



## 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 3)*

## IMPORTANT NOTICE

PPN COUNTY PLENARY MEETING via WEBINAR

**WED 10<sup>TH</sup> MARCH 2021 @ 7PM**

**FULL DETAILS INCLUDING DETAILS ON SPEAKERS TO FOLLOW**

*You are invited to join the PPN TONIGHT*  
**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>



Join Zoom Meeting

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

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.

## The PPN and ICA are working hard for you!



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**

**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/>

**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)

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## **Public Consultation**

### **N4 Mullingar to Longford (Roosky)**

- **[N4 Mullingar to Longford Roosky 2nd Public Consultation](#)**

Westmeath County Council in conjunction with Longford County Council supported by Transport Infrastructure Ireland (TII) invite the residents of the local area, members of the public and interested parties to participate in a public consultation on the Route Corridor Options. The consultation period for the second non-statutory public consultation is now open and will run until the **19th March 2021**.

The public consultation format has been adapted to ensure compliance with COVID-19 guidelines and restrictions. Details and information in relation to the Route Corridor Options are being made available online through a virtual public consultation experience

For more information please visit

<https://n4mullingartolongford.ie/latest-news/>

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**FREE**  
**Mental Health & Well-being**  
**Online Workshops**  
**March 2021**

 Date	Topic	Time 
4th March 2021	Exploring Self Care	2pm - 4pm
11th March 2021	Getting the Best from My Mental Health Appointment	2pm - 4pm
18th March 2021	Supporting Someone in Hospital	2pm - 4pm
25th March 2021	Unwrapping Resilience	2pm - 4pm

**OPEN TO EVERYONE  
 AGED 18+ WITH AN  
 INTEREST IN  
 RECOVERY EDUCATION,  
 MENTAL HEALTH AND  
 WELL-BEING**

**Online via Zoom**

**Book at:**  
<http://mlmrecovered.eventbrite.com>  
**or Contact Tara Gibbons**  
 tara.gibbons1@hse.ie or 087 052 8058





Seirbhíse Sláinte  
Níosa Feara  
& Forlártaí

Building a  
Better Health  
Service




Mental Health  
Ireland

*A message from the HSE*

We hope that you can join us for one of the workshops. Everyone is welcome to attend and there is no pressure to engage should you choose to just sit and listen.

We aim to create all of 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. This is called co-production.

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 March 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.



## **FREE Workshop on Developing an Effective Annual Report**

Longford Community Resources clg Volunteer Centre and the Carmichael centre are offering a **FREE** workshop for volunteer involving organisations on developing an Effective Annual Report **Monday 22<sup>nd</sup> March 2021 from 10.30 am to 12.30 pm**

The aim of the workshop is to help participants understand the process in preparing an effective Annual Report from the perspective of the Board Members, Directors, Trustees.

This course covers the basics of what is required in an annual report and then focuses on how to use the annual report as a way of showing the public, members and funders what the organisation does and the difference it makes. The 2-hour online workshop is aimed at Board Members, Directors, Trustees and CEOs/Managers and anyone involved in preparing an Annual Report for their organisation.

At the end of the session participants will be able to:

Understand the purpose and value of the annual report.

Understand the key components of an annual report.

Plan how to produce an effective annual report for your organisation.

### **Workshop Facilitators: Diarmaid Ó Corrbuí and Michael Quirke**

Diarmaid Ó Corrbuí, Carmichael CEO, has extensive experience working with boards and providing governance support and advice.

Michael Quirke is a member of the Carmichael training panel and has extensive experience both as a Board Director and a Senior Manager at Local and National Level together with experience in education and training of Board Members /Community Organisations/Public Participation Networks in the areas of Governance. Michael served as a Board Member for ten years with Muintir na Tíre and is currently a board member of Kildare Local Employment Service Network.

If you are interested in attending please e-mail [terri@volunteerlongford.ie](mailto:terri@volunteerlongford.ie) and I will contact you with further information.

## Bealtaine Festival 2021 – Registration is Open!

Bealtaine is Ireland's only festival that celebrates *creativity as we age*. While we may still be fighting Covid-19, we want you to know that we're busy preparing for an exciting new **online** Bealtaine 2021 and we need you to join us! The festival will take place online throughout the month of May, with a wide range of exciting activities that will be shared soon. Our new theme for 2021 is In(ter)dependence.

**Read More Here:** <https://bealtaine.ie/bealtaine-festival-event-registration-is-now-open/>

**Tips for an organising an event here:** <https://bealtaine.ie/resources-for-organising-an-event/>

**Register Here:** <https://bealtaine.ie/registration/>



### Bealtaine Hero Award

Age & Opportunity's Bealtaine Festival wishes to recognise two innovative grass roots arts projects through the **Bealtaine Hero Award**. We invite applications from individuals and / or organisations who wish to create an exciting new **online** festival event which will be presented during the Bealtaine Festival 2021.

**Read More Here:** <https://bealtaine.ie/bealtaine-hero-2021/>

**Deadline: 2<sup>nd</sup> March 2021**

**Bridget Deevy | Arts Programme Assistant Manager & Bealtaine Festival Producer | Age & Opportunity** St. Patrick's Hall | Marino Institute of Education | Griffith Avenue | Dublin 9 | D09 K4P6

**DD:** +353 (0)1 8535180 **E:** [bridget.deevy@ageandopportunity.ie](mailto:bridget.deevy@ageandopportunity.ie)

[ageandopportunity.ie](http://ageandopportunity.ie) | [bealtaine.ie](http://bealtaine.ie)

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# Arts & Disability Ireland

Hi everyone,

From Access to Inclusion, an Arts and Culture Summit is fast approaching!

Just in case you missed the launch, you can watch it

here: <https://youtu.be/oqKbUxWNeyQ>

Please feel free to share this widely with your network and colleagues.

With 22 presenters, from 16 cities, representing a range of organisations such as Theatres, Museums and Galleries, Festivals, Cinema and much much more, the From Access to Inclusion Symposium will be an essential opportunity to exchange ideas and discover new ways to include and welcome everyone.

Find the Symposium schedule and line up here: <https://adiarts.ie/summit/from-access-to-inclusion-2020-symposium/#schedule>

And you can register for the Symposium here: <https://arts-disability-ireland.eventcube.io/events/26420/from-access-to-inclusion-symposium/>

We also have a great selection of workshops which may be of interest: <https://adiarts.ie/summit/capacity-building-workshops/>

One particular highlight are the Website Clinics where Knowbility will review arts and cultural organisations websites and provide an actionable report suggesting ways to improve the experience for all at a heavily subsidised rate: <https://adiarts.ie/summit/capacity-building-workshops/knowbility-website-clinics/>

Next week, we will announce a range of Evening events and you will find information these here: <https://adiarts.ie/summit/evening-cultural-events/>

Do let me know if you need any assistance with registration or if you need any further information.

### **Síle Stewart**

Event Manager

### **Arts & Disability Ireland**

4th Floor Sean O'Casey Centre

St Mary's Road North

East Wall, Dublin 3    +353 (0) 1 8509004    +353 087 957 7819    [www.adiarts.ie](http://www.adiarts.ie)

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*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)

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## ***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.../>

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## [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/>

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## 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](#)

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**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



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**Longford Community Call Helpline**

Call 043 3344255 or Freephone 1800 300 122

Email [covidsupport@longfordcoco.ie](mailto:covidsupport@longfordcoco.ie)

A yellow flyer for the Longford Community Call Helpline. It features a white house icon with a person inside. The text lists services: 'Collection and delivery of food, medicine, other essential items.', 'Social isolation support.', 'Garda related issues.', and 'Other medical or health needs.' It provides contact information: 'Call 043 3344255 or Freephone 1800 300 122' and 'Email covidsupport@longfordcoco.ie from 9am until 5pm, 7 days a week'. Logos for 'AN LONGFORD COUNTY COUNCIL' and 'Kultúr na hÉireann Government of Ireland' are at the bottom.



**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**

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



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

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### 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)

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**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.

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



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

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## 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

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## 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.

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### 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/>

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### 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/>

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

