



## County Longford Public Participation Network (PPN)

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

fb: @longfordppn

Twitter: @LongfordPPN

Helen Gorman, PPN Support Worker, County Longford Public Participation Network, Longford County Council, Great Water Street, Longford

## *PPN Newsletter February 2021 (Part 1)*

### *Latest News from the PPN*



Longford PPN in association with the ICA Guilds in the county are working hard to ensure everyone stays connected during the current COVID19 restrictions. From writing letters/cards to making calls, baking bread to making jam we are here for you!!!!

For further information please contact Olive Quinn, Longford Federation ICA President on 086 8368277 or Siobhán Cronogue, PPN Coordinator on 087 261 5583/ email [ppn@longfordcoco.ie](mailto:ppn@longfordcoco.ie)

This campaign is part of the National “Keep Well” Campaign and is funded under the Community Resilience Fund.

Read more in Longford Leader

<https://www.facebook.com/LongfordLeader/posts/3816232348399411>

/ facebook at <https://www.facebook.com/longfordppn>



## **FUNDING REMINDERS**

**Community Grant Support Scheme 2021 Closing Date: Friday 26<sup>th</sup> February 2021**

<https://www.longfordcoco.ie/your-council/news/community-grant-support-scheme-2021.html>

**Sports Capital Grant 2021 – closing date extended to 1<sup>st</sup> March 2021**

<https://www.gov.ie/en/press-release/0bc7e-ministers-launch-40m-sports-grant-scheme-for-2021/>

**NEW Social Enterprise Development Fund 2021 – closing date 5<sup>th</sup> March 2021**

*Backing the social enterprises that are making a positive impact on the social and economic fabric of their community. For more information and forms visit*

[https://rethinkireland.ie/current\\_fund/social-enterprise-development-fund-2021/?fbclid=IwAR0eFnldWo5R0ABLhC-fD7ZjQVqQf9Axsyq61VB2v0k4b3iYuD49C8B\\_sgA](https://rethinkireland.ie/current_fund/social-enterprise-development-fund-2021/?fbclid=IwAR0eFnldWo5R0ABLhC-fD7ZjQVqQf9Axsyq61VB2v0k4b3iYuD49C8B_sgA)

---

*A message from the Department of Health Promotion and Improvement*



The [Living Well Programme](#) is a series of online workshops designed to offer support to people living with Long Term Health Conditions (LTHCs).

- Living Well is a free group programme which runs online for six weeks. There is one workshop a week which lasts 2.5 hours
- Workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. There are a maximum of 12 people in a programme
- Two trained facilitators run the workshops each week. At least one of the facilitators lives with a long-term health condition.

The [Living Well Programme](#) has received Sláintecare Integrated Funding to enable delivery during 2020/2021. The programme was previously delivered in a face-to-face community setting, but it has been made available online during the Covid-19 pandemic.

Since March, people with such conditions have been advised to take extra precautions and many were advised to cocoon. This has led to feelings of worry and stress. Living Well has proven to be

effective in helping people to deal with difficult emotions, to understand and learn more about managing their condition, set goals, problem solve and make plans to live a healthier life.

## 6 Week Group online Programmes – 2.5 hours a week

(Usually 10.30am – 1.00pm)

Choose from the following dates:

**Tuesdays** - Starting 2<sup>nd</sup> March 2021

**Tuesdays** – Starting 20<sup>th</sup> April 2021

**Wednesdays** - Starting 3<sup>rd</sup> March 2021

**Wednesdays** – Starting 28<sup>th</sup> April 2021

**Thursdays** - Starting 4<sup>th</sup> March 2021

**Thursdays** – Starting 22<sup>nd</sup> April 2021

More courses planned for 2021 – dates to follow

***See attached course Brochure for course content***

For more information contact Aine on 0871140371 or 041 6850767

Email: [aine.mcnamee@hse.ie](mailto:aine.mcnamee@hse.ie)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)

Department of Health Promotion and Improvement  
Midlands Louth Meath Community Healthcare Organisation  
H.S.E. St Brigid's Hospital Complex, Ardee, Co Louth  
T: 041 6850676

## New On-line Session - Friday 26th February at 7pm.

### Women, Wellbeing & Climate Change

#personalwellbeing



#communitywellbeing

Minding our Wellbeing & Building Resilience  
in times of change

Join us Friday, 26th February, 7pm

Register at: [ppn@longfordcoco.ie](mailto:ppn@longfordcoco.ie) or go directly to the zoom link at  
<https://bit.ly/2MPXRJT>



We're delighted to promote the sixth in a series of online Global Goals sessions being delivered by Longford PPN and facilitated by Wellbeing Coach/Consultant Anna D Atkinson.

The Global Goals Sessions explore themes relating to the Sustainable Development Goals

This month's session is entitled

## **'Women, Wellbeing & Climate Change'**

Is this Online Session for you ?

Would you like advice on how to nurture personal wellbeing ?

Would you like to know how to develop personal resilience?

Would you like to understand the connections between wellbeing, resilience and sustainability?

Do you believe in the power of collective action and see the benefits of helping build local and global resilience ?

Would you like to know how to ensure your actions can help women and children in developing countries around the world,

particularly in the face of global challenges such as climate change, covid 19 and other crises?

Would you like to understand the connections between wellbeing and sustainability?

Do you want to understand how you can be an agent for change in your own community?

If so, this online session, in celebration and preparation for International Women's Day on 8th March is for you!

### **Session Content & What you will learn:**

- An understanding of wellbeing
- How to nurture wellbeing - personally & collectively
  - An understanding of Resilience
- How to develop personal & community resilience
- How wellbeing, resilience & sustainability connect
- Why & How Wellbeing is one of the key Global Goals.
- How to become an agent for change in your community.
  - How to prepare for challenging times ahead.

**Date & Time : Friday 26th February at 7pm.**

Connect & Register

You can register to attend by connecting with Síobhan & Helen at [ppn@longfordcoco.ie](mailto:ppn@longfordcoco.ie) or go directly to the Online session link at:

<https://us02web.zoom.us/j/86113519213?pwd=YWZsTFIDUDYzZzZ0b0E4a0JQR01pZz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/86113519213?pwd=YWZsTFIDUDYzZzZ0b0E4a0JQR01pZz09>

---



**If you missed our Global Goals ‘Fairtrade and Ethical Consumption Matters’ on-line discussion held in January you can view the Presentation at**

**<https://www.longfordppn.ie/news/>**

Fairtrade videos below:

<https://www.fairtrade.ie/downloads/ff.mp4>

<https://vimeo.com/365003425>

<https://www.fairtrade.org.uk/media-centre/fairtrade-videos>

**Reminder - Fairtrade Fortnight - 22<sup>nd</sup> Feb – 2<sup>nd</sup> March 2021**



*A message from Longford Library*



Hi everyone,

As you may there is a campaign going on to get Ireland reading! ‘Ireland Reads’ ‘Squeeze in a Read’!

Ireland Reads is a new campaign to get the whole country reading this month in the lead up to a national day of reading on **Thursday, February 25.**

Irish libraries have teamed up with publishers, booksellers, authors and others for the campaign which is part of the government Keep Well initiative and aims to celebrate reading and all the benefits it can have for wellbeing and enjoyment.

The campaign is asking everyone to ‘squeeze in a read’ on **Thursday, February 25.**

Research shows that reading for pleasure is really important for all of us – no matter our age.

For children, of course, it has a huge positive impact on their cognitive development and literacy.

For adults, studies have found that reading for pleasure enhances empathy, understanding of the self, and is effective in combatting loneliness.

Right now, many of the activities we used to take for granted are not available to us, but you can always enjoy a good book – or a newspaper or magazine.

- We would love you all to take a pledge to read on Thursday February 25<sup>th</sup> and if you could encourage your friends and family too that would be great.
- We would love to get some photos of people reading. Any reading is fine; books, magazines, newspapers, tablets etc. – These photos will be used to promote the campaign.

### Take the pledge to read at [irelandreads.ie](http://irelandreads.ie)

A new website [www.irelandreads.ie](http://www.irelandreads.ie) has been set up where the public can pledge to read on 'Ireland Reads' Day, February 25<sup>th</sup>.

At the moment library members can access Members can access

44,000 eBooks

33,000 eAudiobooks

4,000 magazines

2,500 online newspapers from over 100 countries

If you would like to join the library free of charge to access these and many other online resources at your library, just go to [www.longfordlibrary.ie](http://www.longfordlibrary.ie).

If you need to renew your membership, check your P.I.N. or need help with any aspect of any of this, please do not hesitate to contact us.

Keep safe and keep well,

**Fiona Cooney**

**Ireland Reads Coordinator**

**Longford Branch Library**

[fcooney@longfordcoco.ie](mailto:fcooney@longfordcoco.ie)

[library@longfordcoco.ie](mailto:library@longfordcoco.ie)

**0433341124**

*Read below information on a FREE upcoming workshop from the Recovery Education Co-ordinator, Mental Health Services, HSE*

## **An Introduction to Recovery Education and Managing Well-being**

**FREE On-line workshop via Zoom**  
**Wednesday 17<sup>th</sup> February 10am – 12 noon**  
**or Thursday 25<sup>th</sup> February 2-4pm**

Your HSE Midlands Louth Meath Recovery Education Team is up and running so we are sharing details about two taster sessions we are running in February.

We hope that you can join us for one of the workshops where we will:

- introduce ourselves
- provide you with an introduction to Recovery Education in Midlands Louth Meath
- explore what is meant by Recovery in Mental Health
- share tips and tools for managing well-being and mental health and

- introduce CHIME and mental health recovery.

With current Covid 19 restrictions affecting how we connect with others this is great way to meet other people and learn from each other. Everyone is welcome to attend and there is no pressure to engage should you choose to just sit and listen.

We aim to create our workshops collaboratively with people with lived experience of mental health issues, their family members/carers/supporters, community partners and staff working in the mental health services, with everyone's contribution equally valued.

These sessions are free and open to anyone (aged 18+) with an interest in mental health and well-being.

You can book a place at one of our February online modules on our Eventbrite page:

<http://mlmrecovered.eventbrite.com>

You can also book a place by contacting Tara Gibbons on [tara.gibbons1@hse.ie](mailto:tara.gibbons1@hse.ie) or 087 052 8058.

**Eileen Cunningham** | Recovery Education Co-ordinator | Mental Health Services | Midlands Louth Meath Community Healthcare Organisation

**Phone:** 087 3616 707 **Email:** eileen.cunningham4@hse.ie

## ***Biodiversity Training for Communities in Longford soon to launch***

***Register before March 26th***

Longford Community Resources CLG has recently engaged Green Pine Consultants, an environmental consultancy and landscape architect firm, and Consultant Ecologist Dr Fiona Mac Gowan to deliver biodiversity training to local communities this spring and summer. This is part of the Biodiversity Training for Longford Communities project which aims to provide communities with skills in a wide range of areas that are of central importance to the environment and biodiversity.

We are currently looking for expressions of interest from community groups across the county to take part in this exciting project. The training course will take place between mid-April and start of July 2021. Due to the COVID-19 pandemic, it is envisaged that the course will be delivered mostly online with a field study element to be provided as soon as government restrictions allow. Please contact Brian at [greenpineconsultants@gmail.com](mailto:greenpineconsultants@gmail.com) before **March 26<sup>th</sup>** to register your group's interest.

The course outcome for each of the communities partaking will be a Biodiversity Action Plan containing clear guidance and advice on how to achieve many biodiversity-enhancing actions in their locality as well as goals which will facilitate the funding of environmentally sound actions from a range of sources. ***See attached leaflet attached with extra information.***



This project was assisted by Longford Local Community Development Committee, Longford Community Resources Clg, and Longford County Council through the Rural Development Programme (LEADER) 2014-2020 which is part-financed by the EU, "The European Agricultural Fund for Rural Development: Europe investing in rural areas" and the Department of Rural & Community Development

## ***New Podcast from Social Justice Ireland***



### **Delivering Deliberative Democracy - Participation by the Public Participation Networks in Local Government Decision-making**

Deliberative democracy goes beyond mere representation to give a voice to all citizens in the decision-making process. For the next few days, the focus will be on deliberative democracy and the Public Participation Networks (PPNs). Starting with a ten minute lesson podcast that traces the development of the Public Participation Networks in 2014.

They provide a mechanism for community groups to have their say in local government decision-making. With well over 15,000 member organisations, PPNs are going from strength to strength.

Listen to the Podcast on the link below:

<https://socialjusticeireland.podbean.com/.../50sji-ten.../>

---

### **Podcast - Visions for Community Wellbeing - Public Participation Networks**

In 2018, the Public Participation Networks (PPNs) embarked on a large consultative project to develop Visions for Community Wellbeing across all Local Authority areas. This process saw community groups come together to develop a vision for their community for this and future generations.

In this episode of Social Justice Matters, Colette Bennett speaks to **Siobhán Cronogue of Longford PPN**, Helen Howes of County Wicklow PPN and Dr. Harriet Emerson, independent consultant, about the process of developing these Visions; their policy impact, and the potential for this process to inform the national Wellbeing Indicators.

Listen to the Podcast on link below:

<https://SocialJusticeIreland.podbean.com/e/55-sji-interviews-ep28-visions-for-community-wellbeing-public-participation-networks/>

---

## Launch of six new eduroam Wi-Fi town centre hotspots



Longford County Council is delighted to be the first local authority nationwide, to introduce six eduroam Wi-Fi hotspots in local town centres, as part of the eduroam Everywhere initiative, to support our local students and researchers.

It means those studying remotely in county Longford, whose learning institutions participate in eduroam, will now have immediate, free and secure internet access on their registered devices, within range of these hotspots in Longford, Ballymahon and Drumlish town centres, as well as at Longford, Ballymahon and Granard public libraries.

Full details can be found on the Longford County Council website here <http://bit.ly/203cp9a>  
[#Longford](#) [#YourCouncil](#) [#Connected](#) [#InThisTogether](#)

---

**Touch-Type Read & Spell (TTRS)** is now being rolled out in  
**County Longford Library Services**

Library members can avail of this accessible, multi-sensory course, teaching touch-typing, reading and spelling at the same time.

Find out more from your [#local](#) [#library](#)  
[#Longford](#) [#NewServices](#)



Touch-type Read and Spell is an award-winning, multi-sensory course that teaches touch-typing, reading and spelling.

It is suitable for children, young adults, adults & anyone with diverse learning needs.

**FREE** access now available with Longford Library Services

Find out more at [www.longfordlibrary.ie](http://www.longfordlibrary.ie)

email us at

[library@longfordcoco.ie](mailto:library@longfordcoco.ie)

or contact your local branch



Longford Community Call Helpline  
Call 043 3344255 or Freephone 1800 300 122  
Email [covidsupport@longfordcoco.ie](mailto:covidsupport@longfordcoco.ie)



**Longford Womens Link** are advising the below link as a support for parents of pre-school children that are not attending a service at the moment due to the restrictions. Additional links and resources have been added to <https://first5.gov.ie/parents> including links to daily activities on facebook. Longford Women's Link contact no: **(043) 3341511**

### Longford County Council 'Stronger Together - Local Action' campaign



Facebook: <https://www.facebook.com/LongfordCountyCouncil/>

# Keep Well Campaign



The Government Plan for Living with COVID-19: Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19.

The campaign is focussed on five themes: Keeping Active, Staying Connected, Switching Off and being creative, Eating Well and Minding your Mood.

The Council, through the established Community Forum will co-ordinate the local response to local needs, work with Sports Ireland and deliver wellbeing programmes locally.

The Community Library network have commenced the 'Rewarding Reads' and 'Ireland Reads' initiatives and will going forward deliver other creative initiatives across the five themes of the 'Keep Well' programme.

Further details on all activities and initiatives at county level will be made available on the Council's website [www.longfordcoco.ie](http://www.longfordcoco.ie)

---

## **Get your Weather Alerts at MapAlerter – New Digital Communication Tool**

**- FREE Service for Citizens** MapAlerter will streamline all alerts relating to LCC service disruptions e.g. road closures, floods, severe weather, water outages, planning and updates on National Broadband Ireland fibre rollout. Citizens can subscribe online to MapAlerter <https://www.mapalerter.ie/signup> or contact LCC at 043 3343508 and we will post out a form for you to complete.

---

## **Longford County Council Takes National Excellence in Local Government Award for the Use of Remote Working Technology**

**Chambers Ireland**  
EXCELLENCE IN LOCAL GOVERNMENT AWARDS 2020

Initiative through the Municipal Districts

**AN LONG FORT**  
COUNTY COUNCIL

**Longford County Council**  
Embracing Remote Working Technology to Support Community and Voluntary Groups

Sponsored by **LGU Ireland**

An Rann Talún  
Rann Talún 2020-2021  
Department of Housing, Rural and Community Development

<https://www.longfordcoco.ie/your-council/news/press-releases/national-excellence-in-local-government-award.html>



## Town and Village Funding Announcement 8 January 2021

On 8th January 2021 Minister Heather Humphreys TD announced funding under the Town and Village Renewal Scheme. Longford County Council Regeneration department are happy to announce that a total of €403,388 has been awarded to the county under this latest announcement.

**Ardagh €34,117** - Development of a remote working facility in the Community Centre

**Edgeworthstown €100,000** – Provision of an outdoor covered performance and meeting area

**Ballinalee €97,000** – Provision of an Autism friendly community park and walkway/cycleway

**Barry Village €100,000** – Under grounding of ESB cables and development of village

**Lanesborough €71,000** – Provision of footpaths and tourism signage

---

## CLÁR Funding 2020

The Department of Rural and Community Development has approved funding of €265,667.70 towards eight projects in Co. Longford.

See Longford County Council [Co. Longford CLÁR 2020](#) for details of approved projects.

Longford County Council will fund up to 5% of the estimated cost of these projects.

---

## Town and Village Renewal Scheme 2020 Approved Projects

Further information on Round 2 may be found at

<https://www.longfordcoco.ie/your-council/news/town-and-village-renewal-scheme-round-2-accelerated-measure-2020.html>

Further information on Round 3 may be found at

<https://www.longfordcoco.ie/services/regeneration/>

---

## Longford County Council launches WiFi4EU - free Wi-Fi

Longford County Council welcomes the rollout of free public Wi-fi in Longford Ballymahon and Drumlish. The Wifi4EU scheme is an initiative of the European Commission (EU) which provides funding to local authorities to provide free Wi-Fi access in public places.

Longford County Council were successful in securing €15,000 in call 1 of the WiFi4EU initiative. This €15,000 in European funding will be co-funded by the Department of Rural and Community Development, bringing the total funding for this project in County Longford to €30,000.

Access to free public Wi-Fi is seen as an enabler for economic growth and promotes County Longford as a progressive county.

## Broadband Connection Points (BCPs)

Further information on BCPs in Longford may be found at :

<https://www.longfordcoco.ie/longfordcoco/services/information-technology/broadband/broadband-connection-points/>

---



<https://www.localenterprise.ie/Longford/Enterprise-Development/Look-for-Local/>

