

**County Longford Public Participation Network (PPN)**

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## PPN Newsletter August 2023 (Part 4)

### LOCAL NEWS

#### NATIONAL LOTTERY NATIONAL HERITAGE WEEK 2023 IN COUNTY LONGFORD

Thursday 17<sup>th</sup> to 24<sup>th</sup> August 2023

24/08/2023	Enchanted clay: crafting fairy door reliefs with Anna Wiercioch	Longford Library & Edgeworthstown Library	11-1pm & 2-4	(043) 3341124
25/08/2023	Lough Naback Heritage Week – Citizen Science eDNA Artic Char Project and Community Engagement	The Latin School, Moyne, Co. Longford.	4pm	<a href="https://www.facebook.com/100082861495931/videos/592803849707126/">https://www.facebook.com/100082861495931/videos/592803849707126/</a>

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#### LIVE WEBINAR for International Overdose Awareness Day 2023

See [here](#) for details (Right click and press open hyperlink to open link)

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#### UNIVERSITIES CAREERS FAIRS 2023-2024

Information for Enterprise

Access the information [here](#)

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**"Conquering Anxiety: A Special Talk by Dr.  
Harry Barry in Longford**

Join us for an enlightening and empowering event as we welcome Dr. Harry Barry, renowned mental health expert. In this exclusive talk, Dr. Barry will share his invaluable insights on understanding and overcoming anxiety.



**7th September 2023**  
**10am to 1pm**  
**Longford Arms Hotel**

Do not miss this incredible opportunity to hear from one of Ireland's leading experts in mental health. Information stands available on the day for all longford services.

This event is open to all, admission is FREE.

For information tel: 0870526206

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**MIDLAND REGIONAL**  
DRUG & ALCOHOL TASK FORCE

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## **Drug Related Intimidation Reporting Programme Briefing**

*Responding to the needs of  
individuals and families that experience Drug Related  
Intimidation.*

Please see below registration link to the **September online Drug Related Intimidation Reporting Programme** briefing session. This briefing session will provide workers with information about the structured intervention for individuals and families that are experiencing drug related intimidation. This information may help build confidence and enhance capacity of workers responding to this issue.

Please **feel free to disseminate** this email and link to your networks, funded projects, local services, or anyone that may be interested in having this information.

To register click on the Eventbrite link below. After you register the zoom link will be emailed to you.

Thursday 14<sup>th</sup> September – 10am to 11am

<https://www.eventbrite.ie/e/drug-related-intimidation-reporting-programme-briefing-tickets-686593298037>

## CHIME The National Charity for Deafness and Hearing Loss

Our free and confidential clinics provide a one-on-one space where you can receive information and advice about deafness and hearing loss. Join us to learn more about topics such as tinnitus, assistive technologies, minor hearing aid repairs, and low-cost hearing aid batteries. We are here to help and support you in any way we can.

COMMUNITY OUTREACH CLINIC For the Deaf and Hard of Hearing.

### DROP IN & VISIT US:

When: 10am - 1pm First Tuesday of every Month, starting from 4th July

Where: Longford CIC, Level 1, Longford Shopping Centre (Just above TESCO), Longford, N39 X

Contact: Email [fiona.hope@chime.ie](mailto:fiona.hope@chime.ie)

Tel. 086 8252538

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### Promoting Wellness for Women - MenoWell Longford

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

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

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

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

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

You can sign up for the programme by clicking on the following link <https://edufit.ie/menowell-longford/> you will be asked to complete a short-answer online questionnaire, but all information will be kept strictly private and confidential, (There is a button to confirm you live in Longford, however as an LCC staff member you can click 'Yes')

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

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## COURSES

### KICKSTART YOUR NEW BUSINESS

#### Training & Mentoring Support Programme

Kickstart is a complete online 14-week incubator programme for starting a new business. On completion successful learners will gain a QQI Level 5 in Business Planning

Thrive is a business growth programme (2-year programme) and often a natural progression from Kickstart once a business is set-up and trading

See [here](#) for details. (Right click and press open hyperlink to open link)

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**We Act has once again joined forces with The National Lottery to bring you our *third* annual Marketing Masterclass Series - and we're pleased to inform you that registration is now open!**

Staff and volunteers from across the charity and community sector are invited to attend these **FREE online communications training sessions**. These sessions will be facilitated by experts in their fields who will share practical tips and tools to help you and your

organisation reach the right audiences and share the work you do in ways that are engaging and impactful.

Whether you work in communications for a large national organisation or write occasional social media posts for your local club, this series will be packed with useful takeaways to make your marketing and communications efforts more effective.

**The three-part series will be held on Zoom, and is FREE to attend, simply register for each session at the links below:**

**Thursday, 31 August, 11:00 - 12.30 PM: *Finding Your Online Voice***

This panel discussion will deliver resources to help you create content that generates successful social media engagement and provide tips on how to develop TikToks and on-trend videos to reach your audience. Tom Nugent from Bullfinch Agency, Deirdre Kelley from SpunOut and Mary Hayes from Women's Aid and the Too Into You campaign will be in conversation sharing their expertise. If you run your organisation's social media accounts or want to learn more about creating an online presence, this one is not to be missed.

[Register Here](#)

**Thursday, 7 September, 11:00 – 12:30 PM: *Managing Media Relationships***

Public awareness is vital to maximising the work we do, and this training is all about amplifying and adapting your media strategy to best handle relationships with the press. Fran Whearty from the National Lottery, Gert Ackermann from the Wheel, and Martina Quinn from Alice PR will look into the topics of working with the media, crisis communications, and writing press releases to provide you with the tools to get your stories placed.

[Register Here](#)

**Thursday, 14 September, 11:00 – 12:30 PM: *Driving Meaningful Traffic to Your Site***

In our final session of the series, we'll be joined by Saurabh Bagul from Core, Daniel Meister of NYCI, and other guest speakers to provide you with information, ideas, and resources to boost your SEO, drive meaningful traffic to your website, and keep your audience engaged by creating exciting web content. A highly practical session with useful, real-world advice for communications staff and volunteers at every level.

[Register Here](#)

We look forward to welcoming you to these sessions! For more information or to watch our previous trainings, visit [weact.ie/training](http://weact.ie/training).

If you have any questions, please get in touch with us by emailing [madeline@wheel.ie](mailto:madeline@wheel.ie).

The Wheel 48 Fleet Street, Dublin 2

T:(01) 454 8727 E: [info@wheel.ie](mailto:info@wheel.ie)

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## **NALA PLAIN ENGLISH WORKSHOPS (ONLINE)**

In the training, you'll get a taste of [NALA's Guidelines](#) and see them put into practice with webpages and text from your organisation.

Whether you are writing a leaflet, a guide to services, a policy document, a consultation report, a webpage or tweet, clarity is always key.

NALA's training has been described as 'revelatory', 'inspirational' and 'the best workshop I've ever attended'. Why not come along and see what you can learn?

As part of the session, you'll be asked to:

- Complete a pre-session survey and task,
- Do some pre-training reading, and
- Send samples of your or your organisation's writing to your trainer.

You trainer will use these samples in the session if you give permission. If you don't give permission, he will give you private feedback by email.

## Learning Outcomes

In this plain English webinar, you'll learn to:

- Identify your main reader and write directly to them.
- Identify what makes text difficult to read and understand.
- Describe what plain English is and its main benefits; and
- Apply the plain English techniques to develop a more friendly style to keep your message clear.

We'll cover the top plain English principles of:

- Imagining your readers and speaking directly to them.
- Using the active voice.
- Using everyday words – the words of your readers and cutting jargon and explaining technical words.
- Keeping sentences short, use 15-20 words.
- Using the inverted pyramid of writing; and
- Using white space, headings, and bullets to break up text.

Watch Jim Ryan of the Dun Laoghaire-Rathdown Local Authority discuss working with NALA to lead a plain English culture across the DLR housing unit

## **WATCH THE VIDEO**

### **How to register**

This webinar is free to attend but registration is required.

*\*NOTE: After registration via Eventbrite, you will receive a confirmation email with instructions for joining the session.*

### **Dates/ registration links:**

26 September **BOOK HERE**

28 September **BOOK HERE**

10 October **BOOK HERE**

12 October **BOOK HERE**

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## **ACHIEVING & MAINTAINING COMPLIANCE WITH DATA PROTECTION & GDPR (ONLINE WORKSHOP)**

While this workshop is intended as an introduction for people who are engaging with the General Data Protection Regulation (GDPR) for the first time, it will also be a useful refresher for people who have some knowledge and experience of the subject.

**The workshop will take you through the fundamental principles, definitions and actions required by GDPR, there will also be a valuable opportunity to ask questions.**

In particular, this workshop will provide attendees with:

- An overview of GDPR
- An understanding of the principles, terms, and the key roles such as Data Controller, Data Processor and Data Protection Officer and their obligations under the Regulation
- A walk-through of the Seven Data Management Principles
- An outline the rights of data subjects - i.e., the people whose data we hold
- The key steps that organisations need to take to become GDPR compliant.

### **How to register**

This event will be held on Zoom. Please register below.

Meeting details will be sent to you after registration.

### **Who should attend**

Senior managers, CEOs, Communications Officers, IT Officers, business development officers, data management officers and anyone in the organisation with responsibility for Data Protection. If you are responsible for personal data processing activities in your organisation and need to demonstrate GDPR compliance this course is for you.

**[LOGIN OR SIGN UP TO REGISTER](#)**

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## **THE WHEEL'S FUNDING ROADSHOW - LEITRIM**

Are you looking to diversify your sources of funding but just don't have time to do the research? Join us on Tuesday, 3 October in Leitrim for our Funding Roadshow where we will answer all your funding questions.

Attend this roadshow to:

- Learn about different types of funding opportunities available to your organisation – at a local, national and EU level
- Find out where future funding will come from, as well as tips for addressing challenges that will arise
- Talk directly to funders about your project



- Network with other community and voluntary organisations.

This is a free event, but registration is essential. Places are limited so don't miss out.

**Full agenda coming soon.**

### **How to register**

This event is free. Registration is required.

### **Who should attend**

Members of The Wheel; staff or volunteers of community and voluntary organisations involved in fundraising, grant writing and development.

**[LOGIN OR SIGN UP TO REGISTER](#)**

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## **FINANCE FOR NON-FINANCIAL MANAGERS (ONLINE WORKSHOP)**

This workshop has been developed specifically for CEOs / senior managers / decision-makers who do not have a financial background but who, nevertheless, need to be able to assess and produce financial statements, balance sheets, budgets etc.

**You can look forward to leaving this workshop with a solid understanding when it comes to managing your organisation's finances. This includes reading financial reports and management accounts, as well as how to produce effective financial reports and budgets.**

In particular, the workshop will provide you with:

1. An **overview of the finance function** and its role within the overall organisation strategy.
2. An **understanding of key accounting jargon relevant to decision makers**, including:
  - Cash vs. Accruals basis of reporting
  - Importance of Balance sheet
  - Reserves and Deferred Income / Release of funds.
3. An **awareness of current compliance requirements**, including:
  - The Charities Regulator
  - SORP
  - Companies Act 2014
  - Voluntary Codes.

### **How to register**

This event will be held on Zoom. Please register below.

Meeting details will be sent to you after registration.

### **Who should attend**

CEOs, Senior Managers, and those with responsibility for the finances of their organisation, with no formal financial qualifications.

**[LOGIN OR SIGN UP TO REGISTER](#)**

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## **NATIONAL NEWS**

### **POBAL AT 30: INVITATION TO ENHANCING SOCIAL INCLUSION IN 2023 – GALWAY REGIONAL EVENT, 6 SEPT**

'Enhancing Social Inclusion in 2023 – Galway Regional Event' taking place on 6 September 2023, is the second of three regional events to mark our anniversary.

The focus of the day will be on Pobal, Government and communities in the Galway region working together to create an inclusive society.

Joe O'Brien TD, Minister of State with Responsibility for Community Development and Charities at the Department of Rural and Community Development will attend the event and deliver the keynote address.

Please find the agenda and further details of the event [here](#).

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### **ALLIANCE FOR INSURANCE REFORM LAUNCH ENOUGH IS ENOUGH CAMPAIGN**

The Alliance for Insurance Reform recently [launched](#) its *Enough is Enough* campaign to mark the commencement of legislation rebalancing the duty of care between occupiers and the public. These proportionate changes to the law require increased personal responsibility when on other people's property, a higher threshold for trespassers to meet if they seek to bring a personal injury claim and the introduction of a concept known as the voluntary assumption of risk; meaning where people are able to understand and appreciate an increased risk of injury associated with certain activities such as playing a sport, they can assume these risks without having automatic recourse to a compensation claim in the event of injury (where there is no negligence).

The *Enough is Enough* campaign seeks to highlight the negative impact unjustifiable and unfair claims have on organisations, including charities. Such actions are not victimless pursuits and result in increased premiums that can be difficult for small organisations to meet. Unfair claims may be harder to bring owing to the change in legislation but ultimately what is required is a change of mind-set – unfair claims need to become socially unacceptable in view of the harm they cause. Please support this campaign on [social media](#) or wherever you see it over the coming months.

<https://insurancereform.ie/>

***#EnoughIsEnough***

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## **EUROPEAN ECONOMIC & SOCIAL COMMITTEE CIVIL SOCIETY PRIZE**

The 14th EESC civil society prize will reward effective, innovative, and creative initiatives carried out on the territory of the EU which support people with mental health conditions and promote an environment fostering mental well-being on an individual or collective basis.

It is open to non-profit initiatives carried out by natural persons, civil society organisations and private companies officially registered within the European Union. It has a total value of EUR 50 000 and can be shared among up to five winners.

The aim of the award is to raise awareness of the contribution that civil society can make to promoting a European identity and citizenship in a way that underpins the common values that are the foundation of European integration. The deadline for submitting applications is 30 September 2023, 10 a.m. (CEST).

Full details [available here](#).

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## **RURAL IRELAND AND THE REGIONS IN BUDGET 2024**

### **THE WORKING POOR MUST BE SUPPORTED IN BUDGET 2024**

Ireland is currently experiencing full employment, with an unemployment rate at an historic low of just 3.8 per cent in May 2023. However, the cost-of-living crisis is having a devastating impact on the real value of employee earnings, particularly for low paid workers. In 2022, more than 133,500 people with jobs were living on incomes below the poverty line, the ‘Working Poor’. In Q1 2023, almost one in every five part-time employees, some 110,700 people, were underemployed, meaning that they have part-time work but would like more hours. This presents a picture of low-paid and precarious employment behind the ‘full employment’ headline.

According to research published by the Living Wage Technical Group, the actual living wage in 2022/23 was €13.85 per hour, an increase of 7 per cent on the previous year. In January 2023, the National Minimum Wage (NMW) increased to €11.30 per hour, an increase of just 7.6 per cent against a cost-of-living increase of 8.2 per cent in the year to December 2022, and almost €100 per week less than the living wage.

*Social Justice Ireland* tentatively welcomed the Government’s stated intention to introduce a living wage in 2022 and, in our submission to the Low Pay Commission, called for a time-limited subsidy to allow small businesses to accelerate its introduction. We reiterate this proposal for Budget 2024.

While low paid employees are waiting for the introduction of the Living Wage, there are other measures Government could take in Budget 2023.

### **Supporting Low Paid Workers through Refundable Tax Credits**

Many people assume that a job is an automatic poverty reliever, and this has been a key driver of Government policy, but this is clearly not the case. The job must also be well-paid with decent conditions. Recent trends of precarious working practices must surely contribute to a situation where 5.8 per cent of those in employment are still experiencing poverty. Specific interventions are required to tackle the problem of the ‘Working Poor’. Introducing a system of Refundable Tax Credits, **at a cost of €140 million in 2024** would allow low-income workers who do not earn enough to use their full credit to have the unused portion “refunded” and support their ability to deal with increasing living costs. Making tax credits

refundable would make Ireland's tax system fairer, address part of the working poor problem, and improve the living standards of a substantial number of people in Ireland.

## **Supporting Low Paid Workers through the Tax Credits System**

*Social Justice Ireland* calls on Government to develop employment-friendly income tax policies which ensure that no unemployment traps exist. Policies should also ease the transition from unemployment to employment.

In Budget 2024, Government should increase the PAYE credit and Earned Income credit by €5 per week at a **first-year cost of €670.8 million** in 2024.

## **Wages and Inflation**

The recent rapid increase in prices has posed particular challenges for low-income households throughout Ireland. New data from the CSO has provided a welcome estimate of the experience of these price increases across the income distribution. Using detailed expenditure data from both the Household Budget Survey and the Consumer Price Index, the CSO show that the impact of inflation is greatest for those households in the bottom twenty percent (bottom quintile) of the income distribution.

While the study finds that all households are experiencing significant price increases (7.8 per cent over the period), the effect of this inflation impacts the living standards of those on the lowest incomes the hardest.

Given that these lower income households spend a greater proportion of their income, compared to better off households, they have been more exposed to price increases; and they also spend a greater proportion of their income on areas that experienced significant price increases such as food and energy. As inflation persists, policy will need to more impactfully target these low-income households and assist with the growing living cost challenges they face.

Elsewhere, CSO SILC data highlights the concentration of individuals who are unemployed, long-term ill or disabled, living alone, and single parents in the bottom two deciles (quintile) of the income distribution. Targeted measures to support these welfare dependent households needs to be an essential part of the evolving policy response to the ongoing experience of inflation and should form a core part of the policy measures adopted as part of, Budget 2024.

## **Paying a Living Wage**

Over the past decade *Social Justice Ireland* and a number of other organisations have come together to form a technical group which researched and developed a Living Wage for Ireland. In July 2014 the group launched a website ([www.livingwage.ie](http://www.livingwage.ie)) and a technical paper outlining how the concept is calculated. The latest update to the figure was published in October 2022 and reported a Living Wage rate of €13.85 per hour for 2022/23.

Over the past year the Government have proposed an alternative Living Wage, calculated as a proportion of average hourly earnings. We welcome this proposal, which sets the threshold at 60 per cent of median hourly earnings; for 2022 this figure is €13.10. While this is below the living costs-based estimate, it is a welcome step forward. The new hourly payment will be phased in between now and 2026.

*Social Justice Ireland* believes that the Living Wage has an important role to play in addressing the persistent income inequality and poverty levels in our society. Budget 2024 should endorse this initiative and underscore Governments commitment to introducing it including in all public sector supplier contracts.

## **RESTORATION OF COMMUNITY SUPPORTS VITAL IN BUDGET 2024**

The Community and Voluntary sector proved to be a vital part of the national response at local level to the pandemic, the recent increases in the cost of basic goods and services and in assisting new arrivals fleeing war and persecution to become part of their new communities. All this despite cuts to funding since 2008 never being fully restored. Government relies heavily on the sector and must therefore ensure adequate resourcing by **allocating €50m in Budget 2024 to include pay increases for the sector.**

### **Public Participation Networks (PPNs)**

The PPNs across every local authority are another vital link between national and local Government and policy making. Long term investment in staff is key to keeping communities engaged with the process of participation. *Social Justice Ireland* proposes **additional allocation of €3m in Budget 2024** to support capacity building and meaningful engagement with policy structures at local level.

### **Community Sports**

1.58 million people in Ireland regularly participate in sports. This represents a drop of about 200,000 since 2019 and based on current population projections, an additional one million people will need to participate in sport on a regular basis in order to achieve the 2027 target set by the National Sports Policy 2018-2027. Research also shows that there is lower participation in sports in lower socio-economic groups. **Budget 2024 should allocate an extra €2m to Increase investment in sports and recreation facilities, particularly in disadvantaged areas.**

### **Supporting Integration into Communities**

Ireland is a safe wealthy country that is now able to offer refuge to those fleeing war and persecution across the world as well as welcoming many who travel here for work and educational opportunities. Many who arrive here will need assistance in navigating various systems such as health, housing, work permits and financial services. Many who arrive here wish to participate and learn about their new communities. *Social Justice Ireland* recommends **an allocation of €2m to support an Integration Officer** for each Local Authority.

### **Forecasting For Change**

Budget 2024 should allocate €0.5m to the CSO to support Forecasting For Change, a new method of population projection. This will be necessary if we are to allocate resources effectively.

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### **Left Out in the Cold: A webinar on energy poverty and energy pollution**

Join us on Zoom on **Monday 4th September from 7pm** where we will be discussing the impacts of energy poverty and solutions to these crises. With a mix of activists and practitioners we will dig into the human impacts of this issue and what decision-makers can do to solve it, particularly in the run-up to Budget 2024.

[Left Out in the Cold: A webinar on energy poverty and energy pollution](#)

**Date:** 4 September 19:00 till 20:30

**Place:** Online Zoom

Speakers will include Alejandro Criado of CATU, Dr James Casey, from Independent Living Movement Ireland and a speaker from the Ballyfermot Traveller Action Project.

As a follow-up to this talk, we will be organising a workshop for participants - stay tuned for more info!

*Presented as part of our 2023 Learning Hub series, funded through Irish Aid*

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

[Outdoor Recreation Infrastructure Scheme](#)

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

[Rethink Ireland & Tiktok Digital Fund Open for Applications](#)

[Applications Open for The EU Just Transition Fund Community Facilities EV](#)

[Charging Scheme](#)

[The Art Council – Creative Production Supports](#)

[EU JFT 2<sup>nd</sup> call- Bioeconomy Demonstration Initiative Scheme](#)

[Sports Capital & Equipment Programme 2023 Inviting Applications](#)

[Apply Now for SSGT Family Matters Grant Programme 2022-2025](#)

[Workability: Inclusive Pathways to Employment Programme Now Open for Applications](#)

[Civic Society Grant Programme](#)

[Funding Opportunity for Healthy Eating Projects](#)

**Press Release: Minister O’Gorman invites applications under the What Works Building Evidence Fund 2023**

I hope this email finds you well. We are pleased to announce that the Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman has announced the creation of a new fund under the What Works prevention and early intervention initiative.

The Fund is open to practitioners and service providers working in not-for-profit organisations who work with children, young people and their families. Detailed information

on the application process, eligibility criteria, and required documentation can be found in the attached press release or on the [What Works website](#).

For more in-depth information about this funding program please refer to the official press release, which you can find [here](#).

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

**[Building Evidence T&C](#)**

**[Building Evidence Guidance Notes](#)**



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**Building Evidence Application Form**

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