



Longford Public Participation Network (PPN) E-bulletin
December 2015

The PPN would like to wish all members, associated agencies and the wider community a very Happy Christmas and best wishes for 2016!!





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1. NEWS FROM LONGFORD PPN

Public Participation Network update:

Congratulations to Maurice Murphy who was elected by the Citizen Information Linkage Group as their Alternate Rep and Patricia Lennon who was elected by the County Childcare Committee as their Alternate Rep. The PPN would like to thank both reps for going forward for the role.

The PPN will be seeking nominations for 2 Community & Voluntary, 2 Social Inclusion and 1 Environmental Representative in early January of next year to sit on the Local Community Development Committee (LCDC). It is important to note that both C&V Reps will be elected by the C&V groups registered with the PPN, both Social Inclusion Reps will be elected by Social Inclusions groups and the Environmental groups will elect their Environmental representative. Further information will follow by post, e-mail, facebook, and the PPN website in the New Year.

Meetings held/ planned:

- Meeting held with PPN Secretariat and Longford County Council 9th December 2015
- Housing SPC Meeting Monday, 1st February 2016 at 2.30 p.m. in the Council Chamber.
- No date set yet for Infrastructure SPC

General:

The PPN Facebook page is [Longford Public Participation Network](https://www.facebook.com/pages/Longford-Public-Participation-Network/1583548325216241?). Please copy and paste the following URL below if you cannot get direct access from link above:

<https://www.facebook.com/pages/Longford-Public-Participation-Network/1583548325216241?>

If your group has any information they would like posted please contact us on Facebook where we will share your information or if you are not on Facebook e-mail ppn@longfordcoco.ie and we will post it on your behalf. *Don't forget to "Like" our page!!*

If there are any community group's you know who are not yet registered with the Longford PPN they are invited to do so by downloading the form at www.longfordcoco.ie, e-mail ppn@longfordcoco.ie or contact Siobhán at 087 261 5583



2. WHAT'S ON IN YOUR MUNICIPAL DISTRICT?

New for the month of December:

Shane Brennan 5k: Newtownforbes 26th Dec @ 1pm in aid of Cystic Fibrosis Ireland

Springlawn Men's Group: The group has currently completed 4 weeks of a six week Healthy Eating course delivered by the HSE. The course runs every **Thursday from 6pm -8pm**. The course tutor Valerie has delivered practical information on how to build a healthy diet on a budget. She then devises a menu supplies the ingredients and supervises while the men cook up a storm.

The Men's Group would like to thank the management and staff of the Resource Centre at 26 Springlawn for their help and support throughout the year and wish all their families a very Happy Christmas and a Prosperous New Year.

Springlawn Gardening Group: The group have met with ETB Horticultural Tutor on the 17th November. The tutors delivered a taster session and outline the structure and timing of the Fetac/QQI horticultural course which she will deliver on the 29th of February 2016. Don't be disappointed if you have not already booked your place on this very interesting course. There are still a few places left which will be filled on a first come first served basis.

If you are interested contact Mary on 0873749950 or by email at

springlawncdg26@hotmail.com

The Wednesday Activity Group meets every week in the Resource Centre at 26 Springlawn. The group have been meeting for the last five years. During each year a range of activities are planned and all materials are provided free of charge and light refreshments are also provided. Christmas Flowering arranging was held on the 16th of December. If you are interested in joining us drop in any morning and let us know or call us on 0873749950 or by email at Springlawncdg26@hotmail.com we looking forward to hearing from you.

The Wednesday Group would like to take this opportunity to thank everyone and wish them all a Happy Christmas.

Springlawn Resource Centre: Closing 18th of December

Reopening 11th January

We wish you all a Merry Christmas and a Happy New Year and hope to see you all in 2016

LWL Domestic Violence Support Service

LWLDVS wishes everyone a happy and safe Christmas and New Year. We close on December 23rd but re-open on December 29th. If you need help or support over the Christmas period whilst we are closed then please call the Gardaí on 999 or Women's Aid free phone helpline on 1800 341900 this is open from 10am-10pm.

If you want to wait until we are open again on December 29th then please call us on 043 3341511

Country Markets: Granard Country Markets continue every Friday morning from 8.30am to 11am in the Motte Enterprise Project premises (opposite Kearney's Garage). They are now taking orders for Christmas Cakes, Puddings Cards etc. They also have the usual supply of homemade bread and



cakes, crafts, country eggs and firewood in stock and they look forward to meeting all their patrons and thank them for their loyal support.

Irish Dancing Class: The Marian Kiernan Irish dancing classes take place each Friday in Moyne Community Centre from 5.30 – 6.30pm.

Longford Leader: Don't forget our super Lidl competition!! Send a Christmas message to someone special and have your seasons greeting printed free in next week's edition of the Longford Leader courtesy of Lidl.

All you have to do to share a Lidl bit of magic is simply email your message to ShareMagic@mediaforce.ie, with Longford Leader in the subject line.

Ongoing

Traditional Music Sessions around the County:

*Tally Ho, New Street, Longford – 1st and 3rd Tuesday of each month.

*Rustic Inn, Abbeyshrule, County Longford – Wednesday Nights every week.

*The Bent Elbow, Drumlish, County Longford – 8pm on Friday Nights.

For further information on Trad Sessions and Comhaltas Events please contact: Martin Murphy – 086 8119444

* The Camlin Bar and Lounge, Clondra every Wednesday @9.30pm. For further information please contact Rose @ 086 0722825

Adult Learning Centre: Did you leave school early? Do you need help with Reading; Writing; Spelling; Math's or Basic Computers? Does your child need help with their homework? If you do, please call into the Adult Learning Centre Main Street Granard or phone 0436686211. The centre is now taking names for new classes commencing this month. These courses are funded by Longford and Westmeath Education Training Board and the Department of Education and Skills.

Adult Badminton, Granard: Takes places each Monday night from 8.00pm to 10.00pm in Cannon Kelly Community Sports Hall Granard at the rear of Ardscoil Phadraig. Keep fit and have fun for only €3.00 - Rackets and Shuttles provided. 4 Playing Courts. Contact Willie on 086-8226523 for further information.

Slimming World group, Granard on every Thursday evening @ 7.30pm in the Sacred Heart National School, For further information please telephone Liz on 087 9534254.

Granard Country Market: Granard Country Market continues each Friday morning beside Granard Post Office commencing at 8.30am to 11.00am. The usual supplies of home baking, crafts; firewood and local honey are available.

New 2 U: The SVP shop ,Lower Main Street Granard have a wonderful new selection of stock with something for everyone. Come along and bag a bargain. Opening hours Fridays 10.00am to 5.00pm. Saturdays 11.00am to 5.00pm. and First Tuesday of each month from 10.00am to 5.00pm. For further information contact 085-1503985.



Citizens Information: An information officer from Co. Longford Citizens Information Service will attend Granard Area Action Group Information Office, Main Street, Granard each Thursday morning from 10.30am to 12.30pm. The service is free to all. No appointment necessary.

Granard Community Diary: A diary is available at the Information Office of Granard Area Action Group, Main Street, Granard where groups and organisations can log their events so as to avoid duplication. Phone 043-6686922 to log events where a member of staff will gladly assist.

Friday Club, Lus Na Greine: Every Friday morning at 11am. Great relaxation for mind and body. A range of holistic treatments for stress management and good health also available.

Granard Art Club, Lus Na Greine: Will be back in action every Wednesday from 10am – 12pm for an exciting year with a line-up of resident and creative visiting artists. New members welcome.

Adult & Children's Sign Language Classes, Lus Na Greine: Continues every Monday evening. We are considering running a class for children from 7 years and up. If you are interested, perhaps you would contact the Centre on 043 666 0977 or e-mail: lusnagreinefrc@gmail.com

Lus na Gréine: 'Busy bees Parent & Toddler' Group: Meet Wednesdays' 11-12.30. Structured workshops combining play, puppet making, and musical rhythms and reading stories. Tips and support for parents, Grandparents and Carers.

Lus na Gréine Knitting Club: Knit & Chat, share Patterns and Tips. Every Tuesday from 12 pm – 1pm in the Centre.

Counselling & Bereavement Support, Lus Na Greine: Available on one to one basis. Confidential and professional support so you don't have to suffer alone. Appointment through the centre.

Lus Na Greine: Jiving & Social Dance Class. Every Friday with Diane in the Centre from 8 to 10pm. To book call 087 0623335.

Sign Language Classes, Lus na Greine: are currently ongoing every Tuesday evening at 7pm in the centre. There are places available. This is a great opportunity to learn a valuable language in a local setting. Please book by calling the centre.

Other Activities at Lus Na Greine: Social Dancing Classes: Tuesday's at 8 pm. Learn how to jive, waltz, fox trot and quickstep. Cost €10. Tai Chi: Thursday's 8pm Yoga Classes: Mondays 11 am Friday Club Seated Exercises: Fridays at 11 am. Men on the Move: Wednesdays 9.30 – 11am. Groups & Clubs continue as normal: WIT travel to Ballincarrigy Women's Group on Tuesday at 10 am all welcome.

Women in Touch - Meet every Tuesday 10 – 12 pm (Dress Design & Felting Class for next few weeks) Granard Art Club every Wednesday 10 – 12 pm. Crafters United – Thursday morning 10 am – 12 pm. Set Dancing – Monday evening 7.30 – 9.30 pm. For further information contact 043-6660977 or 087 6387827.

Credit Union, Granard: Opening hours Tuesday to Saturday 10am-5pm. Student Bursary forms now available at counter. Next members draw will be in December when there will be a lot of cash



prizes on offer. To be in with a chance to enter in this draw members need to ensure accounts are up to date with a minimum of €50 in savings. Details on all of the above from any member of staff so call in and discuss.

Glee Club, Lus Na Greine, weekly singing, dancing and drama classes in Lus na Gréine **Family Resource** Centre, have resumed. Newcomers welcome. Children aged 4 - 12 can join. For more information on price or booking, call 087 7619605.

The Irish Cancer Society is currently seeking Volunteer Drivers to drive Cancer patients to treatments. Details from Gail Flinter, who is Transport Services Manager with the Irish Cancer Society and manages a programme called Care to Drive, which is a volunteer delivered transport service. gflinter@irishcancer.ie. or Rebecca on 01 2316642, transport@irishcancer.ie or National Cancer Helpline Free phone 1800 200 700

The Marian Kiernan Irish dancing classes takes place each Friday in Moyne Community Centre from 5.30 – 6.30pm.

Rath Mhuire & Dolmen Resource Services : Rath Mhuire Resource Centre – Barrack St. Granard. Phone: 043 – 6686309. Email rathmhuirerc@eircom.net Moatsider's Active Retirement Group

Parent & Baby/Toddler group (Ballinalee) is on every Monday in Currycahill Hall. All are most welcome to join us for a cuppa and a chat from 10.30am. Cost per family is just €3.

Dolmen Centre, Aughnacliffe: have a range of activities and social events happening in the coming months. New members are very welcome. For any information on any of the groups or activities – contact Jackie or Lucy @ 043-6686309. Transport is available.

North Longford Men's Group: This Group meets weekly at the Dolmen Room Aughnacliffe Community Centre each Friday from 12-3 pm. As it's one of the most progressive groups nationally, it offers an extensive programme to suit all men. It's a socially dynamic group, where men gather and work on meaningful projects. Where they can realise their full potential and the passing on of their skills and talents is a key aspect of their work. It was established in 2004 and coordinated by EDI Centre Longford it has gone from strength to strength. It offers an open door policy. New members are most welcome. For further information contact Co ordinator Breda 043 3347515

Social dancing classes, Loch Gowna: take place every Thursday night in the Pikers Lodge from 8.30 – 10pm. Everyone welcome.

Computer training: The Longford VTOS programme is now recruiting. It offers full time business and computer training free of charge. To qualify you must be over 21 and in receipt of a social welfare payment. If you are interested contact Maeve Madden, VTOS Co-ordinator at 087 2050589.

Music Lessons: Anyone interested in learning the Guitar, banjo, tin whistle or piano, all levels and ages are catered for, please contact Enda McKenna at 087 9980615 for more information.



County Longford Ladies Golf Club have a package of Beginner Lessons for ladies in process - a great way to meet new people and take up a new sport - if you are interested or know of anyone interested - Enquiries to 086 3508920

Longford LGBT meets every Wednesday evening in Longford town at 8pm.

Our aim is to provide a safe, secure and friendly environment for the LGBT community, families and friends in and around Longford.

Anyone attending our meetings is assured of discretion and it is an environment where everyone respects everyone else's personal circumstances.

For information on this or any other aspect of our service please call us on 086 3022161 and a committee member will return your call. Alternatively we can be found on FB at Longford LGBT or our web page at www.longfordlgbt.ie

A Meals on Wheel Network has now been formed under the umbrella of Irish Rural Link to tackle the issues affecting the delivery of the service. Issues include cuts to funding, increasing bureaucracy, food labelling, employment schemes etc. Irish Rural Link are calling on Meals on Wheels organisations around the country to contact them if they are interested in becoming members of this network. Please contact James Claffey IRL on 090 6482744 or email james@irishrurallink.ie for more information

St Christopher's, Longford: Volunteers wanted for the 'Leisure Buddies Project', St. Christopher's. We are continuously recruiting for volunteers from around the county to give up their time once a month to befriend someone who attends St Christopher's and to meet up with them at a time that suits them both to attend a social activity of their choice. e.g. going to the cinema; to the pub; a concert or just for a cup of tea and a chat. New volunteers are inducted and fully supported by staff. If you are interested in becoming involved in the Leisure Buddies project in St. Christopher's please contact the Leisure Buddies co-ordinator on 086 4074988 for more information

Longford Community Bus: Is your group taking a trip soon? If so, are you aware that there is a community bus available to community and voluntary groups in the Longford area? The bus is subject to a driver being available and does not do runs on Sundays. If you would like more information on the bus, rates etc. contact Pozy Greene 085-1334595 for further details.

Longford Branch Alzheimer Society of Ireland invites you to host a Tea Day in your home or your workplace. Remember every single euro you raise will be spent on vital services in County Longford. Please contact Breda/Marie on 043-3348402 or visit www.teaday.ie

FYI: Longford Westmeath Community Transport Ltd (formerly known as LCRL Rural Transport). is administered from Moate and Mr Noel McCormack is the co-ordinator. All services are running the same as always with the local providers. The contact details for Longford Westmeath Community Transport Ltd are as follows:

Noel McCormack, Manager, Tel: 087 798 7905

Magdalen Dunne, Administrator, Tel: 090 644 8670

Address:

Westmeath Rural Community Transport

IRL Complex, Moate Business Park, Clara Road, Moate, Co. Westmeath



Email: swrta@eircom.net
Fax: 090 6448670

Senior Helpline: Ireland's only confidential listening service for older people provided by older volunteers is open 365 days of the year. The helpline is open every day from 10am to 10pm. Don't be alone. Call Senior Helpline LoCall 1850 440 444. No call costs more than 30cent.

Family Learning: Are you an early school leaver? Are you a long time out of education? Would you like to learn a new skill? Meet new people? Have fun while learning? If so, the following programmes for 2015 for parents, grandparents and carers include Child Development, Family Learning, Growing your own Vegetables, Parenting, Food Nutrition, Communications, Family Budgeting, Family Digital Photography and Supported Learning on line. Programmes are at QQI Level 1, 2 and 3. Most of the courses are for six weeks, courses are free with basic education skills given. For further information please contact Grainne on 086 8883413, telephone 043 3345609, or e-mail longfordfamilylearning@gmail.com

Tarmonbarry Community Cycle takes place each Monday evening at 7.30pm. It takes off from Centra shop. Why not join in and get involved for the Summer months.

Unwanted Mobile Phone (Ballinamuck): If you have an unwanted Mobile Phone lying about your house, St Patrick's NS, Ballinamuck would like them as they are collecting in aid of Autistic Ireland. Please donate any unwanted mobile phones to St. Patrick's National School, Ballinamuck. For more information contact 043 33 24063.

Need the Astro turf or community centre, Drumlish?: Bookings are now being taken for the Astro turf and Community centre Winter season ,slots are filling up fast. Please contact 0879613312 for more details.

Drumlish Social Dancing: Classes continue at the Community Centre, Drumlish, Wednesday at 8.30pm. This class is for all ages (no age restriction!!) and all abilities, if you're looking to enhance that first dance on your wedding day, learn a few moves or shed a few ounces after the festive session. Come along join in the fun.

Drumlish Cookery Classes on Tuesday at 7.30pm in Drumlish Community Centre, Tiles cover over the next three weeks are Importance of Fish in your Diet, Stress & physical activity. Please text Breda 087 9181787 to confirm your place.

Drumlish Art Classes: continue this Wednesday morning at 10.00am – 12 noon in the Centre with the use of water paints.

Ballinamuck Bingo continues in Ballinamuck on Tuesday nights at 8.30p.m. More local support would be appreciated.

The Ballinamuck Visitor Centre is run by Ballinamuck Enterprise group and is manned by volunteers and anyone can visit the centre by calling (087) 205 5462/0879613312 or by emailing 1798ballunamuvk@gmail.com, it is free to visit and all are welcome



Ballinamuck now on Facebook: Ballinamuck is on Facebook our pages are as follows: 1. Ballinamuck Longford, 2. 1798 visitor centre, 3. Ballinamuck walks, 4. Ballinamuck Essert Twining, 5. Ballinamuck enhancement. So why not like our pages and keep up to date!

Fitness at Monaduff Gym : If you are currently looking for a Fitness Class but don't know where to start, why don't you join us here in the Fitness Centre. We run group classes every Monday at 8pm & Wednesday & Friday at 7pm in Monaduff Gym beside the football pitch. Membership/Insurance costs €20 for the year (unbelievable value) and then the cost of the class is €6 per session or we do monthly prices too. We are looking for members with all fitness types. If you are looking to slim down, tone up or even maintain your physical appearance get in contact with Gabriel at the following contacts. Phone: 087-2189517 Email: gabrielhiggins@yahoo.ie Facebook/fitnesscentre

Yoga classes, Drumlish: continue every Thursday night in The Village Inn, Drumlish at 7.30pm. Contact 087-2868254.

Badminton in the Community Centre, Drumlish: every Thursday night at 9.00pm. New and previous members welcome.

Edgeworthstown District Development Association will be holding a night at the dogs fundraiser in Mullingar Greyhound Stadium on Saturday 12th September. Tickets available from any committee member or 043-6671801, edgelocdev@eircom.net, www.edgeworthstown.org. Buster draw winning ticket holder wins €1,000. A great night guaranteed.

Beginners Irish Classes: Beginners conversational classes for adults starting soon in The Green. No pressure, No books just a circle of friends having a chat together. Basic Irish to start with. If interested call Pauline on 086-1513152.

Outreach work in Edgeworthstown: The Rural Resource Worker in Longford Community Resources Ltd will carry out on-going outreach work in Edgeworthstown to support people who are unemployed. If you would like more information please contact Mary Mulvey, Longford Community Resources Ltd at 043-3345555.

Parent and Toddler Group, Edgeworthstown: held every Tuesday from 11am-12:30pm in The Green. Very friendly group. Everyone welcome. Contact Caroline 087 681 8083.

Edgeworthstown Active Retirement Group: meet every Friday from 11.30am – 1.30pm in The Green. New members welcome.

Kiltycreevagh N.S. will hold a weekend celebration next year on the 12th, 13th, and 14th August 2016. A book is being compiled to commemorate this occasion. We are seeking old Photos and stories that people wish to share and have published in this Book. Photos and stories can be scanned and emailed to Kittycreev@gmail.com. Alternatively these can be given to a Committee member. (e-mail for details on Committee members). Please put your name on the back of photos, so they can be returned after they have been scanned.

Badminton Edgeworthstown continues every Wednesday night from 8.00 p.m. to 10.00 p.m., in the Community Centre, Edgeworthstown. €5 per night. Affiliation for the year is €28.



Horticulture Class (Propagation of Plants) starting in Edgeworthstown. To book a place, contact 043- 6671801. Classes are free to those who meet the criteria.

Ballymahon Church Choir: St. Matthews's Church choir has resumed usual practices at 8pm on Wednesday evenings in the Church. New members are always welcome. Contact Mary on 086-8715155.

Ballymahon Social Dancing takes place every Saturday night in Cooney's Hotel from 9p.m. to 11p.m. Everyone welcome.

Ballymahon Men's Group: Longford Community Resources Ltd continues to support Ballymahon Men's Group. The men meet every Tuesday at 9am in Bridgeways Family Resource Centre, Dean Egan Hall, Ballymahon. Activities include gardening and computers. New members are always welcome. There is no admission charge. Refreshments are provided. If you would like more information please contact Mary Mulvey, Longford Community Resources Ltd at 043-3345555 or Rory Gallagher Bridgeways Family Resource Centre 090-6432691.

Ardagh Dancing Lessons: Irish dancing classes recently recommenced and continue in the Community Centre every Monday night at 6.30pm. Fees for the class are €4.50 per child per lesson with an overall family rate of €10 per family per week with further reductions for children who pay by the month. No wigs fake tans or make up for dancers. Children can dance for competition or enjoyment. Contact Maureen 086 3702719 Children all ages welcome

Creative Ardagh: Why not learn a new skill or refresh one you already have with Creative Ardagh **Tuesdays:** Drawing and painting course starting on Tuesday from 10.30am to 12.30pm. Contact Loretto on 0868478527 to book and for further details

Wednesdays: French Leaving Cert Grind Club 6.30pm to 7.30pm. Practice for your orals and prepare for your written exams with a qualified, experienced teacher/examiner in a group session. €80 for 6 classes €20 drop in. Susan Eades, M.A., H.Dip Ed, SEC oral examiner.

Adult Group French Conversation Sessions at 8pm.

French conversation on current affairs, Grammar catch-up, French for holidays.

€80 for 6 wks. or €20 p/w drop in.

Thursday: Toddler Creativity continues from 11am to 12 pm. €5 per child. Free tea/coffee for accompanying adult.

Elements of Art classes continue from 12.30pm to 1.30pm. €5 per person. Drop in and join in or follow us on creativeardaghelementsofart.blogspot.com.

Friday: Spanish Leaving Cert Grind Club recommences, 6.30pm to 8pm. €80 for six class block or €20 for each drop in session. New members always welcome.

And there's more...

Keep an eye out for Community Games Model making classes starting soon and don't forget you can book your own group session, school tour or birthday party with us!

Are you interested in German, Irish, Chinese, English Grind clubs or group sessions? Any subject not mentioned you would like us to organise a club for?

CREATIVE LONGFORD Craft Gallery at Ardagh Heritage and Creativity Centre is a lovely spot to browse local crafts at your leisure. Just give us a call to browse.



Clondra Community Association: Art Classes for children continues on Saturday mornings at Waterways Ireland House in Clondra. Adult classes on Wednesday evenings. Contact 087 615 8772 for details.

Ladies circuit training class will take place in St. Barry's Hall, Kenagh at 7.30pm on Tuesday's and 8.30pm on Thursday's. Suitable for all levels of fitness. Call 087-9292378.

Change of A Dress: Proceeds from this shop go directly to **Meals on Wheels**

Dublin Street, Longford Tel: 043.3346621

Designer Boutique & Local crafts

Outlet for pre-owned designer clothes and accessories. We sell quality gently used clothing, which is often well known designer brands. Clothing is in excellent condition and priced at a fraction of its original sale price. If you are looking for that special outfit at a giveaway price why not call to us and see the fabulous stock we carry.

County Longford Ladies Golf Club have a package of beginner Lessons for ladies in process - a great way to meet new people and take up a new sport - if you are interested or know of anyone interested - Enquiries to 086 3508920.

St. Christopher's Services: Volunteers wanted for the 'Leisure Buddies Project' in St. Christopher's. We are continuously recruiting for volunteers from around the county to give up their time once a month to befriend someone who attends St. Christopher's and to meet up with them at a time that suits them both to attend a social activity of their choice. e.g. - going to the cinema; to the pub; a concert or just for a cup of tea and a chat. New volunteers are inducted and fully supported by staff. If you are interested in befriending anyone in St. Christopher's please contact the Leisure Buddies co-ordinator Michelle on 086 4074988.

Arthritis Longford Branch: are running the following courses which are adapted exercises suitable for people with arthritis or other limitations: Walking / strolling group - every Thursday at 11am, meet at the Mall Complex, Longford Town. Aquafit every Tuesday at 11:30am and Wednesday at 8pm in the Longford Arms Leisure Centre. Contact Mary at 087-1404200 or 043-667506 for further details

Longford Community Mothers continues to provide our home visiting services to families with children aged between 0-5 years. Community mothers use experienced mothers from the local area to visit parents in their own home to help with isolation and stress many parents experience with young children. The service free and you can ask your local Public Health Nurse for more information or contact the co-ordinator Catriona Corcoran who is based in Longford Childcare 043 3342505

Longford Community Mothers Baby Café : This group will meet on Thursdays between 11 and 12noon in the Family Centre behind St Mel's Cathedral. The group is an ideal opportunity for new mums to meet other parents and babies, make new friends, hear what activities are available locally and share experiences of being a new parent.

For more information contact Catriona Corcoran 086 0442354 or visit www.cmums.ie



Longford Voices United Community Gospel Choir (supported by LCRL): Longford Voices united every Monday night @ 8.30pm in Respond House (Across from EDI Centre). Everyone welcome. Please contact Ann on 087 7141733.

Co Longford Citizens Information Services: hold a **Pensions Clinic** every Tuesday morning from 10 - 1 p.m. This service will assist clients with queries on State Contributory; Non-Contributory and Transition Pensions and will include PRSI records, calculating mixed insurance pensions and claiming a pension from another EU state or country with bi-lateral agreements. For all enquiries and to book an appointment for the pension clinic contact **Tel: 076107 5890**

Other services provided by CIC

- * Pensions - State Pensions (Contributory and Non-Contributory) - **NEW SERVICE**
- * Fair Deal - Nursing Home Support Scheme - **NEW SERVICE**
- * IRIS - Irish Remote Interpreting Service - **NEW SERVICE**
- * Immigration - Interpreters (Polish, Latvian, Russian, Lithuanian, Slovakia) **Every Tuesday - No**

Appointment Required

- * FLAC - Free Legal Advice Clinic
- * CAVA - Chartered Accountants Voluntary Advice **By Appointment Only**

Tel: 07610 75890 Fax: 043 3342485, Email: longford@citinfo.ie

The Peelo School of Dance Longford is running a number of summer dance camps for Twinkle Toes & Tiny Boppers right up to 16 years+. All dance styles including Classical Ballet, Tap, Hip Hop, Musical Theatre, Contemporary, Zumba and much more. For further information ring 01 6275570 or info@peelodance.ie

East Meets West Women's Group (supported by LCRL): are women from all nationalities, ages and backgrounds who meet every second Thursday from 11am – 12pm for a friendly chat and a cuppa. Here women can make new friends and find support while living in County Longford. This group are also a Mother/ Toddler group.

For further information please contact Yvonne on 043 33 47944

Longford Women's Manifesto Group: The Longford Women's Manifesto Group meet on the third Wednesday of every month at the Longford Women's Link training room. If you have an interest in your local government and issues in your community this group might be of interest to you. Email: manifesto@longfordwomenslink.org or phone Longford Women's Link at 043-41511.

Longford Toastmasters Club Meeting: STUCK FOR WORDS? - TRY TOASTMASTERS Club Meeting Thursday 19th Nov next in the Longford Arms Hotel (first floor) 8.20pm. Guests are always welcome.

At our last meeting we had 3 speeches entitled 'Myself', 'Dead Man Walking' and 'The Courage of our Convictions'. Meetings are held on the 1st and 3rd Thursday of the month. Learn how to improve your communication skills, develop your leadership skills, sharpen your thinking and listening skills and build your self-confidence. Visit Longford Toastmasters Facebook Page for more information.



Congratulations to Jude Portbury who won Division F Table Topics Contest. Jude will go on to represent Division F at District 71 Table Topics Contest in Wyboston in the UK later this month.

Friendly Phone Call Service calling older people in Co. Longford (LCRL): Mary Mulvey, Rural Resource Worker will be promoting the Friendly Phone Call Service to older people in County Longford. Please contact Mary at 043-3345555 if you are a group in County Longford who would like more information on the service. The Friendly Phone Call Service is a free confidential service which provides information on local activities and services available to older people as well as an opportunity for a friendly chat. If you are feeling lonely or isolated and you would like someone to talk to, this is the service for you. The Friendly Phone Call Service can be reached at 043-3349678 from Monday–Thursday from 10:00am – 4:00pm.

GROW Meetings: GROW Community Mental Health Movement meets in the Community Mental Health Centre, Dublin Road on Mondays at 11am. If you are anxious, isolated or depressed why not join this group and learn a practical psychology of mental health. For further info contact John on 086 8033126

Walk for fun, Clondra: Meeting at the waterways house in Clondra every Thursday at 7pm. Weather permitting.

Clondra Community Association

- Art classes continue in Waterways Ireland House, Clondra on Saturday mornings for children and Wednesday evening for adults.
- Visit Mary Holmes tranquil garden by arrangement. Phone 086 230 7963
- Feed the donkeys. Contact Maureen at 043 33 26310
- Traditional music in the Camlin Bar on Tuesday evenings.

Newtownforbes Pilates: Classes at the Giving Tree (Wendy Louise Hat Design), Cloontagh, Newtownforbes, Monday 8pm to 9pm - Tuesday 8pm to 9pm (men only). To book a place contact Brendan on 087 7681730.

Tarmonybarry Parent and Toddler Group takes place every Tuesday morning from 10.30am to 12noon in Buttercups Playschool.

Mohill Badminton every Wednesday, Mohill sports complex starting at 8pm. Newcomers are always welcome.

Outreach Clinic: Mohill Family Support Centre has an outreach clinic in the Trathnona Centre on Wednesdays from 1.30pm to 3.30pm. Anyone needing advice on social issues such as housing, social welfare or on community issues is welcome to drop in.



3. LOCAL NEWS & SERVICES:



Longford Women's Link Domestic Violence Service

Longford Women's Link Domestic Violence Service is a free and confidential service that supports women who have experienced or are currently experiencing Domestic Violence or Abuse.

If you need help or advice for yourself or someone you know, please call us and one of our Domestic Violence Specialists will return your call at a time that is safe for you.

Our service provides both practical support (such as Court Accompaniment or help with Social Welfare claims) and emotional support. We help women plan ways to keep safe.

Our service understands that, for some women, leaving an abusive relationship is hard and staying with their partner is their only option. We support women whether they choose to leave or stay in abusive relationships.

WE DO NOT JUDGE YOU, WE SUPPORT YOU. YOU ARE NOT ALONE.

Service closes on December 23rd but will re-open on December 29th. If you need help or support over the Christmas period whilst we are closed then please call the Gardaí on 999 or Women's Aid free phone helpline on 1800 341900 this is open from 10am-10pm.

If you want to wait until we are open again on December 29th then please call us on 043 3341511



Revamp 3R Furniture Store



Revamp 3R Furniture Store is non-profit furniture recycling and reuse project. It offers a large selection of good quality used furniture and a wide of restoration work for sale. Its aim is to combine recycling and the provision of furniture to the general public, with particular support for low income families.

Revamp 3R Store is housed in the EDI Centre in Mastertech Business Park on the Athlone Road. It is housed on the ground floor along with three Revamp Training units.

The furniture showroom is open for viewing Monday to Friday 9.30 to 5.30 and Saturday 10 to 2 at Mastertech Business Park, Athlone Road, Longford 043 33 48876 email:

infor@revamp3rstore.com on website: www.revamp3rstore.com or on facebook.



The success of the venture comes about because of the good will and support of the community of the county and surrounding areas, who have donated all the furniture and other items that go through the store.

The EDI Centre which was set up to advance education and relieve poverty by providing information, training, educational and employment opportunities also gives support to Revamp Training and Revamp 3R Furniture Store.

Longford Volunteer Centre (LCRL) Volunteering Opportunities:

Longford Volunteer Centre welcomed volunteers who joined in our annual volunteer recognition event and to acknowledge **International Volunteer Day**. 30 years ago the United Nations designated 5th December as an international observance day to celebrate the power and potential of volunteerism. This day is an opportunity for volunteers, and volunteer organisations, to raise awareness of, and gain recognition for, the contribution they make to their communities. The contribution volunteers make to creating a better society for us all to live in was acknowledged by both the Volunteer Centre and Michelle Reilly, Volunteer Co-ordinator with St. Christopher's. Michelle remarked that the contribution of volunteers ensures that their service users get access to leisure activities that would not be possible without people coming forward to become buddies.

Interested volunteers can click on the links below to apply for each opportunity or you can contact Angela 087 7594770 or email: angela@volunteerlongford.ie

Library Programme of Events

On-going Library activities:

Branch	Day	Event	Time	Contact No.
Longford	Each Friday	Knitting Group	11-1pm	043 3340727
Longford	Every second Mon	Longford Writers Group	7-8.30pm	043 3340727
Longford	Mondays & Wednesdays	Library Visit St. Christophers	11-12pm	043 3340727
Longford	Wed./Thu/Fri	Library Visit Local Schools	Mornings	043 3340727
Longford	Wednesdays	Triple P-Positive Parenting	10-12pm	043 3340727
Lanesboro	Each Monday	Knitting & Crochet	2-4pm	043 3321291
Lanesboro	Each Tuesday	ESOL Class	7-9pm	043 3321291



Lanesboro	2 nd Mon of the Month	Lasrai Writers Group	7-9pm	043 3321291
Lanesboro	Last Fri of the Month	Book Club	11-12pm	043 3321291
Lanesboro	Each Tuesday	Active Age	3-4pm	043 3321291
Granard	Last Wed. of every month	Book Club	11-1pm	043 6686164
Granard	Every 2nd Saturday	Storytelling for Children	11-12pm	043 6686164
Drumlish	Each Wednesday	Arts and Crafts	2-4pm	043 3324760
Drumlish	Each Monday Each Wednesday	Local Schools Class Visit	10.30-11.30am 11.30-12.30pm	043 3324760
Drumlish	Each Wednesday	Keyboard Skills for Children	12.30-1.30pm	043 3324760
Edgeworthstown	Tuesdays & Thursdays	Local Schools Class Visit	11.30-12.30pm 12.30-1.30pm	043 6671927
Ballymahon	Tuesdays & Wednesdays	Local School Class Visit	11am-12pm 2-3pm	090 6432546

4. THE GATHERING IRELAND

Listed below are just some events being held nationwide in Dec/ Jan:

Festivals

The Christmas Kingdom

Ride the Polar Express, skate on real ice, stroll through Dickens Street and the Christmas markets and do it all in one place when The Christmas Kingdom takes over Malahide Village Green.

Date: 27 November 2015 To 02 January 2016

Location: Malahide, Co. Dublin

more details

Santa's Magical Trail Village Festivals and Fetes

Join Santa's elves on a fun-filled journey through Santa's Magical Trail - Kildare's leading and award-winning Santa experience.

Date: 27 November 2015 To 22 December 2015



Location: Athy, Co. Kildare
Telephone: +353(0)598640666

more details

Galway City on Ice Traditional Culture Festivals

Prepare to lace up your skates and join in the most exciting feature of the Galway winter events calendar. Galway City On Ice is back this Christmas and promises to be bigger and better than ever.

Date: 27 November 2015 To 06 January 2016

Location: Salthill, Co. Galway

Telephone: +353(0)91394504

more details

Santa's Workshop at Aillwee Cave Children's Festivals

Meet Santa at Aillwee Cave - with lots of exciting entertainment throughout the day including face painting, puppet show and carnival entertainment. Take the Santa Train up and down the hill!

Date: 27 November 2015 To 22 December 2015

Location: Ballyvaughan, Co. Clare

more details

Traditional Culture Festivals

Christmas-loving thrill seekers unite; Ireland's largest festive theme park and Christmas Market returns to the RDS.

Date: 12 December 2015 To 10 January 2016

Location: Dublin City, Co. Dublin

Telephone: +353(0)14853045

more details

Dublin Bowie Festival

Ground control to the Grand Social...there's a festival dedicated to David Bowie on...

Date: 09 January 2016 to 10 January 2016

Location: Dublin City, Co. Dublin

Telephone: +353(0)18734332

more details

TradFest Temple Bar

2016 will mark the 11th year of TradFest - a festival based in Dublin's Temple Bar, showcasing the full spectrum of traditional and folk music in some of Dublin's most unique venues.

Date: 27 January 2016 to 31 January 2016

Location: Dublin City, Co. Dublin

Telephone: +353(0)



5. [National News](#)

EPA Admits Serious Flaws in Fracking Research Study at Dáil Committee Meeting

Environmental Groups & Supporters Vow to Ramp Up Campaign to Stop the Study & Ban Fracking in Ireland

Mark Ruffalo & New Yorkers who banned fracking last year due to human health risks encourage the Irish people to join the campaign against fracking in Ireland

Dublin – Members of the Campaign against Fracking in Ireland, including Good Energies Alliance Ireland, Love Leitrim, Friends of the Earth, and Irish-American campaigner Julia Walsh from the New York-based NGO Frack Action attended Wednesday’s meeting of a Joint Oireachtas Committee on Energy in which TD’s questioned EPA following reports that the EPA-led study is being carried out by the oil and gas industry providers CDM Smith and AMEC. TDs rigorously questioned EPA Assistant Director General Dara Lynott and Research Manager Dr Brian Donlon for 3 hours.

EPA admitted at the committee meeting to serious flaws in the research study including:

- That no public health research or researchers with medical expertise are included in conducting the fracking research study. They confirmed that, as a result of this research study, EPA will not be able to tell the Irish people whether fracking is safe for human health.
- EPA confirmed that Achilles procurement, an oil and gas industry provider, helped to draft the Terms of Reference of the study, which provide the framework for the study. They were involved in the administration of the tender process which resulted in the contract being awarded to CDM Smith.
- EPA confirmed that there will be no public comment or participation as part of the finalisation of the fracking research study, including no external, independent peer review process.
- EPA admitted that the study is very small-scale, studying the environmental impacts of **just one fracked well**. There are no studies considering the cumulative impacts of the thousands of wells planned for Ireland.
- EPA admitted that when tenders were sought, the evaluation committee looked for experts in fracking rather than independent researchers. The result was that the main contractors, CDM Smith and AMEC, are present or past members of the Marcellus Shale Coalition, an industry group that publicly promotes fracking. The EPA admitted that they knew the contractors were members of the industry group but denied that this was “hopeless conflict of interest” (as suggested by TD Richard Boyd Barrett).
- In the research study there is no consideration of greenhouse gas emissions caused by fracking, although the EPA admitted that fracking would increase carbon emissions and make it even more difficult for Ireland to achieve its 2020/2030 emission targets.



- The EPA confirmed that they did not notify the JOC committee of the major change in status of Queen's University (QUB's) involvement in the research study last June. They actually promoted QUB as a consortium member at this time, using their involvement to establish the independence of the research study. The TDs were only made aware of the change in QUB status after the campaigners alerted them, following Freedom of Information Act requests.

“Our worst fears were confirmed. The Irish Government has given over its authority to the oil and gas industry, which is controlling the process of this study every step of the way, right from the beginning. The abysmal failure of the EPA’s fracking research study and the confirmation of its flaws were apparent throughout the meeting on an issue that could impact the lives of millions of Irish people. This process is beyond fixing and must be stopped in its tracks. The question the public want answered is how fracking will impact human health in Ireland and this is not even on the agenda of the study. It is totally disgraceful that taxpayer’s money is being used on a study that does not answer the essential question but instead is designed to support the oil and gas industry in their applications for exploration and extraction licences,” **said Dr. Aedín McLoughlin, Director, Good Energies Alliance Ireland.**

During the committee meeting, TDs cited the research from the New York State Department of Health that led to New York State’s ban on fracking because it posed serious public health risks to New Yorkers. The question was asked how, if fracking is not safe for New Yorkers’ public health, it could be safe for Irish public health. “I have no idea” was the answer from the EPA.

“My fellow New Yorkers and I are working together with Ireland’s anti-fracking campaigners because if fracking is not safe for New York then it’s not safe for Ireland!” **said actor and advocate Mark Ruffalo.** “New York banned fracking because the State Department of Health and Department of Environment conducted years-long independent studies on the environment and public health and safety risks of fracking, concluding that fracking is not safe for human health. The governments of Ireland and Northern Ireland have behaved irresponsibly in having the oil and gas industry conduct this study on fracking in Ireland. It’s always best to keep the fracking fox out of your hen house! As we have learned time and time again in the United States, the oil and gas industry cannot be trusted. I encourage the Irish people to join the campaign to stop fracking in Ireland. This study must be stopped and like New York, fracking should be banned in Ireland.”

More teachers who hail from disadvantaged backgrounds are needed as role models for future generations, according to the new National Plan for Equity of Access to Higher Education

The plan, which was launched yesterday 16/12/15 by Education Minister Jan O’Sullivan and Tánaiste Joan Burton, will target school-leavers from socio-economic disadvantaged backgrounds, students with disabilities, Travellers and mature students.

Its aims include an increased participation by students from non-manual and semi-skilled/unskilled worker families by an average of 300 a year.

And it hopes to boost the number of Travellers in higher education from 35 to 80 a year.



While college participation rates by students from non-traditional backgrounds have improved in recent years, they still lag way behind other groups.

Children of non-manual workers make up about 25pc of 17-19-year-olds but comprise only 11pc of new college entrants.

Meanwhile, the children of higher professionals make up 6pc of 17-19-year-olds but take up 13pc of college places.

The plan will be underpinned by an initial €3m, half of which will be used next year to boost the fund that assists students who experience financial pressure that can be a deciding factor in them dropping out of college.

€100 fine if caught smoking in car with children

The long-awaited regulations to give effect to the legislation banning smoking in cars with children will be revealed today 17/12/2015 - one year after the law was passed.

The offence, to come into effect in two weeks, will be policed by Gardaí.

Health Minister Leo Varadkar and Minister for Children James Reilly, who championed the measure, will formally launch the ban today.

If the fine is not paid, the case can be brought to court - with hefty penalties.

It comes in the wake of several studies showing the dangers to children who inhale second-hand smoke. A child is defined as any person under 18 years of age.

The rules state:

The offence also applies where the smoker is themselves under 18 years of age.

The driver will be guilty of an offence even if the smoker is another adult passenger.

A defence exists where the person smoking reasonably believed that others present in the vehicle were over 18 years of age.

There are also defences for the driver if they can prove they were unable to stop the other person from smoking, because he or she did not wish to take any action which might compromise the safety of the passengers. They can also argue they made all reasonable efforts to stop the other person smoking.

Gardaí will be allowed to ask the driver to stop the car, and demand the name and address of any person who may be committing an offence. Where a person fails to stop the car, or to give a name and address, or provides false information, he or she will be guilty of an offence.



Health service 'will have to live within budget in 2016' - HSE plan

Health Minister Leo Varadkar and HSE chief Tony O'Brien spelled out the tight financial position at the launch of the HSE's service plan for 2016 which sets out how its €13bn funding is carved up.

It already has a €100m shortfall and because of new rules cannot be financially rescued any more with a supplementary budget if it over spends.

However, Health Minister Leo Varadkar said there will still be scope for improvements and developments in some areas including:

- Therapy services for young people, especially in the speech and language area
- Further development of mental health service
- GP care without fees for 6-11 year olds
- Additional senior nurses in maternity units.
- New vaccines for Men B and Rotavirus, subject to negotiations

Minister for Health Leo Varadkar and the Minister of State for Mental Health, Primary Care and Social Care (Disabilities and Older People) Kathleen Lynch have welcomed the publication of the 2016 HSE National Service Plan.

"This is the second year in which additional Exchequer funding has been made available to support health and social care services and represents a significant proportion of the increase in public expenditure available nationally in 2016", Minister Varadkar said.

He said:""Extra funding of €7.2 million is provided for the National Ambulance Service to ensure that response times are maintained, including €2 million to recruit and train extra staff and expand the Community First Responder Scheme.

"The plan also includes €3 million for new maternity service initiatives being phased in next year, or more than €9 million in a full year.

"Additional funding of €2.5 million has been provided for the addition of Rotavirus and Meningococcal B immunisation to the Primary Childhood Immunisation Programme.

"The HSE proposes introducing these vaccines in 2016, subject to the successful conclusion of negotiations on price with the manufacturers."

Minister of State Kathleen Lynch said it includes €35 million earmarked for the further development of mental health.



6. [EU NEWS](#)

EU adopts €239 million investment package for the Irish fisheries and aquaculture sectors

The European Commission has agreed a key investment package for the Irish maritime, fisheries and aquaculture sectors. More than €239 million will be made available under the European Maritime and Fisheries Fund (EMFF) for the period 2014-2020, including an EU contribution of €147 million (*the balance comes from national authorities*)

Full details [here](#) .

The policy priorities are:

- Promoting environmentally sustainable, resource efficient, innovative, competitive and knowledge based fisheries – € 33.5 million;
- Fostering environmentally sustainable, resource efficient, innovative, competitive and knowledge based aquaculture – € 14.9 million;
- Implementation of the Common Fisheries Policy (CFP) – € 69.8 million;
- Increasing employment and territorial cohesion – € 6 million;
- Fostering marketing and processing – € 17.3 million;
- Implementation of the Integrated Maritime Policy (IMP) – € 5.3 million;
- Technical assistance – € 0.8 million.

Commissioner for Environment, Maritime Affairs and Fisheries, Karmenu Vella stressed the programme's contribution to sustainable growth: "I welcome the adoption of the Irish EMFF programme to support fisheries, aquaculture and maritime projects that are environmentally sustainable, socially responsible and economically viable. These smart investments will benefit fishermen, fish farmers and processors, as well as Irish coastal communities. They will maintain and create jobs in the maritime economy while preserving the unique environment in the Irish seas".

The adopted programme will support the implementation of the EU's Common Fisheries Policy (CFP) and Integrated Maritime Policy in Ireland.

Funding aims at making the Irish fisheries and aquaculture sectors more competitive and sustainable, by fostering innovation, skills and a more efficient and sustainable use of resources. Funding will also help Irish fishermen to adapt to the EU's newly introduced landing obligations and to better organise themselves to add value to their catches.

Funding for aquaculture will support innovation, productive investments and a reduction of the administrative burden, thereby giving a boost to the sector.

Finally, significantly higher support for local development initiatives will provide small-scale fishermen and local coastal communities with more opportunities for a better livelihood, by adding value to their fishing activities and diversifying their economies.

Ireland has a major responsibility in enforcing the rules of the CFP, but also in providing sound data for the management of the fisheries and aquaculture sectors. Funding will be used to develop new IT tools and technologies to support control and enforcement, to improve the collection, management and use of data that are vital for a sustainable fisheries sector, and to build knowledge to better protect the marine environment in Ireland.

Summary of the Operational Programme for support from the European Maritime and Fisheries Fund in Ireland

Background

Total Operational Programme budget: € 239 265 133

Total EU contribution: € 147 601 979

- Ireland's Fisheries Operational Programme priorities:
- Promoting environmentally sustainable, resource efficient, innovative, competitive and knowledge based fisheries – € 33.5 million;
- Fostering environmentally sustainable, resource efficient, innovative, competitive and knowledge based aquaculture – € 14.9 million;
- Implementation of the Common Fisheries Policy (CFP) – € 69.8 million;
- Increasing employment and territorial cohesion – € 6 million;
- Fostering marketing and processing – € 17.3 million;
- Implementation of the Integrated Maritime Policy (IMP) – € 5.3 million;
- Technical assistance – € 0.8 million.

Irish enterprises top EU for cross-border e-commerce

According to data published by Eurostat this week, Ireland had the highest share of enterprises selling online, either domestically, to other EU countries or to third countries:



- 30% of Irish enterprises sold online on the domestic market in 2014 compared to an EU average of 18%;
- 17% of Irish enterprises sold online to another EU state compared to an EU average of 8%; and
- 12% of Irish enterprises sold online to third countries compared to an EU average of 5%.

The data also revealed that enterprises in Ireland made 37% of their total turnover from electronic sales to other businesses or consumers, the highest share in the EU and over double the average of 17%.

Nine out of ten Irish people think climate change is a serious problem!

According to a recently Eurobarometer survey, almost nine out of ten people surveyed in Ireland (88%) think that climate change is a serious problem, with 59% saying it is a "very serious" problem. However, Irish people are more likely (41%) to think that poverty, lack of food and drinking water is the most serious problem facing the world than climate change (15%).



More than half of respondents in Ireland say they have personally taken some action to fight climate change in the past six months (52%, higher than the EU average of 49%). This figure rises to 97% when they are shown a list of practical measures, suggesting that many respondents do not connect certain actions with tackling climate change.

The most popular actions include:

- 84% of Irish respondents tried to reduce waste and regularly separated it for recycling (+17 percentage points since 2013) and well above EU average of 74%;
- 67% of Irish respondents tried to cut down consumption of disposable items like plastic bags (+17 percentage points since 2013) and well above EU average of 57%;
- 51% of Irish respondents bought locally produced food (+23 percentage points since 2013) slightly above the EU average of 49%;
- 43% of Irish respondents chose energy-efficient household appliances (+19 percentage points since 2013), slightly above EU average of 42%;
- 34% of Irish respondents have insulated their home better to reduce energy consumption (+7 percentage points since 2013) and well above the EU average of 23%.

More than six in ten Irish people believe that it is “very important” for their government to provide support for improving energy efficiency (66%) and set targets for increasing the amount of renewable energy used, such as wind or solar power, by 2030 (60%). More than nine out of ten (91%) respondents agree that fighting climate change will only be effective if all countries of the world act together.

The fieldwork for this Eurobarometer survey was carried out in Ireland between May and June 2015.

The Ireland country fact sheet is available [here](#)  [3 MB] .

See [here](#) for the Full Eurobarometer report

7. UPCOMING TRAINING/WORKSHOPS

EDI Centre

3 day City and Guilds Tourism Course for 18-24 years old

Cost €120

PROGRAM OBJECTIVES

On completion of the training programme learners will be able to:-
Demonstrate a positive self-concept and accept responsibilities for setting and achieving both personal and course related goals.

Plan and achieve realistic work goals. Access information on Training and Employment opportunities available online and gain basic knowledge in computer skills.

Use a word processor to create, edit and check common types of documents. Learners will develop an understanding of the basics of the word processing application and the operating



system in everyday usage and will gain the ability to work in a supervised role following clear instructions in a competent manner.

Identify tourism opportunities locally and how they may be developed.
Explore the concept of self -employment in the tourism industry.
Complete CV and upload to EURES website.

Disability Activation Congress Training (DACT) course. Call the EDI Centre @ 043 33 47515 to book or for more information.

Free Training Opportunities:

Would you be interested in an introduction to digital photography, sending/receiving emails, using social media, using apps, buying tickets and on-line banking? Longford EDI Centre is running an 8 hour basic computer course which can be delivered mornings, afternoons or evenings. To avail of this great opportunity contact Bernie or Amanda at 043 3347515 or email infocentre@ericom.net

IT – 4 –today (Trade Unions supporting Learning)

Free 1 day computer basics course:

8 hrs of IT training

Eligible to attend if you are:

- Aged 55 OR OVER
- Unemployed
- Experiencing disadvantage
- Without any recognised formal education or
- Have none or some computer experience

To apply, contact **Bernie** or **Mary** in the **EDI Centre on 043 33 47515**

During this one day session, you will learn how to use a computer including: send/receive email, use social media, use of Apps, introduction to digital photography, perform simple online transactions; such as book a ticket, pay a bill, online banking and introduction to safety & security online.

Career Planning Programme

This six week programme five mornings per week- from 9.30 – 1.30, offers assistance to unemployed and other target groups to re-enter the work force through training & employment supports. Programme consists of - Skill sampling, personal development, career guidance, IT training, one to one support, Limited place available, Confined to people in receipt of a payment from Department of Social Protection (Unemployment or Disability payment) To register for this programme Contact the Centre.

The EDI Centre currently runs two FAS Local Training Initiative projects (LTI's).

REVAMP Training Project

Pilot Youth Project by Dept of Social & Family Affairs identified youth at risk of long-term unemployment from welfare dependent homes, with little motivation, early school leavers, some with literacy problems. Mainstream education or training not relevant to their needs. Lack of suitable local training initiatives.

Pre-Employment identified Furniture Restoration as viable carrot to attract trainees to broader training. FAS Community Training Initiative was established in Dec 2002. First two programmes were 26 weeks long,



now they are 48 weeks with continuous enrolment. In the first 5 years 70% of trainees progressed into full time work.

<p><i>Apprenticeship, Education or Training.</i> This is a 48 week LTI for long-term unemployed persons providing FETAC accredited training in areas such as:</p> <ul style="list-style-type: none"> • Application of Number • Communications • Career Preparation • Computer Literacy • Upholstery • Woodwork • Tiling • Personal and Interpersonal Skills • Personal Effectiveness • Work Experience • Word Processing • Internet Skills • Health and Safety Awareness 	<p><i>Catering/Life Skills Programme</i> This is a 26 week LTI for long-term unemployed persons providing FETAC accredited training in areas such as:</p> <ul style="list-style-type: none"> • Application of Number • Communications • Career Preparation • Computer Literacy • Personal and Interpersonal Skills • Personal Effectiveness • Work Experience • Culinary Operations • Restaurant Service • Bread, Pastry and Desserts
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FREE JOB SEARCH SERVICE

Every Thursday from 10am to 1pm..The EDI Centre can help you with:

- CV's
- Job Applications
- Interview Skills
- Training Opportunities
- Career Advice

The EDI Centre provides a range of services to support unemployed people including information on employment rights, entitlements, training and education with access to computer facilities.

For further information, Contact the EDI Centre on 043 33 47515

E-mail: infocentre@eircom.net / Website: www.Edilongford.ie

White Goods Training

'Appliance Repair and Recycling Project' is the latest training programme undertaken by the EDI Centre. A 12 week training programme for 10 jobseekers has been designed and is being delivered by a qualified local Electro Mechanical Engineer who is also an experienced tutor. The programme is approved and funded by Skillnet. Washing machines, dishwashers, dryers, cookers, heaters, microwaves and small electrical etc are all part of the items which are worked on in the programme.

Longford and Westmeath Education and Training Board

Free Education Courses



Would you like to learn more about Gardening, Woodwork, Working with Childcare, Cookery Food and Nutrition, Turning on the computer, using the computer for learning on line? If the answer is yes and you are a parent, grandparent, child carer, early school leaver or a long time out of education, call or text Grainne 086 8883413, also email Longfordfamilylearning@gmail.com. Courses are free and basic education skills.

Longford Women's Link



Are you a woman parenting alone and seeking to establish your career or update your skills?

This new Programme from *Longford Women's Link* is what you need:

New Futures

Our Women Parenting Alone group started their course and group activity this week. The group meet every Monday to complete their QQI (FETAC) Level 4 modules and meet every second Wednesday for a coffee and a chat. If you would like to join, it's still not too late - phone Pamela on 043 3341511 or message us here on Facebook and we will get back to you. Even if you would just like to attend the coffee morning every fortnight, we'd be delighted to see you. Childcare and Transport provided.

Occupational First Aid - QQI - Level 5 - 5N1207

Date: Thursdays – 28 Jan, 4 & 11 February.

Time: 9.00am to 5.00pm

Venue: Longford Women's Link

It is essential to attend all 3 dates.

Cost: 210 euro.

Class is limited to 10 participants – Tea/Coffee provided

A 50 euro non refundable deposit is required to secure a place on this course. Full course fees should be paid prior to the start of course.

Care of the Older Person - 5N2706 - QQI - Level 5



The purpose of this award is to equip the learner with the knowledge, skill and competence to meet the full range of needs of older people in a variety of care settings.

Class dates: Wednesday evenings:
 Feb: 10, 17, 24
 March: 2, 9, 16, 23, 30
 April: 6, 13, 30

Time: 7pm to 10pm

Venue: Longford Women's Link

Cost: €295

A €100 euro non refundable deposit is required to secure a place on this course. Full fees to be paid prior to the start of the course.

You may qualify for funding, please contact 043 3341511 for further information.

Tea/Coffee provided.

If you have any further queries or require a booking form, please contact - Pamela Latimer – Education and Training - Business Development Manager

Email: pamelalatimer@lwl.ie

Tel: 043 33 415 11

Mobile: 087 205 8152

8. FUNDING

Humanitarian Assistance Scheme

If you have been flooded you may be able to get financial help from the Department of Social Protection's Humanitarian Assistance Scheme. The means-tested scheme provides emergency financial assistance to households who are not able to meet costs for essential needs immediately following flooding. The scheme aims to provide financial support to people who have suffered damage to their home. It is designed to alleviate hardship rather than provide full compensation for damage.

If you have been affected by flooding and meet a means test you may be eligible.

What is covered by the scheme?

1. Emergency income support payments.
2. Damage to your home and its essential contents, such as:
 - Carpets
 - Flooring
 - Furniture
 - Household appliances and bedding.



3. Structural damage may also be considered.

What is not covered under the scheme?

- Commercial and business losses
- Losses covered by an insurance policy
- Loss or damage to private rented accommodation or local authority accommodation

To apply for Humanitarian Assistance you should complete the [Humanitarian Assistance application form \(pdf\)](#). This form is also available from your [local office](#).

Where available you must include the following with your application:

- Evidence of household income (payslips etc)
- Estimates for repairs or replacement
- A copy of your insurance policy
- Paid invoices/receipts
- Any other information which may support your claim

To apply for Humanitarian Assistance contact the Department of Social Protection's representative (formerly known as the Community Welfare Officer) at your [local office](#).

Source: www.welfare.ie

St. Stephen's Green Trust General Grant Round Opens

Applications have now opened for the St Stephen's Green Trust General Grant - it will be the only round in 2016.

The 2016 General Grant Scheme will focus on:

- **Prisoners / Ex-prisoners:** The Trust is interested in organisations working with prisoners, ex-prisoners and their families. The Trust will consider progressive initiatives focused on new approaches for: alternatives to custody; in-prison supports; out-of-the-gate supports; the availability of options to integrate the ex-prisoner back into society and initiatives working with prisoners' families. Projects should include reflection and social analysis in the application, which allows the organisation to demonstrate what works or doesn't work. Information gathered should be used to influence policy development and to effect change with some of the more difficult issues facing prisoners/ex-prisoners and their families. Development projects or start-up initiatives need to have a clear basis for financial sustainability in future years.
- **Travellers:** The Trust recognises the multiple layers of disadvantage and racism experienced by Travellers in Irish society. 1) The Trust has a particular interest in locally-based projects seeking to increase the participation of male Travellers in the development of their own community, including initiatives breaking new ground in the area of family support, culturally-appropriate employment initiatives and personal development. 2) The Trust is also interested in initiatives which improve literacy levels and educational progression. 3) Mental health projects are also of interest. The Trust particularly encourages fresh thinking



around enduring issues and applications should include a pathway to sharing the learning at all levels.

- **Homelessness:** In 2016, the Trust is encouraging applications from organisations seeking to find new solutions to the current crisis in homelessness and disseminating what works. Areas which will be considered by the Trustees include social analysis, policy development and interventions which will contribute to long term solutions to the current crisis. The Trust will not fund service provision which doesn't have a specific focus on these elements.

Funding Offered

- The Trust will consider project or core costs. If core costs are being requested, the applicant will need to make a case for sustaining these costs in future years.
- The Trust is open to considering applications for multi-annual funding (up to 2 years) subject to satisfactory progress reports and availability of funds. Multi-annual funding applications have to have a clear rationale for funding over the 2 years, with a clearly defined outcome which includes evaluation and a pathway towards positive social change through analysis and dissemination. Multiannual grants are usually made on a sliding scale.
- Maximum grants will be in the region of €15,000 per annum.
- The Trust accepts applications from voluntary or community organisations, with a CHY or XR number. If the organisation is not eligible to become a registered charity, it is unlikely we will fund it. Community Interest Companies (NI only) or social enterprises ineligible for charity status are not eligible for grants from the St Stephen's Green Trust.
- In 2016, the Trust is only inviting applications from organisations with annual income below €500,000. If you are not sure about your organisation, please check with the Trust before applying.

Learn More

Initial deadline: 29 Jan 2016

To read the full guidelines, including the two step process for applying, please [download the guidelines / application form document here](#).

For queries in relation to the SSGT General Grant Scheme please contact: Orla O'Neill, Grants & Development Director, PO Box 950, Newbridge, Co Kildare

Tel: 045-480666;

EIL Seed Fund is Now Open

Do you want to make a difference by sharing your experience and raising awareness in Ireland!

EIL Seed Fund is now OPEN to help you with any activities, events or Global Citizen Award action project(s) which will raise awareness about the people and issues you have encountered by



providing successful individuals and groups with grants of up to €200! Your action project can have a real impact on the way Irish people think about global issues and in turn bring about real change in the world. Grow your idea into action!

You may face financial barriers, time constraints or be unable to access the necessary help and support. The EIL Seed Fund Micro Grant Scheme exists to assist you overcome these barriers by providing successful applicants with funding, guidance and support to implement their own awareness-raising projects. You can apply to the Seed Fund as **individuals** or as **part of a group**.

Some of the Main Features

- Round 1 Deadline is Friday 15th Jan 2016!!
- Receive for your grant up to €100 (individual) or €200 (group)
- Apply online here: [Individual application](#) or [Group application](#)
- Or download an [Individual Application Form](#) or a [Group Application Form](#)
- Projects to be completed by the 1st March 2016

For more info see: <http://www.eilireland.org/development-education/seed-fund-micro-grant-scheme> or contact evelyn@eilireland.org

The Community Foundation of Ireland

The 2016 grants strategy for CFI is #Belonging16. The Community Foundation sees 2016 as a year of belonging and this will be the theme of its grants, communications, events, publications and activities throughout the year. Firstly, The Community Foundation will launch #Belonging16 Micro Grants in February. Communities all across the country will have the opportunity to apply for €250 to hold a community party. It's all about Belonging! Applications can be made online by any non-profit club or association. Grants will be paid by bank transfer and all you have to do is send us a photo with #Belonging16 in your tweet or message. Other grants that will be made throughout the year include Refugees and Trafficking, Sexual Identity and Transgender, At risk families, Older Persons' fund and some flagship strategic grants along certain themes. Be sure to check back at www.communityfoundation.ie for updates! And if you have any queries regarding #Belonging16 please don't hesitate to contact us on belonging@foundation.ie

Design for Europe

The European Commission provides a range of funding to increase both the awareness and adoption of design. This can take a number of forms:

- Design support – increasing design capabilities within organisations



- Design promotion – encouraging the use of design by organisations
- Design services – enhancing the skills of design service providers
- Design education – ensuring the supply of skilled design professionals
- Design investment – encouraging private and public investment in design
- Design research & knowledge exchange – collaborative research and information sharing programmes
- Design networking – establishing design centres, associations and networks

These apply across sectors, but funding calls tend to be tailored to meet the specific needs of business, the public sector or policymakers.

It's also worth remembering that whilst there are some funds explicitly targeted at supporting design, more often design is supported indirectly, usually as part of innovation funding.

Featured opportunity: Horizon 2020

[Horizon 2020](#) is the biggest ever EU research and innovation programme. It will make available nearly €80 billion between 2014 and 2020 with the aim of taking great ideas from the lab to the market.

Horizon 2020 funding is split into [eight sections](#) (or work programmes), which show the EC's main areas of focus. These are worth browsing through. 'Industrial Leadership', 'Fast Track to Innovation Pilot' and 'Societal Challenges' will be of particular interest for those seeking design funding.

The EC publishes every Horizon 2020 call for proposals on the [Horizon 2020 Participant Portal](#). This site provides all the information needed to respond to a call, things like: opening and closing dates, overall budget and documents related to the call.

Every EU member state has a [national contact point](#) for Horizon 2020 who will be able to help you with your application. You can find yours using the EC's directory.

[Get in touch with your nearest Horizon 2020 advisor.](#)

How does the EU fund design?

The majority of the EU's funding budget is managed through five major funds:

1. [European Regional Development Fund](#)

Aims to correct imbalances between regions. Its key themes include innovation research, support for SMEs and digital technologies.

2. [European Social Fund](#)

Supports projects that provide access to employment and professional skills.

3. [Cohesion Fund](#)

Aims to reduce economic and social disparities between EU members with a focus on transport infrastructure and energy.



4. [European Agricultural Fund for Rural Development](#)

Aims to improve the competitiveness of agriculture and forestry, as well as boosting economic activity and quality of life in rural areas.

5. [European Maritime and Fisheries Fund](#)

Supports the transition to sustainable fishing and help coastal communities diversify their economy.

Also of interest

Other funds that might be of interest are: [Erasmus for Young Entrepreneurs](#), an exchange programme for new and aspiring entrepreneurs, and [Creative Europe](#), which provides extensive support for the cultural, creative and media sectors.

Tips to help you find the right calls

The sheer number of EU calls can be overwhelming, and it is not always easy to identify calls that match your funding needs.

The following tips may help narrow down your search:

1. Be clear about what you are looking for

Establish what your field of expertise and capabilities are. What type of project you would like to initiate or join?

2. Align your proposal to EU's priorities

Understand why design is important for the EU. A good place to start is a report called [Design for growth and prosperity](#) (2012) by the European Design Leadership Board.

3. Contact the management of your organisation

Make sure that your project idea is in line with your organisation's overall strategy. If your organisation has internal support staff dealing with European projects, make sure to speak to them too.

4. Scan open calls

The best way is often a keyword search. It's worth trying a range of design-related search terms such as, prototyping, modelling, user-driven etc.

5. Ask trusted partners

You can often save a huge amount of time by finding out if they have identified relevant calls or are preparing a project proposal.

6. Get in touch with your national contact point

They can help you understand what is required and keep you up to speed on EU policy developments in your field. They may also know about relevant events like information days for particular calls for funding. You can search for your nearest contact in the [Horizon 2020 directory](#).

7. Plan a timeline for your application



Calls for funding always have deadlines. Do you have enough time to take on the preparation of a competitive proposal?

8. Subscribe to the RSS feed for relevant calls

The [Horizon 2020 Participant Portal](#) allows you to subscribe to [RSS feeds for funding calls](#). This means you'll be notified when relevant calls are published.

9. Check if you can benefit from national subsidies

Your [national contact point](#) will be able to give information about whether there is any support available to help you make your project proposal.

GUIDE TO FUNDING OPPORTUNITIES FOR ARTS AND CULTURE IN EUROPE

The International Network for Contemporary Performing Arts have produced a guide to finding funding opportunities throughout Europe. This online guide will introduce you to several online information platforms or funding opportunities which may help current or future projects and initiatives with European or international dimensions.

This guide aims to ease your path to funding by providing information and tips. Its three sections are designed to suit different needs. The full guide can be found at www.ietm.org.

Source: www.iayo.ie

Is your group holding an event or has your group news you would like to share with the wider Longford Community?

Then why not promote it in this Ebulletin?

Just email, post or call to us (contact info above)



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Sources: Longford PPN community groups ,EU News, DOECLG, Failte Ireland, Longford Co. Council, Longford Leader, The Independent and other sources with many thanks!