



## County Longford Public Participation Network (PPN)

E-mail: [ppn@longfordcoco.ie](mailto:ppn@longfordcoco.ie); Web: [www.longfordppn.ie](http://www.longfordppn.ie)

fb: @longfordppn

Twitter: @LongfordPPN

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

# PPN Newsletter October 2023 (Part 2)

## LOCAL NEWS

### The Wheel Funding Roadshows in November- Longford & Roscommon

This is a great opportunity for members of the community to:

- Learn about funding opportunities available – at a local, national and EU level
- Talk directly to funders about potential projects
- Network with other community and voluntary organisations.

The events will run from 9.30am to 3.30pm. Here are further details:

- **07 November, Longford:** Longford Women's Link CLG, Willow House, Ardnacassa Avenue, Longford. Co Longford N39 H6R7. (Details [here](#) )
- **08 November, Roscommon:** Athleague Community Centre, Tiernan Memorial Hall, Main Street Athleague, Roscommon, Ireland F42 P440. (Details [here](#))

Maria O' Connell | Grant Development Officer.

The Wheel | 48 Fleet Street, Dublin 2, D02 T883 (entrance on Parliament Row)

T: (01) 454 8727/ 087 757 6636 | E: [mariaoconnell@wheel.ie](mailto:mariaoconnell@wheel.ie) | W: [www.wheel.ie](http://www.wheel.ie)

[Facebook](#) | [Twitter](#) | [Instagram](#) | [LinkedIn](#) | [YouTube](#)

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**Two hours is all you need for a Triple P Discussion Group Positive parenting help for parents around Longford**

#### Venue

Tivoli House, Leader Park, Glack,

#### Date

20<sup>th</sup> & 27<sup>th</sup> October

#### Bookings and Information

Call 043 666 0977 or email [admin@Lngfrc.ie](mailto:admin@Lngfrc.ie)

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**AGE FRIENDLY LONGFORD & CREATIVE IRELAND PRESENTS**  
**A SERIES OF MUSIC EVENTS AT YOUR LOCAL LIBRARY**

**October 2023**

- ◆ Longford Library: Friday 20th October, 3.00pm - Conor & Mick Lane
- ◆ The Green, Edgeworthstown: Friday 20th October, 12.00pm - Harp Duets & Edel Loftie
- ◆ Drumlish Library: Saturday 21st October, 3.00pm - Sean Hussey
- ◆ Lanesboro Library: Monday 23rd October, 2.00pm - Angelina Carberry
- ◆ Edgeworthstown Library: Tuesday 24th October, 4.00pm - Pascal & Davy Flaherty
- ◆ Granard Library: Thursday 26th October, 1.00pm - Seamus Farrell
- ◆ Longford Library: Friday 27th October, 11.00am - John & Dwight Kelly

*NO BOOKING NECESSARY - ALL WELCOME!*

**AN LONGFORD CONNECTED**  
 Contribute to Change An Longford  
 Longford County Council

**LONGFORD**  
 Age Friendly County

**Grants available for communities to deliver positive actions for water quality, protection, and awareness**

**The LAWPRO Community Water Development Fund 2024 is now open for applications**

Your local community or voluntary group can now apply for a Community Water Development Fund (CWDF) grant to deliver a project in 2024. This Fund helps local communities deliver projects and initiatives that enhance your local water environment, delivering multiple benefits for water quality, biodiversity, and climate action. The Local Authority Waters Programme (LAWPRO) administers the Fund on behalf of the Department of Housing, Local Government and Heritage. There will be €520,000 available in grants under the 2024 Call.

The fund was recently launched by Minister Malcom Noonan, TD, the Minister of State for Housing, Local Government and Heritage.

Interested community and voluntary groups can download the Guidelines and complete the grant application form online at [Lawaters.ie](http://Lawaters.ie). An information video is available which explains all about the Fund and use of the online portal – see here [Local Authority Waters Programme \(vimeo.com\)](https://www.vimeo.com)

The Fund is open to all community and voluntary groups to help in the protection and management of water quality, both locally and in the wider catchment. Grants awarded will range from €1,000 to €25,000.

For support with your application contact Luke Kenny Community Water Officer at [lkenny@lawaters.ie](mailto:lkenny@lawaters.ie).

The closing date for receipt of applications is 12 noon on Wednesday 6<sup>th</sup> Dec 2023.

If you experience any technical difficulties on the website, please email [funding@lawaters.ie](mailto:funding@lawaters.ie)

Examples of projects funded in 2023 across County Longford include:

Abhainn Glas Residents Association - Biodiversity report and improvement options for Black River in Abhainn Glas area.

Edgeworthstown Tidy Towns – Pollinator-friendly planting and creation of rainwater gardens.

Newtownforbes Tidy Towns - Outdoor Classroom infrastructure on Biodiversity & Nature Trail.

Lough Ree Lanesboro Angling Hub - Shannon Water Quality Community Monitoring Project.

For a full list of projects funded throughout Ireland, please see [Grants Awarded Community Water Dev Fund 2023.pdf](#)

Below: Just two of many projects' ideas supported by the Community Water Development Fund: a rainwater planter (left) that helps to “slow the flow” of rainwater runoff into storm drains, and a newly created park wetland system (right) to collect and purify rainwater runoff from carparks and roadways before it returns to natural waterways.

Photo credits: LAWPRO.



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### **Tinnitus Community Event Sunday, October 22**

Tinnitus is the continuous ringing in the ear. About 10-15% of Irish people experience this. Unfortunately, there is not a solid community for tinnitus in Ireland. As part of the National PPI Ignite Festival, Tinnitus Éire, an upcoming community for tinnitus in Ireland together with Trinity College Dublin and Sing Ireland at University of Limerick are organising the "Sing Your Tinnitus Story - a co-creative poetry and chorus workshop".

Date: Sunday, October 22

Time: 11:00 - 15:00 (Tea/coffee and lunch provided)

Venue: Samuel Beckett Dance Studio - Trinity College Dublin

If you have tinnitus, or you know someone with tinnitus, please come join us to find your community through song and music!

If you have more questions, please email [tinnitus.eire@gmail.com](mailto:tinnitus.eire@gmail.com).

Best regards,

**ANUSHA YASODA-MOHAN**

Tinnitus Éire

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



PPI Festival - Sing  
your tinnitus story.p

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## OCTOBER BREAST CANCER AWARENESS MONTH

### **Breast Cancer Awareness Month**

Every year, the month of October is dedicated to breast cancer awareness. **Breast Cancer Awareness Month** aims to promote screening and prevention of the disease, which affects one in 9 women in Ireland every year.

Early detection affects survival rates. It is therefore important for all women to be breast aware – that is, to “know their normal” – and for women in target populations to be screened through high-quality, organized screening programmes. Treatment for breast cancer can

be highly effective, especially when the disease is identified early.

The early detection of breast cancer is often key to successful outcomes. But do you know what to look for or when to see your doctor?

To help you be aware of your breasts and explain the various types of changes that women experience we invite you to

- ❖ Familiarise yourself with the contents of the attached brochure from the Marie Keating Foundation - further information at <https://mariekeating.ie/cancer-information/breast-cancer/>
- ❖ Take home a Breast Cancer Ireland information shower card available at the entrance to the Canteen in Aras an Chontae. (Copy attached - cards will be distributed to non-Water Street based offices and libraries)  
further information at <https://www.breastcancerireland.com/>

A word of caution – If you find a lump or other changes in your breast, don't use the booklet or card to diagnose yourself, you must seek your GP's advice immediately.

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## New Routes Programme - Starting 18th October 2023



**New Routes  
Outdoor Adventure Based  
Personal Development Programme**

**10 Week Course**  
Monksland, Athlone  
Suitable for 18 yrs & over  
Wednesdays 10-1pm  
Starts October 18<sup>th</sup> 2023

For more information  
Please Contact  
Barry@venture-out.ie  
Or 086 1049684

**Venture-Out.ie**  
f t in

**WESTERN REGION**  
Drug & Alcohol Task Force  
Mórtlach Dúgáil an Iarthair

**VENTURE OUT**

**What's it All About?**  
Health & Fitness  
Taking on a challenge  
Learning about the Outdoors  
Employability Skills  
Learning Social Skills  
Personal Development  
Making Positive change

### Venture Out Wilderness Project CLG



Venture Out  
information flier Em



Venture Out  
Wilderness Project C

### Say Yes to the Dress and No to Duchenne - LAST COLLECTION



**Say Yes to the Dress  
and No to Duchenne'**

Pre-loved Bridal Wear Fayre.  
Kilronan Castle, Roscommon  
Sunday October 22nd  
1-5pm

@Join Our Boys Trust  
www.joinourboys.org

I am doing a last collection for the following items for this great cause on **THURSDAY 12<sup>TH</sup> OCTOBER 2023**.

A huge THANK YOU to everyone who has donated so generously to date!

Collecting the following clean, pre loved or new items:

Wedding Gowns & Accessories

Bridesmaids Dresses

Flower Girl Dresses

Debs Dresses

Communion Dresses

Mother of The Bride outfits

Men's Suits

Boys Suits

Please click here for [Tickets and Information](#) if you are interested in attending the event.

Contact me at [mcarney@longfordcoco.ie](mailto:mcarney@longfordcoco.ie) or 043-3343513 to arrange collection.

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### **Longford heritage group shortlisted for top award at National Heritage Week ceremony<sup>2</sup>**

The Heritage Council has today announced its shortlisted candidates for the top awards at the annual National Heritage Week awards ceremony which takes place in Gloster House, Offaly, on Friday October 20th. A Longford group, Knights and Conquests Heritage Centre, is among those hoping to take home an award.

Knights and Conquests Heritage Centre has been nominated in the Inclusive Heritage Award category, which recognises events that made a special effort to share heritage with everyone in the community, including those who are new to heritage, those who do not have local roots, those who have additional accessibility needs and encourage intergenerational activity. The event organised by Knights and Conquests Heritage Centre, entitled Dúchas Beo, invited people to experience history come to life with a live medieval re-enactment on horseback.

Master craftspeople were also on hand to showcase traditional Irish crafts such as blacksmithing, thatching, weaving and coopering with workshops and demonstrations available for those looking to upskill. The group put significant effort into its outreach strategy by trying to include as wide a range of people as possible from a variety of backgrounds in the event.

The National Heritage Awards recognises the enormous contribution of individuals and community groups across Ireland in ensuring the preservation, protection, and promotion of Ireland's built, natural, and cultural heritage.

The awards honour those organisers who created the most engaging and inspiring events and projects for National Heritage Week 2023 as well as Ireland's Heritage Hero. Almost 2,000 events and projects took place around the country in August during National Heritage Week, as communities and individuals answered the Heritage Council's invitation to explore this year's theme of living heritage.

A full list of award categories and shortlisted candidates is available below:

<https://www.heritageweek.ie/about/national-heritage-week-awards-nominees>

The ceremony will be livestreamed from the website on Friday from 3.45pm:

[www.heritageweek.ie/awards](http://www.heritageweek.ie/awards)

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### **Promoting Wellness for Women - MenoWell Longford**

**MenoWell Longford** is a free 6-week online evidence-based exercise, nutrition, and health education programme promoting wellness for women in all stages of adult life, with a special focus on perimenopause and post-menopause.

Designed and delivered by EduFIT and funded by Longford Sports Partnership and Longford County Council the programme is aimed at women aged 30+ years living in Longford.

The programme will begin on **Wednesday September 13<sup>th</sup> at 8pm** and run for **6 weeks** as follows:

- 2 x 40-minute live online women- and menopause-specific multimodal **exercise classes** per week – **Mondays and Thursdays at 8pm** hosted via Zoom, instructed in real time and include a suitable warm up and cool down.
- 1 x 30-minute live online women- and menopause-specific health **education masterclass** per week – **Wednesdays at 8pm** also be delivered via Zoom with a focus on different topics relating to women's health and the menopause journey including muscle, bone, and cardiovascular health, healthy nutrition, sleep hygiene and self-care.

An on-demand library of women- and menopause-specific exercise videos and nutrition recipes, as well as recorded health education workshops will also be available to all participants.

You can sign up for the programme by clicking on the following link

<https://edufit.ie/menowell-longford/> you will be asked to complete a short-answer online questionnaire, but all information will be kept strictly private and confidential,

(There is a button to confirm you live in Longford, however as an LCC staff member you can click 'Yes')

Don't worry if you can't commit to all classes, once registered you can attend as many as you are available for.

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## Tusla National Fostering Week

We are contacting you today to highlight the on-going demand for foster carers across Ireland. We in Tusla are particularly interested in reaching out to our colleagues in your sector who's understanding, knowledge and insights bring so much to a fostering role. You may be aware of our recent recruitment efforts through social media and local papers. We are running Tusla National Fostering Week, beginning next Monday 16<sup>th</sup> October, to highlight the need for more foster carers in your area and would be very grateful of your support.

We have upcoming online information sessions that may be of interest to you and I would be greatly obliged if you would share this information with your network. Anyone interested in finding out more about fostering can visit the link below:

<https://www.tusla.ie/services/alternative-care/foster-care/campaigns-local-and-individual/>

**Free Phone: 1800 226 771**  
**Email [tusla.fostering@tusla.ie](mailto:tusla.fostering@tusla.ie)**

[Download our promotional assets for National Fostering Week here.](#)

In the mean-time, if you haven't already, check out [fostering.ie](http://fostering.ie) where we have some useful information and videos from carers and young people who have been in foster care, which provides a unique insight into what being a foster carer is like.



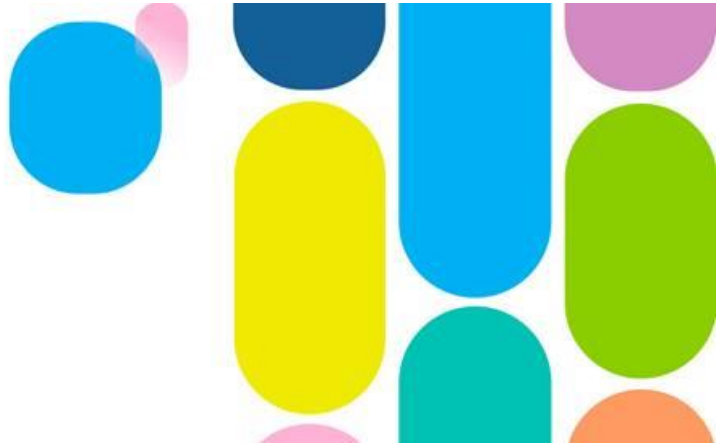
fostering.ie



TUSLA

An Gníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency





## COURSES

Free webinar series for the community and voluntary sector

# Literacy opens doors

October and November 2023  
Online through Zoom

Register at [nala.ie](http://nala.ie)



The National Adult Literacy Agency (NALA) is hosting a **free four-part webinar series** for people working in the community and voluntary sector.

We will discuss ways of helping communities to support people with literacy needs. The webinars will cover topics like raising literacy awareness, using literacy friendly approaches, health literacy and plain English.

If you attend **all four webinars** in this series, you will get a NALA certificate of completion.

You can find out more details on each webinar and register at the links below.

**Friday 27 October, 11am – 12pm**

**[Webinar 1: Raising literacy awareness with people working with marginalised communities](#)**

**Friday 3 November, 11am – 12pm**

**[Webinar 2: Using a literacy friendly approach in practice](#)**

**Friday 10 November, 11am – 12pm**

**[Webinar 3: Making health literacy everyone's business](#)**

**Friday 17 November, 11am – 12pm**

**[Webinar 4: Introduction to plain English – Top tips for clear communication](#)**

For more information, contact Fergus Dolan in NALA at [fdolan@nala.ie](mailto:fdolan@nala.ie)

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### **Research into Unmet Literacy Needs among Staff and Volunteers in the CV Sector**

We are doing a survey to find out about literacy, numeracy and digital literacy needs of staff and volunteers in the community and voluntary sector.

We are doing this with a view to being able to provide training to the sector afterwards.

Please help us to reach as many volunteers and employees in the sector as possible by sharing the following link.

<https://txyge4jclg7.typeform.com/Wheel-NALA-Vols>

If you'd like to find out more, please email Matthew Norman: [matthew@wheel.ie](mailto:matthew@wheel.ie).

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### **Literacy Friendly Workshops**

Learn how to become more literacy friendly in your work.

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**

## 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.

Kind Regards

Dereck



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)



**'WITHOUT THE HELP... I WOULD HAVE DROPPED OUT'**  
-EVALUATION OF THE 1916 BURSARY FUND FOR THE  
MIDLANDS EAST NORTH-DUBLIN (MEND) REGION  
Dr Sarah Sartori, Dilara Demir Bloom & Sarah Murphy, May 23 2023.

**“I was finding balancing everything difficult and started to question if I was able to do this. Family demands, my health and other. But the award redirected me and the feeling of somebody’s support was a game changer.”**

-Focus Group Participant

I am writing to you today to share the key findings and insights from the recent evaluation of the 1916 Bursary Fund, conducted by College Connect in the Midlands, East, North-Dublin (MEND) region. The report, titled **"Without the Help... I Would Have Dropped Out"** sheds light on the impact of the fund on higher education outcomes and offers recommendations for future enhancements.

## **Key Findings and Recommendations:**

**The report's key findings are overwhelmingly positive:**

- Over 96% of recipients believed the bursary enabled them to attend and stay in college.
- 93% stated that the bursary allowed them to focus on their studies.
- Over 96% reported reduced financial stress due to the fund.
- Almost 99% stated that the bursary helped them afford essentials to support their studies.

This evaluation was conducted by College Connect; a partnership between Maynooth University, DCU, Technological University of the Shannon (Athlone Campus) and Dundalk Institute of Technology, which aims to enhance educational aspirations and opportunities for the most socio-economically disadvantaged people in the Midlands, East, North Dublin (MEND) region.

**The report provides seven recommendations for enhancing the 1916 Bursary Fund’s impact:**

1. Increase the number and value of the 1916 bursaries.
2. Simplify the application process.
3. Streamline the support system, both during the application process and upon receipt of the fund.
4. Offer a clear and proactive appeals process.
5. Work to destigmatise the 1916 Bursary Fund.
6. Carry out a review of the 1916 Bursary Fund to include public consultation.
7. Embed the 1916 Bursary Fund as a permanent source of funding support for low-income priority groups

College Connect is funded under the Higher Education Authority’s Programme for Access to Higher Education. As part of its work, College Connect is developing an important evidence base to inform educational policy and the targeting of supports for marginalised communities seeking to access higher education in Ireland. The project has already published **(i) [Community Needs Analysis for Prisoners and Former Prisoners](#), (ii) [Community Needs Analysis with Refugees & People in the Asylum Process – Exploring Access & Barriers to Higher Education in Ireland](#), and (iii) [A Community Needs Analysis with Further Education Students - Thoughts Around Progression from Further Education and Training to Higher Education](#)**.

***"The impact that the 1916 Bursary Fund has had on recipients in recent years is immeasurable. It has allowed us identify students who would***

**Responding to the evaluation Dr Claire Bohan of DCU spoke to the impact the 1916 Bursary Fund has had on empowering non-traditional students to enter and complete higher education, and how it has**

*otherwise never have dreamed of coming to college and provide an ecosystem of financial and personal supports throughout their academic journey."*

-Dr Claire Bohan

Dean of Students, Dublin City University

allowed HEIs to identify and support such students throughout their academic journey.

#### **Accessing the Report:**

You will find a digital copy of the report attached to this email. Additionally, the report is hosted on our website, accessible by [clicking this link](#), or by scanning the QR code below.

If you prefer a hard copy of the report, please contact us at [collegeconnect@mu.ie](mailto:collegeconnect@mu.ie) with your name and organisation details, and we will promptly send you copies. We would also greatly appreciate if you could cascade the report through your network. For any inquiries or further information, please feel free to reach out to us at the same email address.



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### **Schuman traineeships in the European Parliament**

Applications are now open for Schuman traineeships in the European Parliament. There are hundreds of positions available including 3 in the European Parliament Liaison Office in Ireland. The deadline to apply is 31 October 2023.

Please [click here](#) for further information

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### **National News**

‘See Change’ is an Irish organisation dedicated to ending mental health stigma. Their work is informed by people with lived experiences of mental health difficulties, who are best placed to give insight into mental health stigma and discrimination.



Their annual **Green Ribbon** campaign aims to spread awareness about all mental health difficulties to help end mental health stigma and discrimination. This year it takes place throughout the month of September.

If you would like to learn about stigma and the negative impacts, it can have on people with mental health difficulties you can visit the ‘See Change’ Website at

<https://seechange.ie/>

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## **‘National Disability Authority Annual Conference 2023: Public and Political Participation of Disabled People**

### **Guaranteeing the equal participation of disabled people in political and public life in Ireland – United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) Article 29**

**Date:** Thursday, 26 October 2023

**Time:** 9:30am – 4.15pm

**Location:** Aviva Stadium, Lansdowne Road and Online

**Cost:** Free of charge. [Registration required.](#)

We would like to invite you to our **Annual Conference 2023: Public and Political Participation of Disabled People.**

This year’s event will take an in-depth view of all the implications of Article 29 of the UNCRPD in Ireland, which focuses on the participation of disabled people in political and public life.

The conference will look at issues around accessible voting, and the public and political representation of disabled people in Ireland. Disabled people, public officials and elected representatives will discuss barriers faced by disabled people and propose solutions. We will look at international practices and present learning from other countries which could inform potential solutions to address the challenges and barriers faced in Ireland.

Speakers confirmed so far include:

- Art O’Leary, Chief Executive, An Coimisiún Toghcháin (The Electoral Commission),
- Cahir Hughes, Head of Electoral Commission Northern Ireland,
- Robbie Sinnott, Voice of Vision Impairment,
- John Dolan, CEO, Disability Federation Ireland (DFI),
- Ivana Bacik, TD, Labour Party.

The [conference programme is available on our website](#) and will be updated as more speakers are confirmed.

We encourage all relevant stakeholders to attend, including professionals who are preparing to implement the Electoral Reform Act 2022 and individuals whose lives will be impacted by it, including:

- Disabled Persons Organisations and other disability organisations
- Policy makers
- Public sector officials
- Local authority officials
- Individuals with disabilities and their families

The conference will be a hybrid event, in-person at the Aviva Stadium, Lansdowne Road or online via Zoom.

You need to [register to attend](#), but the event is **free of charge**.

**Irish Sign Language interpretation and real-time captioning will be available.**

If you have any questions, please do not hesitate to contact us [by email](#) or by phone on 01 608 0400.

We look forward to welcoming you to our Annual Conference 2023!

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### **Rural Ideas Fora 2023 - 'Place-making and Place-shaping in Rural Ireland'**

Friday 27 October 2023 @ 11.00am

The Department of Rural and Community Development is continuing its series of Rural Ideas Fora. These events focus on specific themes within Our Rural Future 2021-2025, the national rural development policy, and are an opportunity to discuss the challenges and opportunities that impact on rural communities and economies. Attendees will learn more about ongoing work relating to the objectives contained in this policy, hear from a panel of key stakeholders, and have the opportunity to discuss key issues.

The next Rural Ideas Forum will be a hybrid event, held in-person and online, on Friday 27 October in the Anner Hotel, Thurles, Co Tipperary. The theme is 'Place-making and Place-shaping in Rural Ireland'. Registration, with tea/coffee, will commence at 10.30am for an 11.00am start; lunch will be provided from 1.00pm.

**There are limited places available for in-person attendance.** Registration is essential, via Eventbrite at the following link:

<https://www.eventbrite.ie/e/rural-ideas-fora-place-making-place-shaping-in-rural-ireland-in-person-tickets-695385927027?aff=oddtcreator>

If you would like to participate **online**, registration is essential via Eventbrite at the following link:

<https://www.eventbrite.ie/e/rural-ideas-fora-rural-placemaking-online-registration-tickets-705272628417?aff=oddtcreator>

Melissa *Rural Strategy Unit*

**An Roinn Forbartha Tuaithe agus Pobail**

Department of Rural and Community Development

**Trinity Point, 10-11 Sráid Laighean Theas, Baile Atha Cliath 2, D02 EF85**

Trinity Point, 10-11 Leinster Street South, Dublin 2, D02 EF85

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Rialtas na hÉireann  
Government of Ireland

**Showcase Event for the Community and  
Voluntary Sector on Climate Action  
Tuesday 21<sup>st</sup> November**

**Hibernia Conference Centre  
Dublin Castle**

**9.30am to 4.30pm  
(Lunch will be provided)**

**Register to attend [here](#) by Friday 20<sup>th</sup> October 2023.**

*We encourage you to register early as initial registration for this event is by invitation only  
and we will be operating a waiting list when capacity at the venue is reached.*

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Please email any queries in relation to the event to: [DRCD\\_events@drcd.gov.ie](mailto:DRCD_events@drcd.gov.ie)



# Attitudes and Experiences of Mental Health in Ireland

(Figures represent those who **Agree** or **Strongly Agree** with the statement)



**88%** believe mental health is a universal human right

**67%** believe Ireland is making positive steps to a more diverse and representative society

**83%** believe diversity and representation of mental health can increase creativity & opportunities for development in society

**60%** have some degree of experience of dealing with mental health challenges

**13%** experience either stigma or discrimination on a regular basis

**16%** feel limited in being able to get/keep a job because of discrimination due to having mental/physical ill health



Our findings indicate that people with personal lived experience and those with both personal and family/friend experience of mental health challenges are more affected than people who have no experience when it comes to areas of their social inclusion, as shown here.



Conducted by B&A on behalf of Mental Health Ireland. Find full survey at: [www.worldmentalhealthmonth-mhi.ie](http://www.worldmentalhealthmonth-mhi.ie)

\* income to cover basic needs and savings.

Coming soon...



THIS YEAR'S THEME:

**'Mental Health is a Universal Human Right'**

Mental Health Ireland is organising a full programme for World Mental Health Month this October 2023.

Here are some of the ways you can get involved...

|   |  |   |   |
|---|--|---|---|
| <p><b>Courageous Conversations</b></p>  <p>A face-to-face event to highlight how <b>Mental Health is a Universal Human Right</b></p> | <p><b>Fundraising</b></p>  <p>There will be lots of ways to fundraise throughout October</p>                                      | <p><b>Local Events</b></p>  <p>There will be an <b>Interactive Map</b> to show events in your area</p>                          | <p><b>Self-directed Learning</b></p>  <p>Training for workplaces</p>   |
| <p><b>Connect Cafés</b></p>  <p>A downloadable toolkit and resources to encourage groups to run Connect Cafés</p>                  | <p><b>Merchandise &amp; Resources</b></p>  <p>A full suite of resources including a shop with merchandise and downloadables</p> | <p><b>Galway Conference</b></p>  <p>Galway Mental Health Association celebrates mental health associations and volunteers</p> | <p><b>Menopause Booklet Launch</b></p>  <p>A booklet for people going through menopause and their supporters</p> |

For information please contact: [Alessia@mentalhealthireland.ie](mailto:Alessia@mentalhealthireland.ie)

## World Mental Health Month activities & Attitudes and Experiences of Mental health in Ireland survey results

I would like to share with you MHI resources which include many interesting ideas for celebration of World Mental Health Month.

[Resources – World Mental Health Month \(worldmentalhealthmonth-mhi.ie\)](https://www.mentalhealthireland.ie/resources/world-mental-health-month)

I encourage you to watch and share with your networks a *What does mental health mean to you?* clip prepared especially for WMHM:

[https://www.youtube.com/watch?v=7-VeF6eTK\\_Q](https://www.youtube.com/watch?v=7-VeF6eTK_Q)

If you or your community groups would like to register their events this October, they can still do it on: [Register your event – World Mental Health Month \(worldmentalhealthmonth-mhi.ie\)](https://www.worldmentalhealthmonth-mhi.ie)

Please encourage your members to get involved in World Mental Health Month.

I am attaching a MHI map of activities and results from a survey conducted on behalf of Mental Health Ireland for World Mental Health Day. I hope you will find it interesting.

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## **PUBLIC INTEREST LAW ALLIANCE (PILA) NGO PITCH EVENT INVITING APPLICATIONS**

As part of the Pro Bono Week Ireland 2023, Public Interest Law Alliance (PILA) will organise an NGO Pitch event, taking place online on Tuesday 21 November from 1pm - 2pm.

The objective of the event is to connect [Pro Bono Pledge Ireland](#) Signatories that have committed to doing pro bono work with NGOs and civil society organisations that have projects in need of legal expertise.

Representatives from civil society organisations will have the opportunity to introduce themselves to Pledge Signatories, which include over 50 law firms across Ireland. During the 10-minute pitch, representatives of 4 selected NGOs, charities, social enterprises, or other civil society groups should provide an overview of their organisation and articulate their unmet legal needs. Following each pitch, Pledge Signatories will have the opportunity to ask any questions which will help them decide whether they can form a long-term relationship with the NGO and offer pro bono legal assistance. PILA will facilitate the introduction between the civil society representatives and the legal practitioners who wish to develop an ongoing relationship after the event.

### **Application Process**

Please download [here a copy of the application form](#).

Applications must be made on the current NGO Pitch Event application form. The completed application form must be sent to PILA, before 7 November 2023 at 5pm. Please email all completed applications to [pila@flac.ie](mailto:pila@flac.ie) with the subject line: NGO Pitch Event Application - November 2023.

Shortly after assessment, all applicants will be contacted and informed of the outcome.

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## National Allotments and Community Gardens Week 14th-21st Oct 2023



*The first ever national Allotments and Community Gardens Week will be taking place in Ireland from 14th - 21st October 2023!*

We are running this event to raise awareness of allotments and community gardens, to highlight how important they are and to detail the huge benefits of community gardening for communities, individuals, and the environment.

The 2023 theme is "***Growing with Nature***" and we are hoping to get as many allotments and community gardens involved.

Some examples of activities during the week are:

- 1) Organise a tour or an event** (in person or virtual!) at your allotments or community gardens with an emphasis on how you are helping local wildlife and biodiversity!
- 2) Post photos and videos online** during the week about what actions you are taking to ***grow with nature*** at your allotment or community garden!
- 3) Publicise the week** as it is the first ever Irish event like this - we will be posting information on our social media in the coming weeks, so please share and like!  
#NationalAllotmentsWeek #NationalCommunityGardensWeek  
#GrowingWithNature

If you don't have social media, you can email us any photos or videos and we can post them online and tag your community garden or allotment.

If you are going to run an event during this week, please let us know by replying to this email and by tagging Community Gardens Ireland on social media during the event (14th - 21st October 2023).

**To align with the start of Allotments and Community Gardens Week 2023, we will be organising our Yearly Gathering of Community Growers.**

**This year it takes place in Cork City on Saturday 14th October** where we will be visiting

and seeing first hand some amazing community growing projects in the city. More details including Eventbrite link to follow on this!

Dónal McCormack

Chairperson Community Gardens Ireland

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## Hybrid Social Finance Loan 2023 – 2024 Opens for Applications

Rethink Ireland, in collaboration with Community Finance Ireland, and the Department of Rural and Community Development via the Dormant Accounts Fund, have introduced the second open call for applications to their Hybrid Social Finance loan.

The scheme is aimed at supporting up to 20 social enterprises that are first-time borrowers. This fund will offer a mix of a loan that must be paid back, along with a non-repayable loan and business support.

The Department of Rural and Community Development via the Dormant Accounts Fund has committed €890,000 for this scheme. In addition, Community Finance Ireland will provide approximately €500,000 in repayable loans.

A key requirement for applicants is that their social enterprise must not have borrowed money before.

### Each Award will include:

1. A repayable loan between €10,000 and €50,000 provided by Community Finance Ireland (which can be financed over five years at a competitive rate)
2. A non-repayable loan for up to the same amount provided by Rethink Ireland (between €10,000 and €50,000)
3. A business supports package for the amount of €10,000 (which includes one to one consultancy supports and Accelerator workshops)

### Upcoming Q&A sessions:

- Thursday 19 October at 12 pm: [register](#)
- Friday 10 November at 12 pm: [register](#)
- Thursday 23 November at 1 pm: [register](#)

**The deadline for applications is 8 December 2023 at 1 pm via the [Rethink Ireland website](#).**

Questions can be also directed to [hybridsocialfinance@rethinkireland.ie](mailto:hybridsocialfinance@rethinkireland.ie).

## The Wheel Responds to Budget 2024

**Budget 2024 was announced last week, with implications for charities, community groups, and social enterprises across Ireland.**

Overall, we see some welcome funds to support areas of the sector, but there has not been the same level of investment as we saw in Budget 2023 in overall resources for services.

On a positive note, we are extremely pleased to see the VAT Compensation Scheme for charities, which was a core part of our Budget 2024 campaign, increased from €5m to €10m in 2024. The scheme has consistently been raised by members of The Wheel as a welcome support, but one which has given a relatively low return on investment of time. This increase should, in theory, see an increase on returns from circa 15% of claims to circa 30%.

Other measures of relevance to our sector include:

- A commitment to developing philanthropy in Ireland
- Funds allocated to SICAP providers and Volunteer Centres for Ukraine supports have been retained
- An increase in the European Social Fund from €1m to €2.5m
- €4.6m in additional funding for SICAP
- €11 million of targeted social inclusion support to provide assistance to new arrivals through the Social Inclusion and Community Activation Programme
- €10m to projects approved under the Community Recognition Fund, which acknowledges the contribution by so many communities in welcoming and hosting arrivals from Ukraine and other countries.

We are currently seeking clarification on the applicability of certain announcements to our sector's work. For example, will the €250m of business supports announced be accessible to charities and social enterprises? Will social enterprises have access to the €9m provided to Local Enterprise Offices to "promote indigenous business"? We have always been clear that it is important that such schemes acknowledge and accommodate the unique structures of charities and social enterprises, and we welcome any feedback from you on your ability to access such supports into the future.

Finally, with strike action still due to begin at numerous state-funded voluntary services on 17 October, we are concerned at the apparent absence of measures to address this crisis in Budget 2024. We continue to call for clarity for state-funded charities on provisions to resolve this issue, and to actively campaign in the media and behind the scenes on this issue.

**Catch Up with The Wheel's Full Budget 2024 Coverage:**

[Download The Wheel's analysis of Budget 2024](#)

[Watch the full recording of our Budget 2024 webinar](#)

[Budget 2024: The Wheel Welcomes Increased Cap on Charity VAT Compensation Scheme](#)

[Budget 2024: Lack of Clear Solution to Avert Strike “Very Concerning”, says The Wheel](#)

[Coalition of Charities Publish Open Letter to the Taoiseach](#)

[The Wheel Calls for Urgent Resolution to Avert Strike Action](#)

[Explore our \*A Budget for Civil Society: 2024 Budget Campaign\*.](#)

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

[EU Just Transition Fund: Local and Regional Economic Strategies Support Scheme](#)

[National Integration Fund 2023](#)

[Club Development & Volunteer Support Grant Scheme 2023](#)

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

[National Disability Authority’s \(NDA\) Research Promotion Scheme](#)

[Investment Grant Aid Scheme for Private & Community SMEs](#)

[Outdoor Recreation Infrastructure Scheme](#)

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

[St Stephens Green Trust – Traveller Accommodation Grant Programme](#)

[Energy for Generations Fund](#)

[Community Foundation Ireland – Biodiversity Fund](#)

[The Arts Council – Arts Participation Project Award](#)

[Foras Na Gaeilge - Festivals Scheme](#)



We are delighted to announce that the [#OurEUStory Awards 2023](#) are now open for entries. If you're an Irish organisation active in EU funding, don't miss this valuable opportunity to share your EU story and win a cash prize!

The #OurEUStory Awards celebrate the transformational impact that EU-funded projects have on communities and organisations across Ireland. Last year was the inaugural launch of the Awards and we were blown away by the [fantastic contributions](#) our sector has made to the development of today's European Union through these projects.

Entering the #OurEUStory Awards is your chance to showcase the difference EU projects have made in your community and inspire your peers to start their own EU journey!

### How to Enter

Entries consist of a 140-second (maximum) video shared on X (formerly Twitter) and/or Facebook and a brief application form. The application form is now live (see link below), so here's a handy 4-step guide for preparing your entry:

1. Visit <https://www.accesseurope.ie/our-eu-story>
2. After reading the Terms & Conditions and considering the judging criteria, brainstorm ideas with your team on how to best tell your EU story



3. Create your video and share on X and/or Facebook using the hashtag #OurEUStory and tagging Access Europe so we can share your story far and wide
4. Once you've shared your story, copy and paste the URL of your X and/or Facebook post into [this application form](#) before the deadline on 27 October.

All entries will be shared on the [Access Europe Facebook](#) and [X](#) accounts using the hashtag #OurEUStory. Entries close on 27 October at 5pm.

## Prizes

The three best entries will win a prize: €1,000 for first place and €500 each for second and third places.

We'll announce the winners at the #OurEUStory Award Ceremony at our Access Europe Showcase in December, so watch this space for more details!

Please contact us at [europe@wheel.ie](mailto:europe@wheel.ie) if you have any questions. We look forward to seeing your entries!

**Emily Nelson, EU Programmes Officer, The Wheel**

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## FUNDING THE JUST TRANSITION: OPPORTUNITIES FOR THE COMMUNITY & VOLUNTARY SECTOR (WEBINAR)



**the wheel**  
Stronger Charities.  
Stronger Communities.

Tionól Reiligiúnach Oirthir agus Lár-Tíre  
Eastern and Midland Regional Assembly

Rialtas na hÉireann  
Government of Ireland

Ana chomhchialú ag  
an Aontas Eorpach  
Co-funded by the  
European Union

Are you an organisation operating in the wider Midlands? Are you interested in funding to address the economic, social and environmental impact of the shift away from carbon-

**intense activities in your community? Then join us online on Tues, 24 October at 10am for [Funding the Just Transition: Opportunities for the Community & Voluntary Sector](#).**

[The EU Just Transition Fund](#) aims to support regions that are experiencing negative impacts from the transition away from fossil fuel-intensive industries. In Ireland, the EU Just Transition Fund provides funding to the areas in the wider Midlands where communities have been negatively affected by the closure of peat production and peat-fired energy generation facilities ([see a map of the eligible territory here](#)).

Terence Connolly, [the Irish National Contact Point for the EU Just Transition Fund](#), joins us for a discussion on how community and voluntary organisations can benefit from this funding programme.

Topics covered will include:

- What is a *Just Transition*?
- An overview of the EU Just Transition Fund and its aims
- Opportunities for the community and voluntary sector
- Supports available.

As usual, you'll have the opportunity to share your thoughts and ideas with the event facilitators during the Q&A session.

The event is free, so [book now](#)!

*We look forward to welcoming you online on 24 October.*

Kind regards,

*Christina*

**Christina Nuhr | European Programmes Officer | The Wheel**

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### **Message from Barbara Nolan, Head of Representation**

The Representation was pleased to host an event this week, on the occasion of EU Anti-Trafficking Day, with the International Organisation for Migration Ireland for the launch of their research into human trafficking on the island of Ireland. There are over 7,000 victims of human trafficking in the EU every year of whom almost one in four are children. I was also delighted this week to take part in the launch of the Crocus Project 2023, an initiative of Holocaust Education Ireland to teach young people about this dark chapter in European history and to remember all of the children who perished in the Holocaust.

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## **EU launches Humanitarian Air Bridge operation to bring aid to Gaza**

Following the horrific terrorist attack by Hamas terrorists against Israel and the aftermath, which has led to a disastrous humanitarian situation for the people of Gaza, the EU continues to step up its emergency assistance to the Palestinian people. The EU is now launching an EU Humanitarian Air Bridge operation consisting of several flights to Egypt to bring lifesaving supplies to humanitarian organisations on the ground in Gaza. The first two flights will take place this week, carrying humanitarian cargo from UNICEF including shelter items, medicines, and hygiene kits.

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## **Commission proposes measures to reduce microplastic pollution from plastic pellets**

The European Commission this week measures to prevent microplastic pollution from the unintentional release of plastic pellets. Currently, between 52 and 184 thousand tonnes of pellets are released in the environment each year due to mishandling throughout the entire supply chain. The Commission's proposal aims to ensure that all operators handling pellets in the EU take the necessary precautionary measures. This is expected to reduce pellet release by up to 74%, leading to cleaner ecosystems, contributing to plastic-free rivers and ocean, and reducing potential risks to human health

