



Longford Public Participation Network (PPN) E-bulletin **July / August 2015**

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1. NEWS FROM LONGFORD PPN

Public Participation Network update:

Meetings held/ planned:

- PPN Secretariat Meeting held Friday 3rd July 2015.
- PPN resource worker attended Longford Age Friendly Alliance meeting Tuesday 7th July
- The Secretariat will meeting Monday 20th July 2015

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 online or download 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 July:

National Land League of Ireland: The National Land League of Ireland is holding free information Clinics for people in mortgage and other bank debt. If you would like to avail of this service or



know someone who would please contact us for an appointment at the following centres:
Mullingar: Fridays 2pm-4pm in [Congress Centre](#). Tel 0892469827. Castlepollard: Wednesdays 10am-12pm Parish Centre. Tel 0892467265.

Granard Library: Tuesday, 14 July commencing at 2.00pm - a Bunnyhop with Chris for Under 8 year olds. On Tuesday, 21 July at 2pm Paint a Summer Picture with Nicolette for 8-12 year olds. Booking is essential so contact Rosemary at 0436686164 or granardlibrary@longfordcoco.ie

Breffni Challenge: This year's Breffni 3 Province Challenge takes place on Saturday, 1st August. All routes will take the cycle through the 3 Provinces of Ulster, Connaught and Leinster. Start/Finish in Arva Co. Cavan. Online registration at Precisiontiming.ie. Price Half Marathon €30; 10K - €25. 5K: €25 adults. €10 child U-12. Granard man, Johnny Macken is once again taking part and would appreciate your support. Maps available on [Facebook.com/breffnichallenge](https://www.facebook.com/breffnichallenge).

Cemetery Sunday, Granard: Mass will be celebrated in the New Cemetery at Granardkille on Sunday, 26 July at 1.00pm and in Granardkille on Sunday, 2 August at 11.30am. Please help to have our Cemeteries looking well. There are many people laid to rest in Granardkille Cemetery who have no family members left to care for their graves. Perhaps people could give a helping hand to tidy and maintain these graves.

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.

Lus Na Greine Garden Party Will take place July Friday 24th. from 11 to 2 pm. For further details contact 043-6660977

Clondra Community note: 16th July Canoe Polo in aid of Crumlin Children's Hospital will take place on 16th July and the Bikers' Rally in aid of Bethany House will be on the 2nd August. For further details please email cloondara@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 0433324063.

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.

Rural Transport: County Longford / Westmeath Community Transport have vacancies on the "Door to Door" services throughout the county. All age groups catered for. Single Fare €3; Return fare €5; Contact John Maguire local provider on 043-6686180 or mobile 087-6213526. For further information on the project contact the co-ordinator Noel McCormack, c/o Westmeath County Council, County Buildings, Mullingar Co. Westmeath. Phone 044-9338970 / 9338971.

Edgeworth Guided Walk: There will be a Guided Walk on Sunday the 19th of July at 3.00pm in Edgeworthstown. Visit the Edgeworth Ancestral Home and Walled Gardens, St John's Rectory birth place of "The Abbe Edgeworth" St John's Church and Graveyard burial grounds of Isola Wilde & the Edgeworth family. See 18th & 19th century School Houses. Immerse yourself in the period



and hear all their extraordinary stories. Further details contact 043 6671801 or edgeworthsociety@eircom.net

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.

Jog/Walk in Ruskey will take place on Wednesday, 15th July at 7.30pm. Reg fee 10 euro. Family of four (2 adults and 2 children under 16) 25 euro. Registration at Ruskey Community Centre between 6 and 7pm on evening of event. Proceeds in aid of Ruskey Church Restoration Fund.

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.

Rosie Run in aid of Irish Motor Neurone Disease Association (IMNDA) is scheduled for Sunday, July 19. Registration starts from 12pm at Loch Gowna Community Centre ahead of a 1.30pm start time. Entries are priced at just €10 for adults and €5 for children. For larger families of five or more, a cap of €30 has been put in place. You can also find out more by visiting the Rosie Run's Facebook page. Alternatively, for anyone who can't make the event but would like to make a contribution, you can do so by lodging a donation into the Rosie Run's bank account: sort code 93-70-37 acc: 04675062.

A Lithuanian Saturday School is due to open in early September 2015 in the Attic Youth Café, Temperance Hall, Longford Town. Renata is currently taking enquires from interested parents by phone to 083-4708371, by e-mail to longfordomokykla@gmail.com or on Facebook page: Vaikų ir Jaunimo centras "SAVAS.Lt".

The school will be holding an Open Day on Saturday 29th August from 10am to 2pm to give intending pupils and their parents/guardians an opportunity to meet the teachers and learn more about the school.

Longford Charity Colour Run: 27th September, a fun 5km Charity Colour run in aid of Temple Street Hospital and Longford Mental Health. This event has no limits in relation to age or capability. Young and old are welcome as are those who wish to walk or maybe even crawl the event! Registration is at 09:30am

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 Badminton, Granard: Takes place 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.

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.

Granard Credit Union is pleased to announce a Car Loan rate of 7.5%. Please call into the office for more details and the offer of free road tax with every 2015 car purchased with a loan from Granard Credit Union Ltd. Other services available are EFT Electronic fund transfer, Laser facility, Wedding / car loans, Communion/confirmation loans and 2nd level iPad loans. Office hours are Tuesday to Saturday 10.00am to 5.00pm.

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.

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.



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.

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

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

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 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

Springlawn Men's Group meet every Monday at 11am to 1pm in the front room of the Resource Centre at 26 Springlawn. The group was formed eighteen months ago and to date having enjoyed playing various card games during the winter months. The group have now taken on a wood work project making flower boxes for around the base of the trees. Light refreshments are provided and the group has an open door policy. The group is currently planning a range of activities and would welcome new members.



Springlawn Gardening Group meets every Tuesday morning at 10am- 1pm at the Resource Centre at 26 Springlawn. The group is made up of enthusiastic amateur gardeners. At the moment the group are planting summer bedding The group is in discussions with ETB regarding setting up a FETAC level 3 Horticulture course to start in January February of next year. Places are limited so they will be given on a first come first served basis.

The Wednesday Activity Group meets every week in the Resource Centre at 26 Springlawn. This group has been meeting for over 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. We are currently on a summer break and will resume again in early September.

If you are interested in joining the group drop in any morning and let us know or call us on 0873749950 or by email at Springlawncdg26@hotmail.com. We look forward to hearing from you.

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

Foróige are trying to expand in Co. Longford and in particular in Drumlish. They are looking for volunteers who would be suitable and interested in setting up a Foróige club in the Drumlish locality. Foróige offers young people an opportunity to mix and have fun in a safe environment. Contact: Jim Maher- Regional Youth Officer. Tel 086 967 2904.



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.

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.

A Pilgrimage to Medjugorje will take place from Knock on Sept 16th 2015 at a cost of €699 per person sharing. Contact group leader Marita Concannon on 098-64017 or 089-4146331.

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.

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:

- Wedding outfits
- Party wear
- Day dresses
- Evening dresses
- Coats
- Jackets
- Suits
- Separates
- Shoes and boots
- Handbags
- Accessories
- Costume jewellery
- Fascinator's

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.

Eircode: the new postcode system for Ireland, will be launched in July. Local organisations in Co. Longford & Westmeath are helping to spread the word about the benefits. If you know someone



who you think could do with some help, including elderly family members or neighbours, please get in touch with Margaret Walsh , Longford Community Resources Ltd , 043 3345555, eircode@lclrl.ie

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 Warmer Homes: To qualify for the Better Energy Warmer Homes Scheme:

- You must own and live in your own home
- It must be built before 2006
- You must receive one of the following:
 - Fuel Allowance as part of the National Fuel Scheme, or
 - Job Seekers Allowance for over six months and have a child under seven years of age, or
 - Family Income Supplement

Please contact the Longford Warmer Homes office on 034 3393255 to obtain an application form.

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

Longford Toastmasters: Do you find it difficult to speak up in public? Do you struggle to get your point across at committee meetings, dread the thoughts of giving presentations or do everything you can to avoid providing staff evaluations? Would you like to improve your communication skills, build your self-confidence and broaden your social life in the process? Join us at Longford Toastmasters, where, regardless of your current ability, you will get whatever help and support you need to gain the skills and confidence to speak up in public. Our meetings take place in a friendly, encouraging and fun environment on the first and third Thursday of every month, in The Longford Arms at 8.20pm. Anyone over 18 is welcome, so come along and see if Longford Toastmasters suits you. Interested but still not convinced? If you would like more information before attending, please contact Terrie on 085 1163565 or Mary on 086 1219281 and they'll answer any questions you have.

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.

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

Cruthú 2015 will take place from Thursday to Sunday, July 23 – 26 at various locations in Longford town and will include a variety of art exhibitions, film, music, and theatre performances.

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:

Ballinamuck Twinning Group French Visit 2015



Preparation for French visit



Twenty young people and two adult leaders from Ballinamuck are taking part in an educational and enjoyable trip to France next week as part of the Ballinamuck/ESSERT Twinning initiative. They will be joining their French counterparts in a week long workshop to finalise preparation for a concert using instruments they have made from recycled materials during the past six months. We are proud of them and the work they have done and know that they will be worthy ambassadors for Ballinamuck and Longford in France. They will be joined by adult members of the Ballinamuck Twinning group later for the naming of a street in the town of ESSERT, Rue de Ballinamuck or Ballinamuck Street.

You can find more information on how the instruments for the concert were made on <http://homemade-harmonie.blogspot.fr/> or via Ballinamuck Facebook page. This is an extract from the blog outlining in their own words the work that the local young people and their leaders have been doing for the past few months

For the past 2-3 months, we have been meeting weekly to decide what instruments to make and what songs would sound best with these “new” instruments. It did not take long to decide which songs to perform in ESSERT but it took a little longer to figure out how to create instruments from recycled materials in our local area!

Ballinamuck is a very rural village in the Irish midlands where farming and agriculture are a large part of daily life. Many of the instruments described below were created with recycled farming and building materials found around our homes.

Some instruments were too large or bulky to bring with us to France. In the end, we chose three to bring to France:

1. The “Tin” Whistle (Chantel, Kali, Abbey, Rachel and Zoe)

- We got old syringes used for vaccinating cattle and washed and sterilized them.
- We removed the plungers and cut off the ends of the tubes.
- We cut a little piece off the plunger to allow air to be blown into the tube.
- We cut a sound hole near the top of the tube. When we inserted the plunger, we made a whistle!
- We adjusted the plunger to get an audible sound.
- We added more tubes using insulating tape.
- We then bore finger holes in the plastic and used a real tin whistle to tune it.

2. The Pan Pipes (Darren, Cathal, Ciaran, Gerard, Laura and Michael)

- Just like the tin whistles, we used old syringes and washed and sterilized them.
- We cut the ends off the syringes and joined them together with insulating tape.

- We pushed the plunger from the opposite end and adjusted it to tune the different pipes.

- We arranged the pipes in a scale.

3. **The Xylophone** (Timothy, Eoin, Cian, Simon and Cian)

- Using wood from old wardrobes, we made a base for the xylophone.

- Using old metal bars, we cut different lengths of metal to get different notes.

- We then bore holes in the metal bars and screwed them to the wooden base.

- We used old pieces of rubber to cradle the metal.

- The pieces of metal were arranged in a scale.

The Ballinamuck/ESSERT Twinning has been supported locally by the Ballinamuck Enterprise Group for the past seventeen years through local fundraising to ensure that the young people can participate. The adult group pay their own travel expenses and are hosted by French families. We would also like to acknowledge the support of Longford County Council.

The Midland Bat Group



Recent Bat talk in Streamstown

The Midland Bat Group is made up a group of volunteers based in Longford, Westmeath and Roscommon. The main objective of Midland Bat Group is to promote interest in and knowledge of bats and also to ensure the protection of the interests of bats. As trained volunteers we get involved in “citizen science” projects to monitor bat populations and when time is available, educating the general public about bats through bat talks and walks. We have been monitoring bats in Longford since 2007. The number of people involved, schemes we are involved in and nights out batting have increased over the years. We are small in number but are proud that we have contributed a lot to the scientific knowledge of the species in the country.



At present we are involved with 4 schemes: the All Ireland Daubentons Bat Waterways Survey, the Brown Long Eared Survey, the Car-Based Monitoring Scheme and the “BATLAS 2020” survey. Members of the bat group took part in the original BATLAS and will now re-survey (after a 5 year interval) to monitor changes in the bat population.

Thanks to volunteer records, as well as work done by the National Parks and Wildlife Service, Longford has records for 8 of the 9 resident species of bat in Ireland. The 9th species, the Lesser Horseshoe Bat is only recorded in limestone areas of the west, although there has been a vagrant found in Lough Key Forest Park.

You are probably asking: So what? Why are records of bats important?

- 1) Bats are protected under European Legislation and Ireland has an obligation to monitor their populations.
- 2) The records we make are submitted to Bat Conservation Ireland who work closely with the National Biodiversity Centre. Records held in the National Biodiversity Centre are currently being used to build up a picture of the situation with mammals across the island of Ireland. These records are available to planners in County Councils to aid their planning decisions.
- 3) As the Car –based Monitoring Scheme is one of the longest running schemes in Europe monitoring bats on an organised basis, it has become a very valuable resource for researchers into bat behaviour. To date we are aware that our records have been used by researchers in the UK, The Netherlands, as well as numerous institutions in Ireland.

Bats are a very interesting subject for researchers because they have a lot of unique characteristics for mammals e.g. they don’t get cancer, they live years longer than any other mammal their size, they have an ability to reduce their heart rate and regulate their temperature to save energy. Also their ability to fly means they will react faster to climate change and therefore can help us produce prediction models for mammals.

We are looking forward to the opportunity to work with the Public Private Partnership and hope to use the knowledge we have gained over the years to contribute to improving the environment in Longford.

Longford Beekeepers Group



Longford Beekeepers members at the Longford Agricultural Show



Longford Beekeepers is an affiliated association of the Federation of Irish Beekeepers and operates under their rules and constitution.

We are dedicated to being the voice for beekeeping in Longford and to promote and share our insights and passion for beekeeping.

We hold our meetings in Teagasc on the 3rd Monday of each month at 8pm. and invite lecturers from the Federations list of approved lecturers to speak on various topics of interest to beekeepers. We run a study group during the winter months to encourage and facilitate members to sit the Federation's beekeeping exams if they wish to do so.

We have an apiary at Cullyfad where beekeeping skills are taught and where beginners may experience the reality of beekeeping before deciding to acquire bees.

You may find further information about Longford Beekeepers on Facebook – **Longford Beekeepers**.

If you require any further information, please contact Elspeth Hall, Secretary, Longford Beekeepers . Mobile no : 086 8293880

Eircode Community Outreach Programme – Launched today 13th July 2015

People all over Longford & Westmeath will be receiving letters next week to notify them of the Eircode for their address and advice on how they can use it. The introduction of Eircode will bring numerous benefits. Not only will it make the delivery of services and goods to households easier, but in the case of a medical emergency, being able to accurately and quickly identify an address can save valuable minutes. Remember, addresses will not be changing - an Eircode will simply be added to current addresses.

Margaret Walsh works with Longford Community Resources Ltd as the 'Outreach Champion' for Longford Westmeath. The programme is coordinated by The Wheel, working closely with Irish Rural Link. So far LCRL / The Wheel are delighted that hundreds of people from organisations throughout Longford have got on board and are helping to reach thousands of people who might otherwise get left behind. It's been a tremendous community effort.

There are only three weeks left in the programme. This is the peak period and we're anxious to ensure that nobody gets left behind. Margaret particularly wants to encourage people to reach out to people they know in their own community: friends, family and neighbours, who are older, isolated or vulnerable and may not understand or may be confused by what this change means.

Please get in touch with Margaret if :

- There is a group or an individual who you think could do with some assistance,
- You or your organisation would like further information or materials (e.g. leaflets) or would like to assist in any way.

Contact Details:

Margaret Walsh, Longford Community Resources Ltd , Ballinalee Road Longford



Tel: 043 3345555

E-mail: eircode@lcrl.ie

Here are some useful links:

- For lost of information on Eircode, and to view a very handy new online tool called 'Eircode Finder' to look up the Eircode for any address, see www.eircode.ie
- There is a helpline for people who are unable to access the website, or having other difficulties, at 0818 300 005.
- For further information on the Eircode Community Outreach Programme, see www.wheel.ie/eircode or www.irishrurallink.ie/eircode.
- You can also watch a short video explaining the notification letter:
 - In English at: <http://www.eircode.ie/getting-an-eircode>.
 - As Gaeilge ag: <http://www.eircode.ie/gaeilge/conas-eircode-a-fhail>
 - Using Irish Sign Language at: <https://vimeo.com/132412840>

Longford Volunteer Centre (Supported by LCRL)

Family Play Day: Every year Longford hosts an annual Family Play Day to celebrate National Play day. This year's event took place on Saturday 27th June in the Mall, Longford town. The theme for this year's event was 'Natural Play'. Despite the weather, families from all sections of our community here in Co. Longford participated in both indoor and outdoor activities. Indoor activities encouraged children to use their imagination while the outdoor activities such as an animal farm, obstacle course, penalty shoot outs, sack race promoted physical and mental well-being. Approximately 1000 people attended the event. Longford Volunteer Centre would like to thank all the volunteers who helped out at this year's event – the continued support of volunteers ensures that each year the event becomes bigger and better!

Volunteering Opportunities

The following are some of the event for which we need volunteers in the coming weeks:

Volunteer Stewards required on the Market Square on 26th July 1.45pm-4.45pm , while the Circus Acts are performing as part of The Cruthu Arts Festival

Volunteer Facepainters required on the Market Square on 26th July 1.45pm-4.45pm , while the Circus Acts are performing as part of The Cruthu Arts Festival

Volunteer Befriender required to provide companionship and friendship to an adult with an intellectual disability. As a friend you will be expected to carry out a range of tasks such as developing interests, activities and hobbies with the individual. These tasks will be designed to improve the individual's well-being as well as reducing feelings of isolation. Volunteers with a background or interest in Music, Gardening/Horticulture and Beauty Therapy or Hairdressing would be greatly welcomed.

Literacy Tutor: One to one literacy tuition and assistance to adults. Provide one to one functional literacy education to adults with very basic literacy skills. Some of our clients have learning blocks.



Longford/ Westmeath ETB aims to provide each learner with an individualized learning programme leading to improvements in self-esteem and educational attainment. Training normally consists of 24 hours initial training. This normally consists of two sessions of two hours per week over six weeks usually held in the evenings from 8-10pm. There will be further meetings/in-service afterwards. Training will begin on Sept 22nd. Weekly commitment generally amounts to about two hours. 1.5 hours tuition and 30 minutes preparation

Please click here -

<http://cts.vresp.com/c/?LongfordVolunteerCen/ef3b2d93dd/TEST/6a4024ad33> for other vacancies that are available on our website

Contact Details for Longford Volunteer Centre:

Terri on 087 2915367 (Mon-Wed) or Angela 087 7594770 (Wed- Fri)

Longford Volunteer Centre,

6 Earl Street,

Longford

Mobile 087 7594770

www.volunteerlongford.ie

Follow us on:

Facebook: www.facebook.com/longfordvolunteercentre

Twitter: www.twitter.com/volunteerlvc



Library Programme of Events July 2015

Longford Libraries Children's Summer Festival will run from Monday 13th July until Friday 24th July. Check out our programme of events below or pick up a copy in your local branch. All events are free. Booking is essential.

To book an event in Longford Branch please contact us at 043-3340727

Summer Reading Buzz 2015

Why not pick up an entry form in your local library for the Summer Reading Buzz? A membership card, bookmark and door hanger are yours on registration. Each time you read a book you will get a special bee stamp and once you have five stamps you get a wristband and ten stamps gets you a pencil case. You may enter as often as you wish. Multiple entries will receive a special Bee Bag!

Closing date for entries: August 31st.

Monday 13th July. It's summer time and that means 'Bunnyhop' and Chris Thompson are back again for some fun-loving storytelling. Suitable for children aged 3-8. **Longford Library 11am, Lanesboro Library 3pm.**

Tuesday 14th July. Let your imagination run wild...Pick up a brush and paint a summer picture with Nicolette. Suitable for children aged 8-12 years.

Longford Library 11am, Lanesboro Library 3pm.

Tuesday 14th July. Join Chris Thompson and everyone's favourite rabbit 'Bunnyhop' for some summer story-telling fun! Suitable for children aged 3 – 8.

Edgeworthstown Library 11.30am, Granard Library 2pm.

ALL EVENTS ARE FREE—BOOKING ESSENTIAL!!!

Wednesday 15th July. Sit back, relax and listen to tales from 'Bunnyhop' and Chris Thompson. Suitable for children aged 3 – 8. **Drumlish Library 12pm, Ballymahon Library 3pm.**

Thursday 16th July. It's summer so why not come along and enjoy the Teddy Bear's Picnic and story time with Maggie? (3-6 years). **Longford Library 11am.**

Friday 17th July. Clickity clack—Learn to knit with Longford Knitter Natters (8 – 12 yrs), **Longford Library 10am**

Monday 20th July. Discover the fun-side of writing with Frank Galligan. Story telling too and lots more...
Longford Library 11am, Lanesboro Library 3pm.

Tuesday 21st July. Come along and paint a summer picture with Nicolette. Suitable for children aged 8-12 years

Ballymahon Library 11am, Granard Library 2pm.

Tuesday, 21st July. *Love your pet?* Then join us for Petcare talk with Dogstrust Ireland and Longford County Vet Michael King. (7-12 yrs) **Longford Library 11am, Ballymahon Library 2pm**

Thursday 23rd July. Enjoy the Teddy Bear's Picnic and story time with Maggie. (3-6 years). **Longford Library 11am.**

Friday 24th July. Time to knit with Longford Knitter Natter (8 – 12yrs), **Longford Library 10am**

ALL EVENTS ARE FREE—BOOKING ESSENTIAL!!!

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



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

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

Longford Libraries Contact Details:

Web: www.longfordlibrary.ie
 T: @Longfordlibrary
 Fb: www.facebook.com/longfordlibraries

Branch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Longford Branch Library						



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

Tel: 043 3341124 E: library@longfordcoco.ie	10am - 8.30pm	10am - 5.30pm	10am - 8.30pm	10am - 5.30pm	10am - 5pm	10am - 2pm
fb: like 'Longford Branch Library'						
*Except on Bank Holiday Weekends						
Branch						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ballymahon Community Library						
Tel: 0906 432546 E: ballymahonlibrary@longfordcoco.ie	Closed	10am - 1pm, 1.30pm - 8pm	10am - 1pm, 2pm - 5.30pm	1pm - 6pm	10am - 1pm, 2pm - 5pm	10am - 1pm
fb: like 'Ballymahon Library'						
Branch						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Edgeworthstown Library						
Tel: 043-6671927, E: edgeworthstownlibrary@longfordcoco.ie	Closed	11am - 1.30pm, 2pm - 8pm	Closed	11am - 5pm	Closed	10.30am - 1pm
fb: like 'Edgeworthstown Library'						
Branch						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Granard Library						
Tel: 043-6686164 E: granardlibrary@longfordcoco.ie	Closed Mon	10am - 1pm, 1.30pm - 7pm	10am - 1pm, 1.30pm - 7pm	1.30pm - 8pm	10am - 1pm, 1.30pm - 5pm	10am - 1pm
fb: like 'Granard Library'						
Branch						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lanesboro Library						
Tel: 043-3321291						
E: lanesborolibrary@longfordcoco.ie	2pm - 8pm	2pm - 6pm	2pm - 8pm	Closed	10am - 1pm, 2pm - 5pm	10am - 1pm
fb: like 'Lanesboro Library'						
Branch						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drumlish Library						



	10.30am - 1.30pm, 2pm - 6pm	Closed	11.30 - 4pm, 5pm - 8pm	Closed	Closed	10am - 1pm
Tel: 043-3324760						
E: drumlislibrary@longfordcoco.ie						
fb: like 'Drumlis Library'						

Tourism Minister Paschal Donohoe visited Longford 9th July to hold talks over plans to extend the Great Western Greenway.

The Dublin Central TD met with local tourism chiefs last week about the idea at Corlea’s Trackway Visitor Centre. At just over 40km, the Great Western Greenway is the longest off-road walking and cycling trail in Ireland. It’s hoped the Greenway project, subject to funding, could provide the latest addition to Longford’s rapidly expanding network of cycling and walking trails.

Blueway Sunset Camlin Loop



Canoeing Ireland and Waterways Ireland are celebrating the launch of the Camlin Loop Blueway in Cloondara with our first sunset & nighttime paddle on the 18th July 2015. The event co-incides with Canoeing Irelands Canoe Polo Club Championship which will be held in Cloondara on the 18th & 19th July 2015.

Festivities will kick off at 6pm with a free BBQ for all Sunset paddlers. Paddlers will get on the water at 8pm and paddle the Camlin Loop in a clockwise direction through sunset around 10pm and into the night!

There will be live music on the water to accompany us on our sunset tour. The trip is on fat water and accessible to paddlers of all standards who are happy to paddle the 10 kilometre loop. The trip is also open to all paddle powered crafts including kayaks, canoes, sit on tops, stand up paddle boards and rafts.

The will be two €100 vouchers for the most creatively lit up paddlers on the night so get your google search engine working on overdrive to find some cool lighting solutions for your boats and gear!

The event will wrap up just before 11pm in Cloondara where participants will be able to camp locally or stay in a local B&B

Glosticks will be provided for all participants however paddlers are advised to bring a torch in case of emergencies



The HIT Programme



Sharing knowledge learning & experience to address Inequalities in health

The Health Inequalities Training Programme (HIT) seeks to stimulate and develop collaborative action to address inequalities in health through the sharing of knowledge, learning and experience.

The HIT Programme will be delivered in the Midlands as follows:

Location	Training	Date	Time	Venue
Athlone	Day 1	October 14 th	0930 – 1600	Clonbrusk Primary Care Centre
	Day 2	November 11 th	1000 - 1300	Clonbrusk Primary Care Centre
Tullamore	Day 1	October 21 st	0930 – 1600	Central Business Park, Clonminch
	Day 2	November 12 th	1000 – 1300	Central Business Park, Clonminch

Booking

Places for the HIT Programme are limited. To secure a place (s) for you and/or members of your staff I would be grateful if you could email me at your earliest convenience.

If you and/or members of your staff are unable to attend on the dates outlined but would like to participate in the HIT Programme then please register your interest in the form of an email to me as



additional HIT training will be provided in both Longford and Westmeath in November/December if there is a demand.

Further Information

If you would like further information on the HIT Programme or on the work of the Health Inequalities Project, please contact Eddie Ward, HSE Project Manager for Health Inequalities on (043) 335-0169 or (086) 380-1152

Launch & Consultation of the Longford Age Friendly Programme

The launch of the Age Friendly Programme was held in the Longford Arms Hotel on the 11th June. Up to 100 older people participated through round table question and answer sessions. There was wide spread representation from across the County, male and female, urban and rural, diverse population including active groups, residential care homes, isolated people and younger/ older people. Participants were asked a series of questions like what’s good about County Longford, what could be improved etc.

The key issues raised were:

- Transportation
- Information and Communication
- Safety and Security in the home & community
- Loneliness & isolation
- Health Services – Access to and supports to live at home
- Built environment & accessibility
- Recreational, educational and social oppoportunities
- Intergenerational Respect

Further consultations will be held along with various focus groups. The Age Friendly Alliance Committee met July 7th to discuss the above findings and plan the next steps of the programme.

4. THE GATHERING IRELAND

2013/2014 saw the successful delivery of many Gathering Events throughout Ireland. 2015 also has a lot to offer over sea visitors. Listed below are just some events being held nationwide in July/ August:

Click on the events below for further details

Achill Island, Festival of the sea 2015	4 Jul - 3 Aug Co. Mayo
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Bray Summerfest 2015	4 Jul - 3 Aug Co. Wicklow
Earagail Arts Festival 2015	10 Jul - 26 Jul Co. Donegal
Bandon Summer Festival 2015	11 Jul - 19 Jul Co. Cork
Fleadh Cheoil na Mumhan, Nenagh 2015,	12 Jul - 19 Jul Co. Tipperary
West Cork Literary Festival 2015	12 Jul - 18 Jul Co. Cork
The Liberties Festival 2015	13 Jul - 18 Jul Co. Dublin
Dundalk LGBT Pride 2015	13 Jul - 18 Jul Co. Louth
Galway International Arts Festival	13 Jul - 26 Jul Co. Galway
Carrick Water Music Festival 2015	15 Jul - 19 Jul Co. Clare
The IFI Family Festival 2015	16 Jul - 19 Jul Co. Dublin
Monaghan Town Country Music Festival 2015	16 Jul - 19 Jul Co. Monaghan
Cowboys and Heroes - Americana and Country Music Festival 2015	17 Jul - 19 Jul Co. Leitrim
Gather by the Feale Festival 2015	17 Jul - 19 Jul Co. Limerick
The Feile na Mara - Achill Island Festival of the Sea 2015	17 Jul - 19 Jul Co. Mayo
Charlotte Street Festival 2015	17 Jul - 19 Jul Co. Wexford
Longitude 2015	17 Jul - 19 Jul Co. Dublin
Laya Healthcare's City Spectacular 2015	18 Jul - 19 Jul Co. Cork
Fleadh Uladh, Dromore, 2015	18 Jul - 26 Jul Co. Tyrone
The Secret Garden Music Festival 2015	18 Jul Co. Wicklow
Residential Summer School July 20th to 24th 2015	20 Jul - 24 Jul Co. Limerick
Sligo Jazz Project - International Jazz Summer School and Festival 2015	21 Jul - 26 Jul Co. Sligo
Kilrush Traditional Music & Set Dancing Festival 2015	22 Jul - 26 Jul Co. Clare
Sneem Family Festival 2015	22 Jul - 26 Jul Co. Kerry



Enniscrone Black Pig Festival 2015	23 Jul - 27 Jul Co. Sligo
Enniskillen Happy Days Festival of Beckett	23 Jul - 3 Aug Co. Fermanagh
The Festival of Curiosity 2015	23 Jul - 26 Jul Co. Dublin
Boyle Arts Festival 2015	23 Jul - 1 Aug Co. Roscommon
Monasterevin Hopkins Society Annual Festival 2015	24 Jul - 25 Jul Co. Kildare
KNOCKANSTOCKAN FESTIVAL, 24TH and 25TH JULY 2015 BLESSINGTON LAKES	24 Jul - 25 Jul Co. Wicklow
Folkfest Killarney 2015	24 Jul - 26 Jul Co. Kerry
Moving Hearts Folk Festival 2015	24 Jul - 26 Jul Co. Kerry
The Vodafone Comedy Festival	25 Jul Co. Dublin

5. National News

New information service launched to facilitate access to EU funding



The Wheel and the Department of the Taoiseach have launched a new information service to promote awareness of the EU funded, Europe for Citizens Programme, and to facilitate access to funding for activities such as town twinning, town networks and civil society projects that are currently funded through this pan-European initiative.

The information service can be accessed online at www.europeforcitizens.ie, through [Twitter](#) and [LinkedIn](#), or by contacting The Wheel at europeforcitizens@wheel.ie. Events will also be held across the country to promote participation in the Europe for Citizens Programme.

The service is being funded by the Department of the Taoiseach and will be operated by The Wheel, a national network representing 1,150 non-profit organisations.

Minister Dara Murphy, speaking at the launch today said "I look forward to The Wheel, as the recently appointed Irish National Contact Point, increasing civil society knowledge of and interest



in this important Programme. The Europe for Citizens Programme has an EU wide budget of €186m to 2020 and support is available for a wide range of activities including civil society projects, debates and cooperation events, town twinning, networks of towns and for EU-wide organisations promoting shared objectives. Promoting public awareness about Ireland's role in - and relationship with - the EU is a priority of mine and of the Government. Through active promotion of the opportunities which are available under the Citizens Programme, The Wheel can contribute in a real and lasting way to this aim/endeavour,".

Also speaking at the launch event today, Barbara Nolan, Head of the European Commission Representation in Ireland, congratulated The Wheel on being appointed the Irish contact point for the Europe for Citizens programme. She said "I hope the appointment of a new contact point will be positive for the programme as in recent years, almost no Irish entities have applied for funding. Grants are there for the taking provided that the projects are good and the applications are submitted. If no one submits an application, then no-one can get a grant!" She encouraged organisations to get in contact with The Wheel at an early stage of their project planning for assistance with their applications.

Deirdre Garvey, Chief Executive of The Wheel added: "The Europe for Citizens Programme presents active citizens and civil society organisations with a myriad of opportunities to increase civic and democratic participation at EU level. We hope that this new information service will encourage and facilitate greater participation and engagement in this important programme." The European Union established the Europe for Citizens Programme in 2014 to bring Europe closer to its citizens and to enable them to participate fully in the European project. Through this programme, citizens have the opportunity to be involved in transnational exchanges and cooperation activities, contributing to developing a sense of belonging to common European ideals and encouraging the process of European integration.

For more information see www.europeforcitizens.ie or email europeforcitizens@wheel.ie

Social Justice Ireland: "Tax cuts will hurt the old, the sick and the vulnerable"

Social Justice Ireland has called on Finance Minister, Michael Noonan TD, to RAISE taxes and not reduce them in the Budget for 2016. This is not the time for Tax-Cuts. All available resources should be used to invest in addressing Ireland's major deficits, in areas such as caring, housing and poverty that affect the young, the old and most in between.

Social Justice Ireland is the only organisation outside Leinster House, which annually produces a fully-costed budget, within the parameters set by Government. For 2016, its proposals produce an increase in Expenditure, over Revenue, of €1.5 billion, as proposed by the Government, but it does this in a very different way.

In this detailed briefing document, *Social Justice Ireland* outlines a series of investment packages, and a corresponding series of tax reform proposals, for Budget 2016.



Main Proposals

Investment Packages

- Additional €680m to support the Social Housing Strategy, with new 'Off Balance Sheet' proposal to get access to low cost finance.
- €350m investment in Health to support Primary Care Teams, with additional measures to support older people, Disability and to tackle Obesity.
- A Social Welfare package including the introduction of a Universal Pension, combined with an increase of €6.50 per week in Social Welfare Payments.
- €350m investment in Education including Adult Literacy, after school care and early childhood education.
- A rural and regional investment of €710m for Broadband, Rural Transport and a Rural Enterprise Scheme.

Tax Reforms

- Introduce a minimum effective corporate tax rate of 6%
- Extend the USC levy of 3% to all income in excess of €100,000
- Make Tax Credits refundable – to tackle the 'working poor' issue
- Increase the PAYE credit by €6.50 per week to benefit all workers

Social Justice Ireland wants this country to have EU average levels of tax, with EU average levels of services and infrastructure - this is not the situation as it exists today.

After many years of coping with the financial downturn, we, as a nation, now need to consider what sort of a future we want for our children and our grand-children. *Social Justice Ireland* believes that it is time for a new policy framework – one that recognises the need to increase taxes in line with the European average – these taxes will then fund the services that we need

Some of the decisions we take now, on issues like Social Housing, Childcare and Broadband, may not bear fruit for some years, yet it is vital that these good decisions are taken now, because these decisions will shape the way Ireland looks and functions in the future.

Whilst Minister Noonan is required to frame Budget 2016 within the parameters of the EU Stability and Growth Pact, this should not stop him from framing worthwhile, and overdue, investments in society, as well as the economy.

[Budget Choices 2016 is available to download here.](#)

Invitation to Open Government Partnership Consultative Event, 14 July

The Department of Expenditure and Reform will host a Consultative Event on the Open Government Partnership (OGP) on Tuesday, 14 July 2015 (4.30 – 7.30pm) in the Institute of Public Administration, 57-61 Lansdowne Road, Ballsbridge, Dublin 4.



Conscious of the citizen participation actions in the OGP National Action Plan (NAP), the consultative event will seek to establish how best to raise awareness of the OGP and succeed in broadening participation of citizens and civil society, as well as to inform the final approach to a model for reviewing the OGP NAP.

All are welcome.

Details on the Open Government Partnership are at <http://www.per.gov.ie/open-government-partnership-ogp/>

The programme for this event is available [here](#).

To register for this event, please click [here](#).

6. [EU NEWS](#)

Improved broadband among priorities for €498.2m EU funding programme for Southern and Eastern region

Minister for Public Expenditure and Reform Brendan Howlin T.D launched the €498.2m EU Regional Development Fund for the Southern and Eastern region of Ireland at Wexford County Hall today. The €498.2 m funding agreement for the European Regional Development Fund (ERDF) for 2014-2020 aims to support the creation of new quality jobs, enterprises and innovations, and to deliver smart, sustainable and inclusive growth in the region.



The programme is expected to:

- Create new jobs in small companies by targeting specific sectors including digital, food and energy
- Expand high-speed broadband for domestic and business users
- Improve energy efficiency in housing leading to warmer homes, cheaper energy bills and reduced CO2 emissions
- Revitalise urban areas, including increased usage of public transport for urban journeys
- Increase links between SMEs and research centres, improving commercialisation for Irish SMEs

The Southern and Eastern Region is formed by Dublin, Cork, Kerry, Kildare, Meath, Wicklow, Clare, Limerick, Tipperary, Carlow, Kilkenny, Waterford, and Wexford.

Commission seeks the next European Capital of Innovation

Carlos Moedas, EU Commissioner for Research, Science and Innovation, this week launched the second edition of the European Capital of Innovation award at the plenary session of the Committee of the Regions.

Won by Barcelona in 2014, this competition rewards the European city which is building the best “innovation ecosystem”, connecting citizens, public organisations, academia, and business.



Given that urban areas generate two thirds of the EU's GDP, it is these areas that will contribute the most to making Europe more innovative. The new Capital of Innovation will receive €950 000 to scale up its innovation activities. The second and third cities in the ranking will respectively receive €100 000 and €50 000 for networking activities. The competition is open to cities with over 100,000 participants.

The competition is open until 18 November 2015.

[Click here to listen to Alicia O'Rourke from the European Commission Representation in Ireland explain more.](#)

7. UPCOMING TRAINING/WORKSHOPS

EDI Centre

Occupational First AID, FETEC LEVEL 5;

3 day course from 9am to 4.30pm (Tea/ coffee served)

Cost: €200

For start dates or more information contact Geraldine on: 043 3347515

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 Longford.familylearning@gmail.com. Courses are free and basic education skills.

Longford Women's Link

Computers 4 Kids *Summer Camp*

Camp 2: 20 July to 24 July 2015

Time: 9.30am to 1pm daily
Cost: €65 per child per week
Age Group: Primary School Children
Aged 8 years and up.



Make your own invitations, cards and posters
Learn how to use [Word](#), [PowerPoint](#), [Publisher](#) and [Email](#).
[Touch Typing](#) and [Safe Web Browsing](#).
Plus **FUN TIME** and **Lots More!**

Please bring along a healthy nutritious snack for break time.

For further information please contact:

*Longford Women's Link, Willow House, Ardnacassa Avenue,
Longford, Co Longford*

Tel: 043 3341511 or 0872058152

www.longfordwomenslink.org

Occupational First Aid QQI - Level 5 - 5N1207

Date: Friday 10th, 17th and 24th July 2015

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.

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

Email: pamelalatimer@longfordwomenslink.org

Tel: 043 33 41511

Mobile: 087 205 8152

8. [FUNDING](#)

The Community Foundation for Ireland – Caring Grants Scheme Round 6

The Community Foundation for Ireland (CFI) has now opened its Caring Communities Grants Scheme Round 6. The categories for this round are Ethnic Minorities and Mental Health and Stigma.



Mental Health and Stigma

A successful application from Caring Communities Round 1 was BeWell Bray. Through their involvement with the Bray Area Partnership Youth Mental Health sub group they implemented a programme of activities and events that significantly raised the profile of youth mental health as a topic and facilitated a wide reaching programme of support delivered by Headstrong in local schools and communities.

This year we are asking applicants in the Mental Health and Stigma Category of Caring Communities to replicate this model in their town. Grants of up to €7,000 are available to organisations.

Ethnic Minorities

The current grant making priorities in Ethnic Minorities are: grants of up to €10,000 are available for projects working towards the political engagement of Migrants, Travellers and members of the Roma community in Ireland, ahead of the next Irish General election.

Grants will support community based and national work promoting activities that will increase the engagement of members of the Migrant, Traveller and Roma communities in the political sphere. Organisations working with the above communities can apply for activities at local and national level which will empower people to take an active role in the political process.

Deadline: Friday 24 July 2015 @ 4.30pm

The ultimate aim of this grants scheme is to equip members of these communities with the leadership skills and confidence to better understand the impact politics can have on their daily lives and situations. Applicants must show that service users/beneficiaries are involved or have been consulted in project planning where appropriate. Applicants must be prepared to evaluate and learn from their work as well as share project learning and outcomes and participate in a Learning Network of Grantees.

More Info

The closing date for this Round is strictly Friday 24 July 2015 @ 4.30pm.

[Learn more here.](#)

Pobal Funding programme announced

Anyone interested in applying for the Pobal Dormant Account Fund, please note that due to technical difficulties, the original application date was deferred. The closing date for applications has been extended to Wednesday 29 July at 3pm.

The **Dormant Accounts** Fund is a scheme for the disbursement of unclaimed funds from accounts in credit institutions in Ireland. The fund is administered under the 2001 Dormant Accounts Act, together with the Unclaimed Life Assurance Policies Act 2003 and the Dormant Accounts



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

(Amendment) Act 2012 and is under the statutory function of the Minister of the Environment, Community and Local Government with effect from the 1st January 2013.

Monies may be disbursed in accordance with Part 6 of the 2012 Act for the purposes of programmes or project to assist:-

- The personal and social development of persons who are economically or socially disadvantaged
- The educational development of persons who are educationally disadvantaged or
- Persons with a disability (within the meaning of the Equal Status Act 2000)

The Dormant Accounts Action Plan 2014 has been adopted by the Minister for the Environment, Community and Local Government and applications are now sought from eligible organisations under 8 Measures.

Measure	Total funding available €
1 Social Enterprise	€1,000,000
2 Youth Employment	€500,000
3 Support for Home Carers	€970,000
4 Substance Misuse & Prevention	€970,000
5 Local Area Co-ordination (Disability Services)	€480,000
6 Achieving HIQA Standards for Residential Centres for People with Disabilities	€480,000
7 Support for Young People with Disabilities, including Autism	€335,000
8 Non-Centre Based Respite Services	€335,000

Application Process

A word version of the application form and an application guidance note is available below to assist you in advance of the opening of the online application form.

[Application Form](#)

[Application Guidance Note](#)

DM Thomas Foundation for Young People

DMTFYP Grants and Local Funds provide funding for organisations helping disadvantaged young people in the UK and Ireland.

Applications working in the areas of education or health with one of our four chosen focus groups are selected or considered:

- Children and young people with disabilities
- Children and young people who are sick in hospital
- Children and young people who are homeless or in care
- Children and young people who are life limited (requiring palliative care)



This year's deadlines are: 5th May; **28th July** and **13th Oct 2015**. For more information please click [here](#).

The Coca- Cola Thank You Fund

The Coca-Cola Thank You Fund awards €125,000 each year to non-profit organisations with new ideas to get people more active, more often. We're looking for new projects that will capture the public's imagination and provide significant benefits to communities across Ireland and Northern Ireland.

Do you have an idea to get your community moving? Here's how to apply for funding:

1. Get up to date

Make sure your browser is up to date before you start so that the application form works smoothly. You can upgrade your browser using the links below:

[Google Chrome](#)

[Internet Explorer](#)

[Firefox](#)

[Safari](#)

2. Know your stuff

Take a look through our [Thank You Fund FAQs](#) and [Terms and Conditions](#) to find out everything you need to know about the Fund, our selection process and whether your organisation is eligible to apply.

3. Plan your answers

Once you start the application form, you won't be able to save it until the end – so make sure you have enough time to finish it in one sitting.

Before you start, it's a good idea to write your answers in a Word document first so you can copy and paste them straight into the application form. All applications must be submitted via our online application form. Any pages sent to us by email or post will not be accepted.

4. Make it count

We want to hear all about the innovative projects you're working on, so please answer the questions as fully as possible. Each question has a character limit next to it – this refers to the number of letters, spaces and punctuation marks allowed in the answer box. If you go over the limit, you won't be able to submit your form.



5. Tell us everything

There are 21 questions in total and these are spread over two pages. You'll need to make sure every question has been answered in order to submit your application. And remember – this is your chance to tell us why your organisation deserves funding, so tell us all about your project and what makes it special.

For further information click [here](#)

The Irish Youth Foundation funds

If you are working with disadvantaged children in Ireland and would like support from the Irish Youth Foundation check out some of the areas of support we have available to you. Please bear with us while we update this section of our website. We are currently in the process of putting all our grant applications online which will be live by the end of July 2015. If you have any further queries please contact us on 01 6766535.

The Irish Youth Foundation funds groups to build a brighter future for children living in adverse and extreme circumstances on the island of Ireland. For many years IYF has been particularly interested in supporting after school and homework clubs and youth empowerment programmes. To apply for funding from the Irish Youth Foundation, you must first register with us. This registration ensures that you are a voluntary or community group and you work with and for vulnerable and marginalized children and young people. Only registered groups are notified of Irish Youth Foundation grant calls.

Grant calls from the Irish Youth Foundation reflect the level of funds available to us. Instead of having particular grant rounds at specified times of the year, we now use a more eclectic approach whereby registered and qualifying groups are notified by email of the application procedures e.g. topic guidelines, deadlines as and when funds become available.

For further information / online registration form click here: www.iyf.ie

Reminder: Local Enterprise Office (LEO): Looking for Irelands Best Young Entrepreneur

Aged between 18 and 30 with an outstanding idea/commercial venture for a start-up or existing business then you should enter the IBYE Competition. Almost any young person with a business/business idea can enter this competition. It doesn't matter what your background is. Maybe you have been to University and researched a business idea, maybe you have always wanted to be your own boss, maybe you want to work for yourself, maybe you have an idea to improve your existing business or maybe you want to return home and set up your business in Ireland?

It doesn't matter what you want to do all that matters is you have a good business idea that works.

The IBYE competition is a national competition to find Ireland's best young entrepreneur.



Siobhan Cronogue, Public Participation Network c/o Community & Enterprise, Longford County Council,

Applying is simple and there is a €2 million investment fund and targeted business supports on offer to help you turn your business idea into a reality.

The competition is free to enter with entrants being asked to enter through their local Enterprise Office by July 31st.

Further information available on www.localenterpriseoffice.ie

[Find out more](#)

[Explore over 800 funding schemes on Fundingpoint](#)

Want to heighten the profile of your Community Group! 😊

Then why not send us along a short piece for inclusion in next month's PPN Ebulletin!

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 August/September edition of the PPN EBulletin

Compiled by

Siobhan Cronogue

c/o Community & Enterprise, Longford County Council, Great Water St., Longford.

Phone: 087 2615583; E-mail: ppn@longfordcoco.ie

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