



Longford Public Participation Network (PPN) E-bulletin February 2016

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1. NEWS FROM LONGFORD PPN

Public Participation Network update:

The PPN would like to thank all registered groups for their Local Community Development Committee (LCDC) nominations. Once the PPN Secretariat has approved the next stage of the process dates/times will be sent out to all members regarding their relevant College meeting/elections.

Meetings held/ planned:

- Meeting's held with PPN Secretariat and Longford County Council January 2016
- Longford Volunteer Centre Steering Group meeting held on 26.01.16. Attended by Mary Farrell, PPN elected representative. Feedback form circulated.
- Housing SPC Meeting held Monday, 1st February 2016. Attended by Tess Murphy and Eileen Finan, C&V and Social Inclusion PPN elected representatives. Feedback form circulated.
- Economic SPC Meeting held 02.02.16. Attended by Louise Lovett, PPN elected representative.
- Longford Sport Partnership Board meeting will be held on the 25th February @3pm in Council Chamber. John Mimmagh, the elected PPN rep to attend.
- County Longford Drug and Alcohol Task Force AGM will be held on the 7th March @ 11.30 am, in the Leap Project, Earl St, Longford. Expression of interest for the CLDAF & the Midlands Regional Drug & Alcohol Task Force Linkage Group's will be sought shortly.

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 February:

Men's Sheds and Men's Groups in Co. Longford in 2016:

Ballymahon Men's Group

Longford Community Resources Ltd continues to support Ballymahon Men's Group. The men meet every Wednesday from 10am to 1pm in Bridgeways Family Resource Centre, Dean Egan Hall, Ballymahon. Activities include woodwork. The group is currently going strong with the men working on Woodwork Renovation Training Project with the ETB tutor. They are also restoring a donkey cart for use in the St. Patrick's Day Parade.

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.

Granard Men's Shed first meeting in 2016

Granard Men's Shed held their first meeting of 2016 on February 3rd, at 7 pm in Lus na Greine Family Resource Centre FRC, Main Street Granard. Longford Community Resources Ltd continues to support the Granard Men's Shed. New members are always welcome. There is no admission charge. If you would like more information please contact William O'Connor or Eileen Finan, Lus na Greine Family Resource Centre 043-6660977 or check out the Lus na Greine FRC notes in the Longford Leader.

Irish Men's Shed Association supports new Men's Sheds

The Irish Men's Sheds Association has a team of Advocates who work hard to support Men's Sheds around the country. The advocates offer their time and experience to help with getting a shed up and running. They also assist with the successful day to day running of existing Men's Sheds.

Kevin Brady is the Irish Men's Shed Association Advocate for counties Longford, Westmeath, Cavan and Meath. Kevin can be contacted at 087- 137 5222 or by e-mail to kbrady1964@gmail.com and he is available to support Men's Sheds in Co. Longford.

North Longford Men's Group

The group meet on Fridays from 12noon to 3pm from September to December and February to June in the Dolmen Centre, Aughnacliffe, Co. Longford. If you would like more information please contact Breda Murphy 043-3347515.



Ballyleague Lanesboro Men's Shed meet in Sorohan's at the Life Belt Bar, Ballyleague, Co Roscommon. The men are currently involved in a very exciting Upcycling Project and a Toy Train Display. For further information please contact Joe Cribbin at 086-3823780 or email ballyleaguemensshed@gmail.com. The shed is open daily from 10.00am to 8.00pm.

Springlawn Gardening Group: The Springlawn gardening group meet every Tuesday morning from 10am- 1pm at the Resource Centre at 26 Springlawn (weather permitting). The group is made up of enthusiastic amateur volunteer gardeners that help maintain the Springlawn area. If anyone is interested in joining us please contact Mary in 26 Springlawn on 087 3749950 or call into the centre Monday-Friday, 9.30am until 1pm.

FETAC 3 HORTICULTURAL COURSE IN 26 SPRINGLAWN: We are currently recruiting for anyone interested in participating in a FETAC 3 Horticulture Course. Places are nearly full but a waiting list will be in place in case anyone drops out. The course is starting on the 1st of March and will be on from 10am until 1pm every Tuesday. If you are interested please contact Mary in the Springlawn Community Resource Centre (26 Springlawn) or ring her on 087 3749950.

Lithuanian School: Classes are held from 10am to 1pm every Saturday in the Attic Youth Café, Temperance Hall, Longford Town. For further information please contact Renata by phone to 083-4708371 or by e-mail to address longfordomokyla@gmail.com or follow the link below to the Facebook page:

https://www.facebook.com/pages/Vaik%C5%B3-ir-Jaunimo-centras-SAVASlt/757148621068252?sk=info&tab=page_info&edited=mission

Revamp 3R Store

Mastertech Business Park
Athlone Road, Longford
043 33 48876

info@revamp3rstore.com

Visit our store at the EDI Centre on the Athlone Road, Longford.
Always looking for unwanted furniture which is fit for REUSE.



Backstage Theatre: Blithe Spirit: Having played to full houses in 2015, Backstage Theatre Group are bringing their production of Noel Coward's Blithe Spirit back to Longford for a limited run in February before hitting the road to compete on the All Ireland qualifying circuit.

In this supernatural comedy Charles and Ruth Condomine are hosting a dinner party for their friends Doctor and Mrs Bradman and local clairvoyant Madam Arcati. All is going nicely until the post dinner séance when the ghost of Charles' first wife appears. Being only visible to Charles, Elvira sets about to upset the balance of the house leaving Charles caught in a tug of war between his two wives.

Under the direction of Ollie Kenny this hilarious comedy once again brings together one of the most experienced casts to grace the Longford stage. Christine O' Brien and Declan Neville play the (for now) happy couple of Ruth and Charles Condomine, Vanessa Flood brings a quirky charm to the role of Edith the new housemaid, Doctor and Mrs Bradman are brought to life by Backstage



stalwarts John Kelly and Eileen Murphy, Maureen Dunne is again bringing her much loved portrayal of Madam Arcati to stage and the charmingly troublesome Elvira is played by Liz Leavy.

Following the Longford performances on February 19th and 20th cast and crew will be packing up and hitting the highways and byways of the country as they compete in drama festivals in Tubbercurry, Balinamore, Roscommon, Kilitclogher and Cavan.

Tickets for the Longford performances are selling fast and are available from Backstage Theatre box office on 0433347888, www.backstage.ie and from Farrell & Coy in Longford town.

One Parent Family Payment Now Qualify!!!!:

*** FREE HOME INSULATION SCHEME AVAILABLE ***



Longford Warmer Homes Ltd
11A3 Mastertech Business Park,
Athlone Road,
Longford,
Co. Longford

T: 043 3393255

E: info@lwh.ie W: www.lwh.ie

Check if you or somebody you know can apply!

Read the info below and get in contact with us in the office on 043 3393255

Who can avail of the FREE Warmer Homes Scheme???

This FREE scheme is available to homes which meet the following criteria:

- Owner occupied, non-Local Authority homes
- The home must be constructed before 2006
- The owner of the home/relative living in the home is in receipt of just ONE of the following:
 - > Fuel Allowance as part of the National Fuel Scheme
 - > Job Seekers Allowance for over six months and with a child under seven years of age
 - > Family Income Supplement
 - > *One Parent Family Payment*

Eating Disorder Awareness Week 7km walk which will be taking place on the 27th of February from Granard Health Centre to Abbeylara and back. We have sponsorship cards in Lus Na Greine resource centre in Granard. All donations welcome and all proceeds will be divided equally and donated to The Mental health Centre Mullingar & Lyndara Dublin.

Charity Cycle in memory of Breege Gallagher. 50km / 20km Fun Cycle in aid of Longford Palliative Care, Sunday 14th February starting at 11am from J.V Donohoe's Corner House, Granard. Registration 10am, Entry - €20, under 18 - €10, Family rate available.



Longford Cycling and Racing club are offering locals a chance to get on their bikes and get fit this year, by running a couch to 60k programme The first week is February 21 and they will meet at Halford's at the N4 Axis Centre at 10 o'clock. To keep up to date with what's coming up, check out the Longford Cycling and Racing facebook page.

County Choir: Practice Wednesdays evening 7.30pm in the Sylvia Dawson Hall, St. Christophers.

County Longford Historical Society : will host their first 1916 lecture in The Longford Arms Hotel tonight 11th Feb @ 8pm. Speaker Francis Devine, distinguished historian on the Labour movement. Admission is free, all welcome!

The 82nd County Longford Ploughing Championships and Field Day : will take place on Sunday April 10th. Those wishing to book lifestyle and entertainment stand can contact Tom Bannon on 087 9691176 while the farming trade stand supervisor is Barry White on 087 9490024

Lus Na Greine, Art with Eva: Saturday Art classes for children aged 6 – 12 years old from 11am – 12.30pm. For further information call 043 666 0977

Ballinamuck Defibrillator Training: in the 98 Hall, 29th Feb @ 7pm. To book your place call 087 9613312

Abbeylara Defibrillator Training: in Abbeylara National School, Feb 20th @2pm. To book your place call 086 3118007

Charity Disco: Sunday 21st Feb in The Park House Hotel, Edgeworthstown from 3pm – 5pm. €5 per child, parents free. All proceeds go to the care of the children of Mulvihill family who recently lost their mother.

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.

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

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.

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

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

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.

Drumlsh Social Dancing: Classes continue at the Community Centre, Drumlsh, 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.

Drumlsh Cookery Classes on Tuesday at 7.30pm in Drumlsh 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.

Drumlsh 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

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.

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.

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.



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 meet every Thursday evening in the Respond House (Across from EDI Centre). Everyone welcome. For further information 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

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): 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. If you are a group in County Longford who would like more information on the service then please contact Peter, LCRL resource worker at 043-3345555.

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

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:**

IMPORTANT DATE FOR YOU DIARY!!



MEET YOUR ELECTION CANDIDATES at the BACKSTAGE THEATRE, Longford
Friday 19 February from 10.30 – 1pm

Longford Women's Link and **Longford Women's Manifesto Group**, in conjunction with **Out-Take Media** are organising a **hustings for the Longford-Westmeath constituency on Friday 19 February from 10.30 – 1pm in The Studio, Backstage Theatre, Longford**. This is the latest in a series of hustings previously run by LWL for the 2011 General Election and the 2014 Local Elections.

All election candidates from across the constituency have been invited to participate in a panel discussion which will be chaired by Sheila Reilly, Regional Editor, Longford Leader and Dundalk Democrat.

The PPN wishes to encourage all its members to avail of this opportunity to ask questions on matters close to their heart and if you have not made your mind up already this is great opportunity to decide who to give your No. 1 too.
Event open to all, registration not necessary.

How things work – power and influence

Stand up and be counted, use your vote!!



The Táin March 2016

Are you familiar with the ancient Irish story of The Táin? Would you like to walk in the footsteps of Queen Maeve and her armies who left Rathcroghan for Cooley to steal the famous bull of Cooley?

The Táin March as an event can give many small communities a reason to gather together in shared celebration of our ancient history. It's an opportunity for music, food, storytelling, caint agus craic, and of course dressing up too, just to add to the fun of the occasion. Now wouldn't that be great!!

This year The Táin March festival runs from the 28th May – 6th June.

The group of walkers will leave from Rathcroghan on the morning of the 29th and end the day in Scramoge. Monday and Tuesday, days 2 and 3, they will be in Co Longford. On Monday the 30th, they will start in Scramoge and go through Tarmonbarry, then Longford town and on to Ballinalee, where they will end the day. On Tuesday the 31st, they will begin in Ballinalee, head northeast, then southeast, crossing into Cavan then Westmeath near Finnea, and ending the day in Ballymanus.

In order to discuss the possibilities of this Táin March a gathering of people from business, tourism, heritage, community groups, etc from along and near the route, is being held at Stephenstown Pond on the 10th of February, just southwest of Dundalk (for location, see: <http://www.stephenstownpond.com/location.php>).

The meeting will take the format of a reception and chat from 10:30 am, with the day beginning at 11 am sharp and ending at 3:30 or 4pm.

If you want some more information on the Tain March/ Festival then visit the dedicated website, www.tainmarch.net which will have photos from last year and other information, but to get the latest info, please like the facebook page. <https://www.facebook.com/TheTainMarch>

You may also read about the Longford connections to the Tain Trail by visiting Longford Tourism Website: <http://www.longfordtourism.ie/heri.../myths-and-legends/580-2/>

If you have any further questions you can contact Anna at Longford Tourism Office 043 3342577 / 085 8888876 or Tom Laramie - event co-ordinator 087 2170131.

Perhaps anyone that is going to the event could let Anna know so that they can meet up on the day and work together as a team on developing something here in County Longford.



Girls Hack Ireland

It's well known - there's a gender gap when it comes to science - especially computer science.

Girls Hack Ireland is a programme aimed at engaging teenage girls in computer science. The programme targets 13 - 17 year old girls who have little to no experience in coding or engineering, and provides a fun, supportive environment to introduce them to the subjects. There is a strong emphasis on fun and achievement, the idea being that the girls will feel supported and as it's all for teenage girls, they will be with their peers, which should increase their confidence in trying out the subject matter.

Girls Hack Ireland will be brought to 3 locations across Ireland that have traditionally not seen much STEM (Science, Technology, Engineering and Maths) outreach. It is building on a very successful, day long 'hackathon' event which took place in March 2015. It involved 100 girls, and over 50 mentors from across industry and academia.

The regional workshops will be for 25 persons (girls and their parents, as parents must accompany girls under 16 years of age). We will provide one activity for the girls, and then another activity for the parents to run parallel. We will visit Longford with 3 separate workshops over the year, and it is absolutely free for parents, and the girls, to participate.

It is hoped the first workshop will take place in Longford on the 19th March. Further details to follow.

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
Drumlsh	Each Wednesday	Arts and Crafts	2-4pm	043 3324760
Drumlsh	Each Monday Each Wednesday	Local Schools Class Visit	10.30-11.30am 11.30-12.30pm	043 3324760
Drumlsh	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 February / March:

Chinese New Year

February 6th-21st

One of the most colourful and family-oriented festivals of the year, with everything from cookery demonstrations to kung-fu displays, and a concert with the RTÉ Concert Orchestra. It's the year of the monkey. Find out more by visiting cny.ie for a detailed list of events.

The Gathering

February 17th-21st

The 17th edition of the traditional festival at the Gleneagles Hotel, in Killarney, features concerts,



céilithe, set dancing, stories and workshops.
thegathering.ie

Belfast Nashville

March 2nd-6th

It's all about the songs as country fans from both sides of the Atlantic get together for the annual "Belnash" bash. To find out more visit belfastnashville.com

Ennis Book Club Festival

March 4th-6th

What better way to spend a chilly spring weekend than to dive into books in Co Clare? Readings, talks and – a new chapter this year – an all-action strand for young readers as the festival celebrates its 10th birthday. Further details: ennisbookclubfestival.com

Mountains to the Sea

March 9th-13th

Stories by the sea at Dún Laoghaire's annual book festival. Highlights include a strong young-adult strand with Sarah Crossan, Patrick Ness and Louise O'Neill, Sir Michael Parkinson in conversation with his son Michael, readings from Donal Ryan and Pauline Bewick, and the Poetry Now segment with the Pulitzer winner Paul Muldoon. Learn more at mountainstosea.ie

1916 Commemoration Events:

Women: On March 8th, International Women's Day, there will be a ceremony to commemorate the role of women in the events of 1916, at the Royal Hospital, Kilmainham, Dublin 8. The programme includes a keynote address by President Michael D Higgins and a performance by the RTÉ Concert Orchestra of music and song on the subject of Women in 1916.

Ceremony: There will be a remembrance ceremony on Easter Saturday, March 26th, in the Garden of Remembrance, Parnell Square, transmitted live by RTÉ. Later that day there will be a State event in the RDS for relatives of those who participated in the Rising, which will also be attended by the President.

Ceremony and parade: The Easter Sunday events begin at 11.30am on March 27th with the reading of the 1916 Proclamation under the GPO portico by a Defence Forces officer. The President will then lay a wreath on behalf of the people of Ireland, followed by a minute's silence for all those who died. The national flag above the GPO will be raised to full mast and the national anthem played. The parade, led by the Defence Forces in full military display, will begin at St Stephen's Green, pass the GPO and continue to Parnell Square. It will conclude with an Air Corps fly past and a 21-gun salute. That evening there will be a State reception at Dublin Castle for 3,000 guests, at the Taoiseach's invitation.



Ceremony: On March 29th, there will be a State ceremony at Liberty Hall, Dublin, to commemorate the role of the Irish Citizen Army and James Connolly.

Academia: The universities and institutes of technology have developed extensive academic programmes for 2016. A highlight will be a national conference on 1916 and its impact on the life of the nation, hosted by NUI Galway in November 2016.

Exhibition: The National Museum will open a major 1916 exhibition at Collins Barracks, Dublin, on March 3rd, examining the events of Easter Week in detail. Called *Proclaiming a Republic: The 1916 Rising*, the exhibition will “explore the ideas, movements and personalities of early 20th-century Ireland, the dramatic events of Easter Week, the impact it had on the city and its citizens and the Irish nation as a whole”.

Exhibition: On March 10th, Glasnevin Cemetery Museum’s 1916 exhibition will open. See glasnevintrust.ie.

Exhibitions: Cork’s Crawford Art Gallery will hold a number of exhibitions during the year, including *Diverging Loyalties* (June 4th-August 27th) and *1916 in Contemporary Art* (June 24th-August 24th). See crawfordartgallery.ie

Youth: Proclamation Day on March 15th, 2016, is at the heart of the Youth and Imagination strand. All educational institutions, including pre-schools, schools and further and higher education institutions, will participate. The day will start with the raising of the flag and a reading of the Proclamation.

Longford 2016 Commemoration Programme

The centenary of the 1916 Rising is an opportunity to remember a decisive moment in our history and those who were involved in it, and to reflect on its background and the ideals that inspired it. It is also a time to reflect on and celebrate how Ireland has changed and progressed in the intervening century. In addition, the commemoration will prompt us to look forward.

A central part of the Longford programme is the commemoration of the people from here who participated in the Easter Rising—those born in the county and those who lived here.

Full details are available in the files below:

[1916 Centenary Programme](#)

[1916 Events Guide](#)

[Longford 2016 Facebook Page](#).



5. National News

Minister Alan Kelly T.D. & Minister of State, Ann Phelan, TD announced Funding of €3.148m for Volunteering Organisations

The Government's objective under the Department's Community & Voluntary Supports & Programmes is to provide a cohesive framework of support for the community and voluntary sector. This programme supports volunteer centre's and volunteer information services nationwide, as well as a number of national organisations such as Volunteer Ireland and Young Social Innovators.

See below centre's who will benefit from allocated funding:

2016 Allocation	
Carlow Volunteer Centre	€100,575
Clare Volunteer Centre	€80,000
Cork Volunteer Bureau	€112,603
Donegal Volunteer Project	€117,986
Dun Laoghaire Rathdown Volunteer Centre	€86,901
Fingal	€104,263
Galway Volunteer Centre	€121,148
Kerry Volunteer Bureau	€107,951
Kildare Volunteer Bureau	€110,000
Limerick Volunteer Centre	€133,312
Longford Volunteer Centre	€64,923
Louth Volunteer Centre	€103,730
Mayo Volunteer Bureau	€102,242
Meath Volunteer Centre	€100,552
Monaghan Volunteer Centre	€65,457
Sligo Volunteer Centre	€94,900
South Dublin County Volunteer Centre formerly Tallaght	€155,528
South Tipperary Volunteer Centre	€142,169
Dublin City Volunteer Centre	€256,758
Westmeath Volunteer Centre	€104,741
Wicklow Volunteer Bureau	€117,096
Other Organisations	
Volunteer Ireland	€410,000
Boardmatch Ireland	€58,520
Young Social Innovators	€210,000
Focus Ireland	€57,210



Chambers Ireland	€30,100
Total	€3,148,665

Disability Federation of Ireland – 2016 General Election, play your part Longford!!

Disability Federation of Ireland (DFI) is the national support organisation for voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions.

Almost 600,000 people in Ireland – that’s one in eight of us – are living with a disability.

Two in three of us know an immediate family member, a friend or a neighbour living with a disability. Together we are one of the largest groups of voters in Ireland. Yet, we live with daily inequalities and discrimination. Taking a bus, enrolling in school, finding a job, shopping for basic necessities: Almost everything is more difficult if you are living with a disability.

In the coming weeks, disableinequality.ie is collecting stories of unfairness – your stories – from across the country. Together we can make Ireland a fairer place and make disability a priority in the new Programme for Government.

Go to disableinequality.ie and send us your story. Ask your friends and family to tell their story.

Contact your candidates. It only takes a minute. Tell them that you are voting to end discrimination against people with disabilities.

3 Powerful Questions You Can Ask Candidates

What will they do to ensure:

1. The appointment of a full Minister for Disability Inclusion.

This is the only way that government decisions across all departments – like employment or transport for example – will include the rights and needs of people with disabilities from the start. The Minister would also drive Ireland’s immediate ratification and implementation of the United Nations Convention on the Rights of People with Disabilities.

2. That people with disabilities have a fair income.

Living with a disability means extra costs for people. The added burden of paying for extra heating, housing aids and transport leaves many Irish families struggling.



3. That people with disabilities have the same access to supports and services as everyone

else. Everyday people with disabilities are denied access and excluded from basic employment, education, income and community services.

Social Justice Ireland - Election 2016 Briefing

RURAL IRELAND

Policy Objective : To secure the existence of substantial numbers of viable communities in all parts of rural Ireland where every person would have access to meaningful work, adequate income and to social services

Poverty in rural Ireland

An unequal and two tier recovery is emerging in Ireland. Poverty rates at all levels are higher in rural areas and the median income is lower in rural Ireland. Even within rural Ireland there are significant variations within the regions, with some faring better than others. Solutions to persistently low rural incomes and falling farm incomes require broader strategies, both for farm and non-farm families. This will require policy planning, both economic and social supports and broader skills development strategies.

Employment

The economic recession, restructuring of agriculture and subsequent decline in off-farm employment has led to a narrowing of the economic base in rural areas. Low-paid, part-time and seasonal work, combined with unemployment and an ageing demographic are significant factors in rural poverty and social exclusion.

- Since Q3 2008 full time employment in the Border, Midlands and Western region has fallen by 8.7% and by 6.6% in the Southern and Eastern Region.
- Emigration from rural Ireland is still disproportionately higher than the norm with at least one household in four in the most rural areas directly affected by the emigration of at least one member since 2006.
- Whilst there has been a welcome increase in employment over the past two years, this has been predominantly urban based.

Access to sustainable, well paid employment, access to public transport and public services (such as schools, primary care centres, training opportunities) are essential to ensuring young people can remain and settle in vibrant rural communities.

Broadband

Lack of quality broadband in rural areas is a considerable barrier to the diversification and growth of the rural economy in Ireland. The CEDRA Report 3 noted the strategic role of broadband and one of its key recommendations was a call on Government to ensure the delivery of 30Mbps to all rural areas by the end of 2015. This recommendation has not been achieved.

The Department of Communications, Energy and Natural Resources has set 2020 as the deadline to provide universal broadband coverage nationally. Given the present lack of investment it is possible that this deadline will not be met. In the intervening year period rural areas and rural businesses will continue to be disadvantaged by poor broadband infrastructure.

Access to public services

Cumulative cuts to public services and the impact of changing demographics have had a negative impact on the lives of those living in rural areas. An older population will require greater access to health and care services. Public services in rural areas should be delivered according to the equivalence principle – this means that services in rural areas should be of equivalent quality to those in urban areas.

Five things Government can do

1. Use windfall gains to frontload significant broadband investment in rural areas to support rural entrepreneurs, businesses, and employment creation.
2. Publish and implement a comprehensive National Spatial Strategy.
3. Ensure the delivery of infrastructure and public services in rural areas is in accordance with the equivalence principle.
4. Invest in accessible public transport and deliver an integrated transport network across the country to ensure rural dwellers can access public services, employment and training opportunities.
5. Develop an ambitious and long-term rural and regional economic and social development policy to ensure that employment created is sustainable and provides a minimum essential standard of living and that rural areas have the public services and infrastructure needed to adapt to changing demographics in the long term

*Social Justice Ireland is an independent think tank and justice advocacy organisation that advances the lives of people and communities through providing independent social analysis and effective policy development to create a sustainable future for every member of society and for societies as a whole. Further information on this and other issues is available on our website www.socialjustice.ie

“No to More Slash and Burn!” Campaign Launch





The Irish Wildlife Trust, Birdwatch Ireland, An Taisce and the Hedge Laying Association of Ireland have come together to launch a petition to persuade the Government to reverse its decision to make changes to Section 40 of the Wildlife Act, which will allow for the burning of vegetation in March and the cutting of hedgerows in August.

We challenge this decision by the Minister on the grounds of the serious impact it will have on a range of wildlife species and habitats in Ireland - especially highly-threatened nesting birds and pollinators found in our hedgerows and uplands. The Bill to facilitate these changes is going to be fast-tracked through the Oireachtas prior to the forthcoming General Election. **We ask you to join us in our campaign to persuade the Government to reverse this decision before the Heritage Bill 2016, is passed through the Oireachtas, and to show your support for the wildlife that don't have a voice. If we do nothing, we risk losing yet more of our natural heritage here in Ireland.**

Sign our petition at: <https://my.uplift.ie/petitions/no-to-more-slash-and-burn>

Our hedgerows are a vital refuge for many native wildlife species in a landscape with little native woodland compared to other countries. Hedgerows provide food, shelter, nesting sites, habitat corridors and are an essential component for flood defenses, preventing soil erosion and the silting of rivers as well as carbon sequestration.

The change to the hedge-cutting dates will lead to further declines in populations of Red-listed [\[1\]](#) Yellowhammer, Linnet and Greenfinch birds and reduce essential food supplies for pollinators, of which a third are threatened with extinction.

Irish Wildlife Trust Development Officer Lorraine Bull says "This decision will cause a significant blow to already vulnerable Irish wildlife and goes against scientific advice, which is why our organisations have come together to persuade the Government to reconsider. If this Government is interested in the future of our natural environment and the ability for it to provide us with essential ecosystem services, it must reverse this ill-judged decision. If we do nothing, we risk losing yet more species here in Ireland, so we are asking people to join us and support "No To More Slash and Burn"."

(source: <http://www.iwt.ie/no-to-more-slash-and-burn-campaign>)

6. [EU NEWS](#)

Share of deaths from cancer third highest in Ireland

According to new Eurostat figures, 30% of deaths in Ireland in 2013 were caused by cancer, compared to an EU average of 26%. What's more, the rate of deaths due to cancer was higher for people aged under 65 both in Ireland (39%) and in the EU (37%). People aged 65 and over were less likely to die of cancer both in Ireland (27% of deaths) and the EU (23%).

Irish men (4,606 deaths in 2013) were more likely to die from cancer than women (4,118 deaths). Throughout the EU, more men also died from cancer (726,542 in 2013) than women (570,319).



Lung cancer was the biggest killer and responsible for 21% of cancer deaths in Ireland and in the EU in 2013. More men (23% of cancer deaths in Ireland) died from lung cancer than women (18%).

The next biggest killers were colorectal cancer (12% of fatal cancers in Ireland and in the EU), breast cancer (8% in Ireland and 7% in the EU), pancreatic cancer (6% in Ireland and the EU) and prostate cancer 6% in Ireland and in the EU).

EU - GRASSROOTS SPORT AND SOCIAL INCLUSION

Brussels, February 9, 2016 - Niels Nygaard, EOC Executive Committee Member and President of the Danish Olympic Committee, co-chaired the second meeting of the High Level Group on Grassroots Sports, which took place last 22 January in the Belgian capital city.

“Grassroots Sports” is to evaluate the place and role of grassroots sport in society and to provide ideas on better EU support. The Group is composed of high-level members having a great diversity of backgrounds and experiences. It includes current and former athletes, former ministers and politicians, academics, representatives of sport organisations and other high profile personalities in the field of sport.

The group concentrated on the issues of social inclusion and health and, following a proposal from the group's chair, it agreed to broaden the scope of its work to include infrastructure and urban planning in the context of grassroots sport.

Social Inclusion and the role of grassroots sport

The group agreed to focus on the social inclusion of migrants in EU countries through grassroots sport, while not excluding other "hard-to-reach" groups of society. Challenges created by the current migration crisis were at the core of the discussion.

A lecture given by Heike Kübler, German Olympic Sports Confederation, presented the German programme Integration through sports that has been running for the past twenty years.

Subsequent discussions considered whether these programme were successful in the integration of migrants and whether they benefit societies and economies at large.

Grassroots sport's contribution to a healthy society

Peter Krstrup, University of Copenhagen, gave a lecture on the issue of grassroots sports and health. Professor Krstrup presented team sports as a method for the prevention, treatment and rehabilitation of non-communicable diseases for people of all ages.

In the following discussion, the group looked at the time dedicated to physical education in schools across the EU and agreed that grassroots club sport can offer the greatest health benefits.

The chairs of the group, based on a proposal from the rapporteurs, presented a first outline of the final document that will be addressed to the European Commission by June 2016. Its recommendations will be developed in upcoming meetings.

The next meeting of the group will take place in mid-March, in Brussels. Its work will be presented at the next EU Sport Forum (9-10 March 2016, The Hague, the Netherlands).



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.

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: 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

National Lottery Grant Scheme

Under the National Lottery Act (1986), the Department of Health operates a National Lottery Discretionary fund under which we can provide once-off grants to organisations for the provision of health related services. The fund is aimed at community groups and voluntary organisations operating in Ireland providing health services to specific client groups (like people with an intellectual and/or physical disability), providing information and support for various disabilities and illnesses or groups with a specific interest (like providing equipment for hospitals, for example).

Click [here](#) to read more about this fund. **The closing date for receipt of application forms is 12 noon on the 6th May 2016.**

Click [here](#) to download an application form.



If you have any queries relating to National Lottery funding, please contact the Finance Unit on 01-6354281 or 01-6354019.

Your organisation must have a valid tax clearance certificate or be a registered charity to be eligible for a grant. Click [here](#) for more information on getting a tax clearance certificate.

NOTE:

This funding is for ONCE-OFF INITIATIVES, NOT for ongoing running costs or staff. Projects may like to apply for once-off programmes or capital projects (including equipment or minibuses) for initiatives addressing obesity/mental health/disability/health promotion/drug & alcohol prevention.

Skills & Opportunities Fund Helping people help themselves

Our Skills & Opportunities Fund is one of the many ways we're contributing to the communities we live and work in. In 2015, we committed £2.5m to fund projects in charities, social enterprises, community groups, state-funded schools and colleges across the UK and Ireland, and we have allocated a further £2.5m to be split across two rounds in 2016. Our focus for this funding is to support organisations that help people in disadvantaged communities develop, create or access the skills and opportunities they need to help themselves; skills that will enable them to get into work or start a business, now or in the future. We believe that helping people gain such skills and access opportunities to learn can help turn their lives around and build better communities for everyone; when we build stronger communities, we all grow.

We want to support as many people and organisations as possible. So even if we don't shortlist your project, we may be able to help you in other ways. This might include offering our skills and expertise to help you get your project off the ground in addition to a grant. To be eligible for this type of support, make sure your project meets the regional priorities and the set criteria, and – where we believe we can add value and your project has particular merit – we will contact you.

Supporting local communities

We've split the country into seven regions, each with its own decision making board, in order to distribute our Skills & Opportunities Fund. Although all regions will be looking to fund projects that enable people to help themselves, each will have differing priorities recognising regional differences. Prior to [applying for funding](#), you must look at your region's priorities and make sure your application complies with the requirements. Grants up to a maximum of £35,000 can be applied for.

Applications for the Skills & Opportunities Fund will remain open until 19 February at noon.

"In Ireland, we welcome applications for funding for grants of varying sizes. While larger grants are available, we particularly welcome applications for smaller grants ranging from £1,000/€1,400 and upwards to support smaller-scale projects. The projects we award money to should support people into work, provide people with greater access to educational opportunities and inspire and sustain business creation. We also welcome projects that help overcome the challenges faced by communities in rural areas. We are particularly interested in initiatives that will provide an



opportunity for our staff to be involved, either through volunteering, sharing our business skills or mentoring." - Island of Ireland Board Chairs – Richard Donnan (NI Chair) and Eddie Cullen (RI Chair)

Round 1 2016 open for applications

114 organisations were awarded funding in 2015 – see our winners [here](#).

Apply now for your share of our 2016 £2.5m Skills & Opportunities Fund and make a difference to the lives of those around you.

[Apply now](#)

<http://skillsandopportunitiesfund.ulsterbank.com>

EUROPE FOR CITIZENS PROGRAMME. CALLS FOR PROPOSALS - NOW OPEN!

Deadlines for submission of applications will be scheduled as follows:

Networks of Towns 2016 Strand:

Democratic engagement and civic participation.

Deadline: 1 March 2016 - 12pm (CET/CEST, midday Brussels time).

Maximum eligible grant for a project: 150,000 EUR.

Outline: Municipalities and associations working together may wish to develop networks of towns to make their cooperation more sustainable. Twinning is a strong link that binds municipalities, so the networks created by a series of town twinning links should be used for developing thematic and long-lasting cooperation between towns. Priority is given to networks targeting annual priority themes.

Networks of Towns are expected to:

- Integrate a range of activities around the subject(s) of common interest to be addressed in the context of the Programme's objectives or annual priorities
- Have defined target groups for which the selected themes are particularly relevant and involve community members active in the subject area (i.e. experts, local associations, citizens and citizens' groups directly affected by the theme, etc.)
- Serve as a basis for future initiatives and actions between the towns involved, on the issues addressed or possibly on further issues of common interest.

Type of organisations / applicants:

- Towns/municipalities or their twinning committees or networks;
- Other levels of local/regional authorities;
- Federations/associations of local authorities.
- Non-profit organisations representing local authorities.

Town Twinning 2016 Strand:



Democratic engagement and civic participation

Deadline: 1 March 2016 - 12pm (CET/CEST, midday Brussels time).

Maximum eligible grant for a project: 25 000 EUR.

Outline: This measure aims to support projects bringing together a wide range of citizens from twinned towns around topics in line with the objectives of the Programme. Priority is given to projects targeting the priorities annually defined for this measure. By mobilizing citizens at local and EU level to debate on concrete issues from the European political agenda, this measure will seek to promote civic participation in the Union policy making process and develop opportunities for societal engagement and volunteering at EU level. Twinning must be understood to refer to the municipalities which signed or plan to sign twinning agreements, as well as those that have other forms of partnership that fostering cooperation and cultural links.

Types of organisations/applicants:

- Towns/municipalities or their twinning committees or other non-profit organisations representing local authorities.

Civil Society Projects 2016 Strand:

Democratic engagement and civic participation.

Deadline: 1 March 2016 - 12pm (CET/CEST, midday Brussels time).

Maximum eligible grant for a project: 150 000 EUR.

Outline: This measure aims to support projects that are promoted by transnational partnerships and organised via networks that directly involve citizens. Projects gather citizens from different horizons on activities directly linked to Union policies, with a view to giving them an opportunity to participate in the policy-making process of the 24 EU. Participation in the process needs to be within areas related to the objectives of the Europe for Citizens Programme. Projects can be centered around agenda-setting activities; advocating during the preparation phase and negotiation of EU policy; and providing feedback on relevant initiatives that are being implemented. Projects will invite citizens to act together or debate on the annual priority themes of the Programme at local and European level. A Civil Society Project **MUST INCLUDE TWO OF THE FOLLOWING THREE TYPES OF ACTIVITIES:**

- **Promotion of Societal Engagement and Solidarity:** activities that promote debate on the themes of common interest in the larger framework of the rights and responsibilities of EU citizens and make the link to the European political agenda and policy-making process
- **Gathering of Opinions:** Activities aiming to gather the opinions of citizens on the specific topic (to be defined yearly), favouring a bottom-up approach and media literacy
- **Volunteering:** Activities promoting solidarity among EU citizens and beyond.

Types of organisations/applicants:

- NGOs including civil society organisations, educational, cultural or research institutions.
- A project must involve organisations from at least 3 countries. Partners can be local authorities, NGOs, educational, cultural or research institutions, town-twinning committees and networks.



European Remembrance 2016

Deadline: 1 March 2016 - 12pm (CET/CEST, midday Brussels time).

Maximum eligible grant for a project: 100 000 EUR.

Outline: Actions funded under this strand will invite reflection on European cultural diversity and on common values e.g. reflecting on the causes of totalitarian regimes in Europe's modern history and to commemorate the victims of their crimes. This strand also encompasses activities concerning other defining moments in recent European history. Preference will be given to projects which encourage **tolerance, mutual understanding, intercultural dialogue and reconciliation**.

Types of organisations/applicants:

- Local and regional authorities
- NGOs including civil society organisations, survivors' associations, educational, cultural, youth, educational or research associations.
- A project must involve organisations from at least 1 Member State. Preference is given to transnational projects.

Further details visit www.europeforcitizens.ie

THE IRELAND FUNDS ANNOUNCES 2016 GRANT ROUND SCHEDULE

The Ireland Funds has announced the dates for its two funding grant rounds for 2016. The guidelines for each of the rounds will be available shortly.

Small Grants Round

The Small Grants Round will be open from 1 March – 4 April 5pm GMT 2016

Flagship Investments Grant Round

Letters of Inquiry to the Flagship Investments Grant Round will be open from 1 February - 26 February, 5pm GMT 2016.

Please update your diaries now and start thinking about what your funding proposal will focus on. Visit The Ireland Funds website regularly for updated guidelines.

About The Ireland Funds

Founded in 1976, The Worldwide Ireland Funds currently operate in 12 countries and have raised over \$500 million for over 3,000 outstanding organizations. We are proud to be one of the largest private funding sources for innovative work across the island of Ireland.

To find out more visit www.theirelandfunds.org

HERITAGE MANAGEMENT GRANT SCHEME 2016

The Heritage Council intends to allocate the sum of €700,000 to its Heritage Management Grant Scheme in 2016.

The objective of this scheme is to support projects that apply good heritage practice to the management of places, collections or objects (including buildings).



The online grants system opened **Monday 8th February**

How to apply:

Applications must be submitted through our **Online Grants System** located at <http://www.heritagecouncil.ie/grants/grants/> . If your application is not submitted by 5.00pm on Monday 29th February 2016, you will not be allowed to complete it, or to submit extra information, after this deadline.

Criteria of the scheme:

Priority will be given to projects that demonstrate:

Good practice

- a) That the project will be guided by good practice in research, heritage management and conservation.
- b) That the project demonstrates strong public benefit.

Cost and sustainability

- c) That the project can be completed between May 2016 - 18th November 2016.
- d) That the project is fully costed and offers reasonable value for money.
- e) That the project is sustainable e.g. can be maintained up to 5 years, and/or will form the basis of another project.

Communication about the project

- a) That the applicant will take measures to engage a broad audience, and has identified ways to reach these audiences.
- b) That the applicant will hold an event during Heritage Week, 20th - 28th August 2016.

Please refer to the '**Advice on Communicating and Engaging the Public**' document available to download at www.heritagecouncil.ie/grants/grants/

Please Note: Preference may be given to projects that are capable of encouraging involvement with heritage at a local level, e.g. by recruiting and using volunteers.

Preference may be given to projects that promote the Heritage Council's own policies and objectives; all policy documents are available on www.heritagecouncil.ie

For further information please [click here](#)

MINISTER FOR DIASPORA AFFAIRS LAUNCHES LOCAL DIASPORA STRATEGY DEVELOPMENT FUND AND LOCAL DIASPORA ENGAGEMENT FUND

The Minister for Diaspora Affairs Mr. Jimmy Deenihan T.D. , invited applications from local and community groups for a new round of funding under the **LOCAL DIASPORA ENGAGEMENT FUND** and announced the creation of a **LOCAL DIASPORA STRATEGY DEVELOPMENT FUND** that will be available to Local Authorities in 2016.

These two funds combined will make a **total of €660,000 available for local diaspora engagement in 2016.**



These two initiatives are designed to promote diaspora engagement at a county, local and community level in 2016, recognising that Irish people around the world have a keen sense of attachment to their place of origin.

The two funds will further develop the potential identified in GLOBAL IRISH – IRELAND'S DIASPORA POLICY for local communities and counties in Ireland to reach out their own diasporas and build new relationships. They will also be able to draw on the LOCAL DIASPORA TOOLKIT which was commissioned and published by the Minister in 2015 and provides a practical guide for Local Authorities and local and community groups to assist in the development of strategies for local diaspora engagement.

Full details and the application form can be accessed [here](#)

Local Enterprise Office:

Upcoming Events

10/03/2016	Idea Generation and Product Development Clinics	Book online
05/04/2016	Bookkeeping & Taxation for Small Business	Book online
19/05/2016	Social Media Bootcamp	Book online

For further information visit: www.localenterprise.ie/Longford/

E-mail: info@leo.longfordcoco.ie

Phone: 043 3343346

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)

For inclusion in the March 2016 edition of the PPN EBulletin

Compiled by

Siobhan Cronogue

Public Participation Network, Longford Community & Enterprise Centre, Business & Technology Park, Ballinalee Road, Longford



Sources: Longford PPN community groups ,EU News, DOECLG, Failte Ireland, Longford Co. Council, Longford Leader, Environmental Pillar, Social Justice Ireland and other sources with many thanks!