further funding through the other measures of the Outdoor Recreation Infrastructure Scheme.

Funding for the delivery of projects on the ground under the other Measures of the scheme will be announced by Minister Humphreys early next year.



**Among the projects being funded under the Project Development Measure today include:**

- **Killala, Co. Mayo:** Scoping the creation of Ireland’s first underwater artificial reef in Killala bay and environmental planning costs - €50,000.
- **Slieve Bearnagh Mountain, Co. Clare:** Feasibility study for the development of a Cycling Hub in Slieve Bearnagh - €50,000
- **Linn Taoide Arainn, Co. Galway:** Feasibility Study for provision of tidal pool on Arainn along the seashore - €35,847
- **Derryounce, Co. Laois:** Feasibility Study for the potential development of the Derryounce Amenity Area - €44,280
- **Castlerea, Co. Roscommon:** Screening, environmental assessments and preparation for development of Castlerea Riverside Boardwalk - €50,000
- **Bray Head, Co Wicklow:** Recreation Plan to manage and protect the landscape and ensure safe and appropriate recreation - €45,000
- **New Ross, Co. Wexford:** Planning and design for water sports opportunities in New Ross and the tidal section of the River Barrow - €47,579

**Announcing the funding, Minister Humphreys said:**

*“We’re now heading into the darker days of winter and it’s more important than ever to make the most of those precious daylight hours by getting out and about when you can.*

*“The funding I’m announcing today will support the further development of our hiking trails, water-based activities and other amenities making them even more enjoyable places for families to visit nationwide.*

*“These amenities are here for us all to enjoy. I would encourage everyone who can to get out and about and make the most of what our countryside has to offer.”*

**Minister Humphreys continued:**

*“The Government’s Rural Development policy, ‘Our Rural Future’, has allowed us to invest in our outdoor amenities at a level never before seen in Ireland.*

*“The economic and social benefits of this investment for our rural heartland can be seen today through the unprecedented number of people enjoying the new amenities my Department has funded in collaboration with local communities all over the country.*

*“I’m also pleased that this investment will mark another step forward in delivering on the Government’s ambitious new National Outdoor Recreation Strategy – Embracing Ireland’s Outdoors.”*

County	Organisation	Project Name	Project Description	Amount Approved
LONGFORD				
Longford	Longford County Council	North Longford Accessible for All Water Access	Feasibility and environmental assessments, including appropriate assessment required for the development of water access points in Lough Gowna & North Longford	€49,500.00
Longford	Longford County Council	South Longford Accessible for All Water Access	Feasibility and environmental assessments, including appropriate assessment required for the development of water access points at Longford, Lanesborough and Ballymahon.	€49,500.00

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### **New Podcast with Mental Health Ireland CEO, Stress Control Online & Upcoming Webinars**

HSE Talking Health and Wellbeing Podcast, Episode 31 – Mental Health Ireland

In this episode of the HSE Talking Health and Wellbeing podcast, host Fergal Fox talks to Martin Rogan, the CEO of Mental Health Ireland. They discuss the organisation's work in promoting mental health and wellbeing, the importance of collaboration and understanding in mental health promotion, and the impact of the COVID-19 pandemic on mental health. Martin emphasises the need for a holistic approach to mental health and highlights the fundamental role of parenting. He tells us about the coproduction model utilised by Mental Health Ireland and the priority of engaging with people with lived experience of mental health, to inform all their developments.

He also shares his insights into successful mental health promotion research and models implemented in other countries. Martin is also working with the Department of Health on their Mental Health Promotion Plan and shares his insights into that work. It all makes for an uplifting and engaging conversation about mental wellbeing. For information on Mental Health Ireland go to their website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) and for a full range of information and advice about your mental health and wellbeing, including mental health issues, coping with difficult situations and helping someone else go to [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) on the HSE website.

Listen and follow wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube channel](#).

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## Commencement of Domestic Violence Leave

Following the introduction of domestic violence leave in the Work Life Balance and Miscellaneous Provisions Act, Women's Aid are pleased to announce that the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) have confirmed the commencement date for this new employee entitlement: **Monday, 27 November 2023**.

Statutory domestic violence leave is most effectively implemented when introduced as part of a wider organisational response to domestic violence and abuse, best captured in a workplace domestic abuse policy. Women's Aid were contracted by DCEDIY to produce support materials and services for employers developing such policies, which are now available at [www.DVatWork.ie](http://www.DVatWork.ie). This [1-page PDF](#) also provides an overview of these resources.

Women's Aid recognises that training is a key element in the development of a workplace response to domestic violence and abuse. To ensure that training is a feasible option for all organisations, on 28 November we are holding a training session on Recognising and Responding to Domestic Abuse in the Workplace which is open to anyone to join. Places on this training are reserved for staff of organisations with 150 employees or fewer. For further information or to register, please visit this page: [Recognising and Responding to Domestic Abuse in the Workplace](#).

Women's Aid also offer training solutions for larger organisations; [visit Support for Employers](#) for more information.

[www.womensaid.ie](http://www.womensaid.ie)

#DVatWork

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## Public Consultation on Migrant Integration Strategy Closing Soon

The public consultation on migrant integration strategy is closing on Thursday, 30 November 2023. The consultation seeks input from the public to inform the development of a new national strategy for migrant integration.

The survey is available in ten languages (English, Irish, Arabic, French, Mandarin, Polish, Portuguese, Romanian, Spanish and Ukrainian). For organisations wishing to make a more detailed submission, these should be emailed to [IE-PA-migrantintegrationstrategy2023@ipsos-online.com](mailto:IE-PA-migrantintegrationstrategy2023@ipsos-online.com).

[Find out more](#)

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## **Rights of Nature in Westmeath and Galway Public Participation Network**

Rights of Nature is a way of re-thinking our relationship with nature – from one of dominance to one of sharing, caring, respect and interdependency.

In 2021 Donegal became the first Local Authority in the Republic of Ireland to adopt a motion embracing an all-island environmental doctrine known as Rights of Nature. This year, environmental representatives in Public Participation Networks (PPNs) are working to get similar motions through their County Councils. You can [read the final motion here](#).

If you're involved in your PPN, Reps from Galway PPN have put together a Guidance Document for your own Rights of Nature Campaign [which you can view here](#). Westmeath PPN Reps have put together a proposal for their Plenary meeting asking that the PPN write a letter to the Joint Oireachtas Committee on Environment and Climate Action supporting the recommendations of the Citizens Assembly on Biodiversity and calling for the Committee to recommend their adoption in full, which includes Rights of Nature. [You can view this proposal here](#).

### Not involved in your PPN?

You can help support the Citizens Call for Rights of Nature by [adding your organisation](#) to the list of supporters here.

You can also [learn more about Rights of Nature here](#). If you'd like to be involved in the conversation you can join the Whatsapp group by emailing [<lynda@ejni.net>](mailto:lynda@ejni.net).

There is lots of positive action from within PPNs by their member groups. PPN Representatives are elected directly from local community groups and provide a voice for the community on council committees. [Click here to find your PPN and join today](#). It's free to do so, and also provides you with information on activities within the county, information on funding, and the opportunity to meet other groups in your county.

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## GRANTS FOR A HOME ENERGY UPGRADE

The National Home Energy Upgrade Scheme provides grants to upgrade the energy efficiency of your property. When the work is completed, your property should have an energy efficiency rating of B2 or above. The scheme is available to homeowners, private landlords and [approved housing bodies](#).

The Sustainable Energy Authority of Ireland (SEAI) administers the grants, and a private company manages the work for you. These companies are called [One Stop Shops](#), and the scheme is also known as the [One Stop Shop Service](#).

The SEAI also provides [individual energy upgrade grants](#), if you only want to do certain home energy upgrades, and would prefer to manage the process yourself. There is also a [free home energy upgrade scheme](#) for people on low incomes.

For more information click [Here](#)

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### **An Garda Síochána Strategic Plan for 2025 – 2027**

An Garda Síochána is in the process of drafting our Strategic Plan for 2025 – 2027 and we are keen to hear views from across civil society, on the challenges and opportunities facing our communities and the role An Garda Síochána can play working with you to improve community safety. The current An Garda Síochána Strategy can be found [here](#). Submissions may be returned to [StrategicPlan2025@garda.ie](mailto:StrategicPlan2025@garda.ie), by 30th November 2023 please. Your engagement is much appreciated.

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#AEShowcase

# ACCESS EUROPE SHOWCASE 2023

📅 Wednesday, 29 November, 11.00am to 2.30pm  
📍 Royal Dublin Society, Dublin



**We are delighted to invite you to our in-person [Access Europe Showcase 2023](#) at the Royal Dublin Society! Join us and our special guest, Minister of State for International Development and Diaspora Seán Fleming TD, for the EU funding event of the year on Wednesday, 29 November from 11am to 2:30pm.**

Whether you are brand new to EU funding or looking to scale up your funding, navigating the opportunities can be tough! At the Showcase's [expo of the Irish National Contact Points](#) for various EU funding programmes, you'll have the chance to network and learn more about the EU funding pathways available to your organisation directly from the experts.

We're delighted to have Minister of State Seán Fleming with us for the highlight of this year's Showcase, the award ceremony for the 2023 [#OurEUStory Awards competition](#). Minister Fleming will announce the winners of our three cash prizes and present the awards for organisations who best demonstrated the transformational impact that EU-funded projects have had on their communities.

The Showcase will also explore Access Europe's results and success stories from the past year so you can learn from peers who have successfully navigated EU funding. Facilitated by presenter and content creator Vanessa Ogbonna, attendees will hear about the impact of EU funding and opportunities available from a range of Irish civil society representatives.

For further information click [HERE](#)

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## **Clann Credo – Community Loan Finance**

### **Financing Community Ambition!**

Calling all community groups, approved housing bodies, family resource centres, sports clubs, charities, and social enterprises - If you are planning a project or service that delivers a social benefit in your local community, Clann Credo may be able to help!

The social finance offered by Clann Credo is designed for community groups and comprises term loans and bridging loans. You may need a bridging loan to enable you to avail of grant aid offered by a public body and/or you may require a term loan to deliver your project or service where grant aid is not available or does not meet the full cost of the project.

Community groups up and down the country have secured social finance from Clann Credo. But Clann Credo is much more than a source of finance – they understand the stops and starts of managing community projects. It is their understanding of community development and volunteerism that positions them as a trusted community finance partner for over 600 community borrowers.

Clann Credo is a registered charity with a national remit. They have staff ready to assist your community group - it's never too early to talk to Clann Credo about your community's project!

For more information check out the Clann Credo website [www.clanncredo.ie](http://www.clanncredo.ie) or contact them – [info@clanncredo.ie](mailto:info@clanncredo.ie) / 01 400 2100.

Follow Clann Credo on Social Media – [X/Twitter](#) | [Facebook](#) | [LinkedIn](#)

Please click [HERE](#) for Clann Credo's Annual Report 2022

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### **CURRENT GRANTS AVAILABLE: (PLEASE PRESS LINK FOR DETAILS)**

[Community Safety Small Grants Scheme- Expressions of Interest now being accepted](#)

[Build Heritage Investment Scheme 2024](#)

[2023 Parent Peer Support fund now open for applications](#)

[Horizon Europe Cluster 2: new open calls for funding published](#)

[New European Bauhaus Festival - call for applications](#)

[Heritage Council Funding](#)

[EIL Explore](#)

[The Arts Council Co-funding Award 2024 for Creative Europe Cooperation Projects](#)

[2023 Asylum, Migration and Integration Fund Inviting Applications](#)

[European Youth Foundation Grants – International Activity Grant](#)

[Benefact Group – Movement for Good Awards](#)

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## **EU News**

### **Commission calls on Ireland to comply with EU law in relation to air pollution**

The European Commission has called on Ireland and 11 other Member States to comply with EU law in relation to air pollution and to reduce their emissions of several pollutants to cut air pollution. The Commission issued letters of reasoned opinion to the Member States for failure to ensure correct implementation of their reduction commitments for several air pollutants as required by Directive 2016/2284 on the reduction of national emissions of certain atmospheric pollutants ('NEC Directive'). Ireland has two months to respond and take the necessary measures. Otherwise, the Commission may decide to refer the case to the Court of Justice of the European Union.

For further information please click [HERE](#)

