



## County Longford Public Participation Network (PPN)

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

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

# PPN Newsletter October 2023 (Part 3)

## 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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## Changing Gears

### Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears in person this November/December in Longford. Designed to boost wellbeing and resilience for those aged 50+ years, it is a four-session course which focuses on managing transitions in mid to later life.

Do you want to discover more about yourself and your capacity to meet different challenges? Take stock of your skills and experiences and plan your next steps in life?

#### What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

## **How does it work?**

Changing Gears offers participants time to:

- Develop skills and techniques to build resilience and confidence in managing life changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The programme invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way, strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

**“I found Changing Gears very useful. It was very useful to look back at what has served me well and to make a plan, as far as is possible, for the next part of my life.”**

Kathleen Jordan, Dublin. Changing Gears participant, online, February 2023

**“The course content from beginning to end was very relevant. The different aspects of the course were so gently put. We came away totally satisfied at having participated and we gained so much information on what’s out there for us both nationally and locally.”**

Kay Murphy, Ennis, Co Clare. Changing Gears participant, in-person, March 2023

## **How can I get involved?**

This course is delivered in 2.5-hour sessions once a week over 4 weeks.

<b>Venue:</b>	The Longford Arms Hotel, 25 Main St, Townparks, Longford, N39 X4H6
<b>Dates:</b>	Thursdays 16, 23, 30 November and 7 December 2023
<b>Times:</b>	10:30 am – 1:15 pm (which includes a comfort break with tea and coffee)

To book a place on this course, please e-mail Fiona at: [engage@ageandopportunity.ie](mailto:engage@ageandopportunity.ie) or call on +353 1805 7798.

**Please note that this programme has been funded by the HSE and is free of charge. Participation requires attendance at each of the four sessions (please do not book a place if you cannot attend on these dates).**

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement, and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected, and more confident.

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**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/Local Authority Waters Programme)

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.



EVENT	VENUE	TIME	DESCRIPTION	FEE	CONTACT & INFORMATION
<b>SATURDAY 28 OCTOBER &amp; SUNDAY 29 OCTOBER</b>					
<b>Samhain Town Family Halloween</b>	Connolly Barracks, Longford <i>Session 1: 12noon to 2:30pm</i> <i>Session 2: 3pm to 5:30pm</i>	12noon & 3pm	Incl. Pumpkin Patch, Haunted House Arts & Craft Tent, Climbing Wall Archery, Music, Puppet Show & Circus Acts in our Big Top	€5 <i>Per Child 2-18 years</i>	longfordcoco.ie <i>Once in all activities are FREE, except for €3 per pumpkin.</i>
<b>TUESDAY 31 OCTOBER</b>					
<b>Fire &amp; Shadows Procession + Spectacular Finale!</b>	Connolly Barracks, Longford <i>Procession starts at 7pm from Earl St. ending in Connolly Barracks which has food and entertainment until 10pm.</i>	7pm-10pm	Samhain mythology woven with spirits of nature. The Owl, Fox, Stag and Crow will cross over from the Otherworld to stalk the streets. A Samhain Fire at the Barracks will banish the spirits back to the Otherworld.	FREE	longfordcoco.ie

Ticket Sales:  Information: [longfordcoco.ie](http://longfordcoco.ie)

To all Community Groups, Clubs and Sports Clubs in Longford,

Longford County Council and Longford Community Safety Partnership are arranging the Dead of Night Halloween Festival over the Bank Holiday Weekend. The purpose of the Festival is to provide pro-social and family friendly activities over Halloween in Longford to promote safety and reduce anti-social behaviour.

This year, we are collaborating with Fáilte Ireland, and it is bigger and better than ever!!

**Samhain Town Family Event Saturday 28 & Sunday 29 Connolly Barracks 12-5.30pm**

We have Samhain Town Family Fun on Saturday and Sunday in Connolly Barracks (Longford). The cost is just €5 per child and once in all activities are included—pumpkins are just €3 in the pumpkin patch and can be decorated in the Arts & Crafts tent. Entrance for adults and Under 2’s is free!!!!

Activities include Haunted House in the old Barracks HQ, Arts & Crafts Tent- make a spiders next, decorate a pumpkin or make a mask; Climbing Wall; Archery; Circus Top with music storytelling, and circus act!

Tickets can be purchased here [Buy tickets – Samhain Town Family Activities, Dead of Night Festival 2023 – Connolly Barracks Longford, Sat 28 Oct 2023 12:00 - Sun 29 Oct 2023 17:30 \(tickettailor.com\)](#)

Tickets can be purchased on the gate on the day- cash only

### **Fire & Shadows Procession and Bonfire Finale- Tuesday 31 October 7-10pm**

This is a FREE event for all ages.

Our Fire & Shadows Procession features the tribes of the Stag, the Owl, the Fox and the Crow who have come to Longford while the veil is thin to stalk the streets!

Led by Fire Dancers and Longford’s own Bula Bula Samba Band, our procession of creatures and spirits will leave Earl Street at 7pm and make its way down Main Street

Our Samhain Lanterns (made by primary school students from Longford Town) and their makers will join the procession at the Post Office, and together make their way to Connolly Barracks—where we will light our great Samhain Fire Beacon to banish the spirits back to the Otherworld!!!

There will be music, street performers and entertainment as well as hot food stalls in Connolly Barracks until 10pm.

There are road closures, so follow signs for parking. For viewing the Procession- Main Street and Bridge Street is best as you can join in the back of the procession after it passes. Entry to the Barracks for public will be just after the Procession enters.

For a full schedule of events **and other Halloween activities in the County**, please visit [Dead of Night - LongfordCoCo](#) or our [Longford County Council Facebook](#)

We would be grateful if you can share this information with your members and local communities to encourage them to attend. I also attach a print friendly version of our schedule for these events, but our full schedule is in the Longford Leader this week and online

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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**  
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**WESTERN REGION**  
Drug & Alcohol Task Force  
Methúil Dúchán 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

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### Longford Age Friendly Wise and Well Age Friendly Information Day Monday 9th October 2023

Longford Age Friendly Programme hosted a very successful “Wise and Well” Information Day in the Longford Arms Hotel attended by over 150 older people from Co Longford. This year’s theme ‘Wise and Well’ focused on positive health and ageing.

The event was a collaboration between Longford Age Friendly and HSE Longford Primary Care Programmes. Many of our local authority departments and organisations who support older persons within our community were in attendance including, Healthy Ireland, Gardai, Longford Community Resources CLG, Alzheimer’s Society of Ireland, Alone, Meals on Wheels, ICA to name but a few.

Longford Handy Helps bag pack items which include items such as tap turners, jar openers, kettle tippers are available for loan by library members from three pilot library branches Longford, Ballymahon and Edgeworthstown.

Following a light lunch and short presentations on nutrition and physical activity by HSE Dietician Cara Gray and HSE Physio Linda Stewart the afternoon concluded with music and dancing with the entertainment provided by well-known entertainer Mick Flavin.

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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.

## **Club Development & Volunteer Supports Grant Scheme, Sports Bursary and Sports Star Awards 2023**

Longford Sports Partnership is thrilled to introduce the below initiatives for 2023, aimed at promoting sports and physical activity throughout County Longford.

### **Club Development & Volunteer Supports Grants**

Longford Sports Partnership is pleased to announce their Club Development and Volunteer Support Grant Scheme for 2023. The aim of Longford Sports Partnership is to increase participation in sport and physical activity among all persons in County Longford. Longford Sports Partnership is looking to support sports and physical activity clubs in the Longford area who are working towards this aim. The deadline for receipt of applications is **Tuesday, 31 October 2023 at 5pm.**

To apply, please click on link below.

<https://forms.office.com/e/PXD3S23Dim>

Also find attached the criteria for this year's Club Development & Volunteer Supports grant scheme.

### **Sports Bursary**

Longford County Council, through Longford Sports Partnership is pleased to announce that the Longford County Council Sports Bursary is now open for applications. The County Council has allocated €5,000 towards this bursary. It is awarded to individual sportspeople who have shown ability in their sport and possess the potential to achieve excellence at national and international levels.

Applicants from any sporting field must be born or reside in County Longford. The award assists in the cost of education, training, travel and equipment. It will normally be made to those over 16 years of age, however, exceptions to this may be made in the case where a person is competing at national, international or equivalent level, as determined by the chosen sport.

The closing date for applications is **Monday, 6 November at 5pm.**

The criteria for applications are attached to this email, and you can access the online application form here: <https://forms.office.com/e/KJZhqcqvqin>

### **Sports Star Awards**

We invite the public to submit your nominations for the 2023 Longford Leader Sports Star Awards, presented in association with Longford Sports Partnership. You can submit your nominations via email to [longfordsportsawards2023@gmail.com](mailto:longfordsportsawards2023@gmail.com)

Please include the nominee's name, club and sport and a brief explanation for the nomination.

Alternatively, nominations can also be posted to Longford Leader Sports Star Awards 2023, Longford Leader, Market Square, Longford N39 KN82.

Please note that ***the closing date for submission of nominations is 10am on Thursday, November 9, 2023.***



Ten award recipients will be selected from the nominees submitted by the public and we are also seeking nominations for the following five awards.

- Hall of Fame Award (Exceptional Service to Sport)
- Club Volunteer of the Year Award
- Junior Sportsperson of the Year Award
- Sports Ability Award
- Team of the Year Award

A selection committee will adjudicate on the nominations.

Each of the winners will be presented with a memento in recognition of their achievement at a gala presentation function in the Longford Arms Hotel on Friday, November 24, 2023, at 8pm and they will also be in the running for the coveted title of Overall 2023 Longford Leader Sports Star of the Year.

There is a vast array of vibrant and well organised sporting clubs and groups across county Longford and you can be sure that the selection committee for the Longford Leader Sports Star Awards, in association with Longford Sports Partnership, will take note of all achievements, whether it is in Athletics, Basketball, Boxing, Canoeing, Community Games, Cricket, Cycling, Equestrian events, GAA (Gaelic Football & Hurling), Golf, Motor Sport, Rugby, Soccer, Swimming, Triathlon or Water Sports, into consideration when they sit down and complete their deliberations ahead of the gala awards dinner.

If you have any queries or require further information, please do not hesitate to contact us.



2023 Criteria - Club  
Grants Updated.pdf

Kind Regards,

*Sarah*



Sarah Mulligan

Sports Coordinator

Longford Sports Partnership  
Longford County Council  
Great Water St. Longford N39 NH56

☎ 043 3343494

✉ [smulligan@longfordcoco.ie](mailto:smulligan@longfordcoco.ie)

⇒ [www.longfordsports.ie](http://www.longfordsports.ie)

[Privacy Policy](#)



JF PROMOTIONS PRESENTS

NEW VENUE

# AWARENESS

FUNDRAISER FOR MENTAL HEALTH & LONGFORD COUNSELLING SERVICES  
SATURDAY 28TH OCTOBER - LONGFORD ARMS HOTEL @10AM

€20  
ENTRY

UNDER 16'S  
FREE  
ADMISSION  
RIGHT OF ADMISSION  
RESERVED



## DJ LINE UP: 10AM - 12:30AM @ ESCABAR

- FUNKMATTERS • ANTHONY QUINN • M SYKES FT. VALI (LIVE VOCALIST) • CURLY MORAN • AZZY
- AGA • DYLO • JONATHAN BYRNE • MANIA • PAUL B2B RAFA • WELLY • NITETALES
- TECHNO TOMMY • JIMMY HAGAN • JOE SWEENEY • RICARDO BAN • DØC • MR SUMMERS
- RICHARD QUINN • ANTONY B & EM-JÄY • MICKEY B • RIIPLEY • CULLY
- MICK WALL (CLASSIC SLASHERS SET) | AFTER PARTY @ SPIRAL TREE

## LIVE MUSIC: 4PM - 12:30AM @ LONGFORD ARMS HOTEL

- JUKEBOX GYPSY • SUGAR N SPICE • SHARYN WARD • SNEAKY TEQUILAS • DANNY KIERNAN
- ARCADIAN SHADOWS • FITZY ON THE SPOONS • MEMORY ERROR • PAT ELVIS BARLOW
- THE ARTIST FORMERLY KNOW AS PSYCHO • MARTIN MANGAN
- DAVY FLA • BRIAN O'FERRALL • ANDREW TYNAN (80'S DISCO)
- PLUS MORE ARTISTS (TBC)



## FAMILY FUN DAY

- 10AM - 12 NOON  
FACE PAINTING, BALLOON SHAPING  
CLOWN SHOW
- 12PM - 1PM  
KIDDIES DISCO - DJ D  
FOR PARENTS, GUARDIANS AND KIDS
- 2PM - 3PM  
HEALTH FOOD TALK - HOST ANDY SMITH
- 3PM - 4PM  
MENTAL HEALTH TALK WITH  
VICTOR CONNELL + GUEST SPEAKERS
- 4PM - 12:30AM  
LIVE MUSIC & OPEN MIC  
FANCY DRESS - PRIZES ON THE NIGHT  
FOR 1ST, 2ND & 3RD

FOR ADULTS & SEPERATELY FOR KIDS  
LIVE ON THE BIG SCREEN  
TYSON FURY vs NGANNOU  
RUGBY WORLD CUP FINAL



[idonate.ie/fundraiser/LongfordCounsellingServices](https://idonate.ie/fundraiser/LongfordCounsellingServices)  
TICKETS: [www.gr8events.ie/mentalhealthfundraiser](https://www.gr8events.ie/mentalhealthfundraiser)



**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**





GAELS UNITED FC

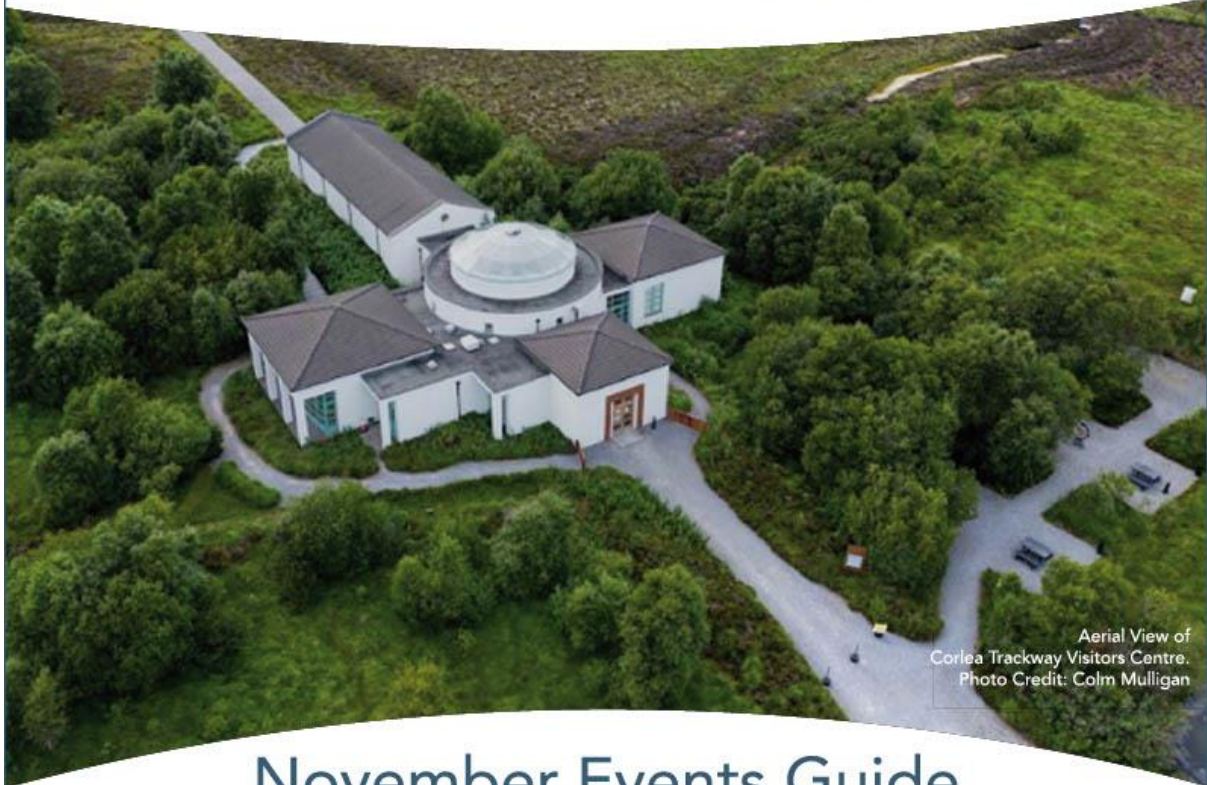
PRESENTS

**DRUMLISH STREET**  
**CHRISTMAS**  
**MARKET**

DECEMBER 9TH & 10TH

2PM TO 6PM

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



Aerial View of  
Corlea Trackway Visitors Centre.  
Photo Credit: Colm Mulligan

## November Events Guide

- **Arts & Crafts for children 6-10 years in Granard Library**  
on Wednesday 1st Nov at 12pm
- **Poetry Reading with Margaret Nohilly at Ballymahon Library**  
Saturday 4th Nov – 12.30 pm - 1.30 pm
- **Share your ideas to inform the new Longford Town Centre First Plan.**  
Visit [www.longfordcoco.ie](http://www.longfordcoco.ie) to have your say.  
Platform closes Monday 6th November.
- **Paediatric First Aid, suitable for all including parents, grandparents, and Childminders.**  
Certificate on completion. Bridgeways Family Resource Centre, Ballymahon Tuesday 7th November 7.30 – 9.30 p.m.
- **Oliver Cromwell is really very Sorry**  
Saturday 11th November at 8pm at the Backstage Theatre.
- **Mostrim Players present a one act comedy "A Wolf by the Ears".**  
Written by Mattie Lennon, directed by Eileen Spillane. Bog Lane Theatre, Ballymahon Saturday 11th November at 8pm.
- **The Lost and the Local: Wildlife Past and Present.**  
The National Museum of Ireland visit Bridgeways Family Resource Centre, Ballymahon with special guest Owen Murphy, Warden from the National Parks and Wildlife Services – Friday 17th November 3-5pm.
- **Night Fever – Longford Variety Group.**  
All proceeds going to Longford Hospice Homecare and other local charities.  
Backstage Theatre, Longford  
Thursday 23rd – Saturday 25th November
- **Longford Parkrun –**  
every Saturday 9.30 am in the Albert Reynolds Peace Park
- **Longford Farmers Market –**  
every Friday morning on the Market Square Longford

Find more events on [Longford.ie](http://Longford.ie) / Advertise your event with us by emailing [tourism@longfordcoco.ie](mailto:tourism@longfordcoco.ie)

# COMMUNITY-BASED TOURISM WORKSHOP

THURSDAY 16 NOVEMBER 2023  
LONGFORD TEMPERANCE HALL



Community  
Wetlands  
Forum



Ireland's Hidden  
**HEARTLANDS**

## **Community Based Tourism Workshop**

**Thursday, the 16th of November 10:00-17:00, Temperance Hall**

### **About the workshop**

We are excited to offer a workshop on community-based tourism in collaboration with Ireland's Hidden Heartlands. Over the course of the day, you will hear from a number of practitioners of community-based tourism and meet with those who have expertise in developing community tourism projects. This workshop is a must for any community embarking on a community tourism project and for local and regional authorities to learn more about how they can support communities.

### **What is Community-based tourism?**

Community-based tourism (CBT) refers to tourism experiences that are owned, hosted and managed by local communities. Well-managed CBT creates jobs, generates income and safeguards the local environment. CBT is all about sustainable community empowerment. Local people are directly and collectively involved in preparing and providing the tourism

experience. They benefit through skills development and improve economic self-sufficiency, and the community can proudly preserve their culture, heritage and local environment.

## **The Community Wetlands Forum**

The Community Wetlands Forum (CWF) CLG is a membership-led organisation, with 58 members across 15 counties in Ireland. The main objective of the CWF is to promote, develop, and support community-led wetland conservation for the public benefit; and to provide a representative platform for community-led wetland conservation groups.

Tickets available from [Eventbrite](#)

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## **COURSES**

### **A.S.I.S.T. (Applied Suicide Intervention Skills Training) & Bereavement Support Workshop for those working with people bereaved through suicide @ EDI Longford**

Just a quick update re: spaces available on the following training workshops:

**A.S.I.S.T. (Applied Suicide Intervention Skills Training)** EDI Longford, 11 spaces available.

**Date:** Tuesday, 7<sup>th</sup> November & Wednesday, 8<sup>th</sup> November 2023 2 days

**Bereavement Support Workshop for those working with people bereaved through suicide** - EDI Longford, 9 spaces available.

**Date:** Thursday, 30<sup>th</sup> November '23 1 day

#### **Training Venue for both:**

Employment Development and Information Centre (EDI), 11A2, Mastertech Business Park, Athlone Road, Longford, N39Y0F4

Any questions please come back to me.

Patrick Jones

Resource Officer for Suicide Prevention - Longford/Westmeath

Tel: 0449340191 | Mob: 0876486649

Email: [patrick.jones1@hse.ie](mailto:patrick.jones1@hse.ie)



ASIST Training  
Leaflet.pdf



Bereavement  
Training Leaflet.pdf

## **FUNDAMENTALS OF VOLUNTEER ENGAGEMENT TRAINING LONGFORD**

Please note places are limited. If you would like to book a place on this 2-module training, Nov 7th **AND** Nov 14th, please let me know by reply email.

Please contact me on 087-9981815, or Verona on 087-2915367 for more information.

Bronwyn Slevin  
Longford Volunteer Centre Outreach & Development Officer  
Longford Community Resources Clg., Templemichael, Longford, N39 RH22

Phone: 043-3345555

Mobile: 087 9981815

E-Mail: [bslevin@volunteerlongford.ie](mailto:bslevin@volunteerlongford.ie)

Website: [www.lcrl.ie](http://www.lcrl.ie) [www.volunteerlongford.ie](http://www.volunteerlongford.ie)

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## **FREE 2-DAYS TV, STUDIO, VIDEO TRAINING COURSE**

We are organizing FREE 2-day TV, studio, video training course for all video enthusiasts - beginners and more advanced.

FREE 2-days TV, studio & video training course in English for all video-enthusiasts. Practise on Blackmagic Design studio equipment and cameras and learn to use Da Vinci Resolve software for post-production. Very limited spaces - register only if you intend to attend the training to give all interested the opportunity. To get more information and register - use the link below. Registration is on first come - first serve basis

<https://forms.gle/ruVyeMoADLK4xcRy8>

Thank you very much

Kind regards

Slavek Kazek (he / his)

Chairman

Midlands Polish Community CLG

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

ph. 0851463545



Video training for beginners and more advanced

# TV, STUDIO & VIDEO PRODUCTION

## 2-DAYS TRAINING COURSE FOR COMMUNITY TV ENTHUSIASTS

- How to create community TV productions and livestream using **BLACKMAGIC DESIGN** equipment
- How to use **DA VINCI RESOLVE** for post production

**FREE 2-days training**  
*Very limited spaces*

To register - fill out the form in the link **BELOW** ▼

**18-19 November**  
from 10am  
Colaiste Chiarain School  
**Athlone**

\*\*\* Participants have to bring their own laptop with FREE Da Vinci Resolve installed \*\*\*



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)



**NALA**

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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## 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)



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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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## 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**

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## Family learning conference 2023: Register (free event)

NALA has a Family Learning conference on Thursday 23 November 2023 in The Richmond Centre, 1 North Brunswick St, Smithfield, Dublin.

The conference is on from 9.30 am to 3.15 pm.

You can [register here](#).

There is **no fee** for attending this conference. Feel free to forward this to colleagues.

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## Grant Writing Tips and Tricks (Webinar)

Click [Here](#) for 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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## Talking Health & Wellbeing Podcast

This week's HSE #TalkingHealthandWellbeing #Podcast is about #DementiaUnderstandTogether campaign. Great insights from Kathleen who is living with Dementia & Fiona from the HSE Dementia Office on the new #DementiaInclusiveCommunities symbol.

Listen here: <https://bit.ly/3S4uG54>



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.



\* income to cover basic needs and savings.

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

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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***Social Justice Ireland* Annual Policy Conference 2023 - A Just Transition  
15th November 2023 - Online**

One of the fundamental principles of a Just Transition is to leave no people, communities, economic sectors or regions behind as we transition to a low carbon future. Transition is not just about reducing emissions. Just transition also means changing how we travel, communicate, work, and entertain and what we eat, wear and consume to ensure that we share both the benefits and challenges of our new way of living. It is about transforming our society and our economy, and investing in effective and integrated social protection systems, education, training and lifelong learning, childcare, out of school care, health care, long term care and other quality services. The coming decade will be one of transformation as we try to meet our climate goals. Join us online to hear from a variety of speakers whose contributions to the ongoing debate on what a Just Transition should look like will provoke thought and debate.

[Registration](#)

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**MINISTER O’GORMAN ANNOUNCES A SECOND OPEN CALL FOR APPLICATIONS FOR THE WHAT WORKS IRELAND EVIDENCE HUB**

We are pleased to announce that the Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman has announced a second Open Call for submissions for inclusion on the What Works Ireland Evidence Hub which provides information about prevention and early intervention programmes that have been evaluated and shown to improve outcomes for children and young people.

For more information on this press release please visit this [link](#).



We are currently working on uploading the webinar that we hosted on Wednesday 18<sup>th</sup> October to our website, along with the slides that were presented. Please keep an eye on our website for more information at [whatworks.gov.ie](http://whatworks.gov.ie).

*Should you wish to be removed from the What Works mailing list, please contact the What Works team at [whatworks@equality.gov.ie](mailto:whatworks@equality.gov.ie)*

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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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## **Roadmap to Improve Children's Disability Services Launched**

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, Minister of State for Disabilities Anne Rabbitte and HSE CEO Bernard Gloster announced the launch of a new HSE Roadmap to improve Children's Disability Services 2023-2026.

The new Roadmap contains an important set of actions that, collectively, will enhance children's disability services in Ireland. They include significant measures to integrate and improve access to services, expand the workforce and advance better communication and engagement with families. The Roadmap sets out a targeted plan to achieve the government's commitment to improving the lives of people with disabilities, in alignment with the principles of the United Nations Convention on the Rights of People with Disabilities (UNCRPD). For more information, please click [here](#).

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### **Living Well – Your toolkit for better health**

There are two Living Well programmes starting in October.

- Living Well Chronic pain self-management programme on Thursday 26th October from 10:30am-1pm for 7 weeks via Zoom.
- Living Well Chronic disease self-management programme on Saturday 21st October from 10am-12:30pm for **7 weeks via Zoom**.

Living Well is free, evidence based, group, self-management programme for adults with long-term health conditions. Originally developed at the School of Medicine, Stanford University, USA, this Chronic Disease Self-Management Programme has been available in Ireland since 2005 under various names.

#### **What does Living Well involve?**

- It involves attending one workshop every week for seven weeks. Each workshop lasts 2.5 hours.
- It will be delivered online.
- Two trained facilitators run the workshops, one of which lives with a chronic pain condition.
- The workshops are delivered in a relaxed and friendly way.
- Each person who takes part gets a book about self-management.

#### **Who is Living Well for?**

Living Well is for adults 18 years and over who are

- living with one or more long term chronic pain conditions

The Living Well programme is not suitable for people with significant memory or learning difficulties but the carers of people with these conditions could benefit from it

For more information contact the Living Well Team Email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie)

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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).

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## **ECB wants tough new law to ban ‘no cash’ policies at shops, hospitals, and museums.**

The European Central Bank (ECB) is seeking a “clear” ban on no-cash policies in shops and public bodies, including hospitals and museums across the euro area. The move would make it illegal for shops and other business not to accept cash.

In an opinion on a draft EU law to regulate the use of cash, the ECB said the spread of card-only policies “would seriously undermine” the status of the euro as the bloc’s legal tender.

The ECB is also seeking fewer exemptions to the rules, including for public bodies such as hospitals and museums.

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## **EU Just Transition Fund Application Support Events**

Pobal

The [EU JTF Local and Regional Economic Strategies Support Scheme](#) will provide €24 million for the wider Midlands region to help implement bottom-up local and regional initiatives that create employment, boost communities and diversify the local economic fabric. Multiple application support events will be held:

- 7 Nov - Planning your project
- 16 Nov - "Ready to go" projects for Category 1 LECP Local Authority led projects
- 17 Nov - Category 2 REP Projects

[Register here](#)

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

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

[Sports Bursary](#)

[Club Development & Volunteer Supports Grants](#)

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

[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](#)

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

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

[Energy for Generations Fund](#)

[Community Foundation Ireland – Biodiversity Fund](#)

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

[Foras Na Gaeilge - Festivals Scheme](#)

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## EU News

**#OurEUStory Awards 2023 - Deadline Now Extended!**



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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### **Commission sets out new EU Roadmap to fight organised crime and drug-trafficking**

The European Commission this week adopted an EU Roadmap to step up the fight against drug trafficking and criminal networks. The roadmap

sets out concrete and targeted actions to close the emerging gaps, with 17 actions in 4 priority areas: a new European Ports Alliance; dismantling high-risk criminal networks; measures to prevent organised crime; and working with international partners. Vice President Margaritis Schinas said: "Europe has now replaced the U.S. as the single largest cocaine market in the world and is fast becoming a world hub for drug trafficking – a disturbing claim to fame and one we have to redouble efforts to reverse".



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### **Commission approves €25.6 million Irish State aid scheme to support the fishery sector in the context of Brexit**

The European Commission this week approved, under EU State aid rules, a €25.6 million Irish scheme to support the fishery sector affected by the effects of the withdrawal of the UK from the EU. The aim of the scheme is to compensate owners of certain Irish-registered vessels for losses of turnover experienced in 2021 and 2022 because of reduced mackerel quota following Brexit. The aid will take the form of direct grants. The scheme will run until 31 December 2023.



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### **Ireland submits request to modify recovery and resilience plan**

Ireland has submitted a request to modify its €989 million recovery and resilience plan. The proposed modification, which will now be assessed by the Commission, concerns seven investments included in the original plan. Of these, two investments are removed from the plan, namely those concerning private investments in energy efficiency and the installation of renewable energy sources, as well as supporting access to the labour market for jobseekers who have been unemployed for more than six months.

For more information, please click [here](#).

