



County Longford Public Participation Network (PPN)

E-mail: ppn@longfordcoco.ie; Web: www.longfordcoco.ie

fb: @longfordppn

Twitter: @LongfordPPN

Siobhan Cronogue, Co. Longford Public Participation Network, Longford County Council building, Great Water Street, Longford

PPN Newsletter October 2018

Call for Proposals for Agri-food tourism initiatives under the Rural Innovation and Development Fund

The Department of Agriculture, Food and the Marine is now inviting proposals for Agri-food tourism initiatives under the Rural Innovation and Development Fund. The total funding available is €200,000 for projects supporting agri-food tourism initiatives (which may also include rural food markets). The maximum amount payable to any project is €25,000.

Full details on this Call for Proposals can be found in the attached documentation.

The proposal must be submitted on the attached application form, with supporting documentation, if relevant, to RIDF@agriculture.gov.ie

The deadline for receipt of applications is **12.00 noon on 19 October 2018**. Applications received after this date will not be considered for inclusion in the Programme.

Any queries should be addressed to RIDF@agriculture.gov.ie

The Great Night Hike – Glendalough

We're delighted to invite you to take part in **The Great Night Hike at Glendalough** on behalf of the **Irish Heart Foundation**.

Join us on Saturday 20th October 2018 for The Great Night Hike and experience the sights of Glendalough under the stars. Why not get a group of friends or work colleagues together and take in the wonderful sights while raising vital funds for the Irish Heart Foundation.

To take part in the hike there is a registration fee of €30 and we are asking participants to raise an additional €120. Once we receive your registration fee we'll send out your fundraising pack. The funds you raise will ensure that we can continue to provide vital services for individuals across Ireland affected by Heart disease and Stroke.

To register, pay your registration fee and secure your place on the hike please [click here](#)

More information

Registration	5 – 6pm
Hike begins	6pm
Hike ends	10pm (approx.)
Refreshments	10pm (approx.)
Event closes	11pm

This is a 12km route with a climb of 380 metres, it is a challenge but is well within the reach of any person of reasonable fitness.

After the hike we'll head to the Glendalough Hotel for well deserved refreshments.

Housing Week

LONGFORD COUNTY COUNCIL TO DELIVER 103 NEW SOCIAL HOMES THIS YEAR

Longford County Council is delivering the Rebuilding Ireland Housing Action Plan. Over the last two years the Council has delivered over 200 new homes to families in the County

The Council will provide 103 new housing units by the end of this year. The local authority currently has 37 units under construction, with a further 19 in the pipeline. Developments underway include three schemes; two schemes in Lanesborough for a total of 37 and a development in Ballinamuck for 15 units. These new build homes, together with 47 targeted for acquisition, leasing and regeneration will deliver 103 new units by the end of the year.

Longford County Council is running a week-long information campaign to highlight the ongoing work of the council to provide housing solutions and to facilitate increased building in the public and private sector. Welcoming the announcement of a local authority development for 15 new homes in Ballinamuck, The Cathaoirleach of the Council Luie McEntire said, "We are delivering new family homes. We are adding to the stock we have available for social housing by building new units, and by acquiring or leasing existing units. In the last two years, we will have delivered over 200 additional units to our housing stock. That brings the total number of units available to social housing tenants in the county to 1917. We are determined to get this right; the homes we are building are quality homes and we are developing them with the needs of the occupants and the community in mind."

Paddy Mahon the Chief Executive of Longford County Council said, "We as a Local Authority are building family homes. We are also working in collaboration with housing associations to deliver additional homes. We have to tackle the housing supply situation, and we have to tackle it in the right way. That means careful planning, working with communities to ensure sustainability, design that will last the test of time and meet the needs of occupants."



During #HousingWeek local authorities around the country will highlight the work they are doing towards delivering social housing solutions and facilitating building in their area.

Local authorities will highlight online and on social media the progress they are making, in partnership with stakeholders, to increase social housing supply and to deliver high-quality homes in sustainable communities.

#HousingWeek will focus on a different theme each day

Monday	Housing in progress
Tuesday	Housing delivered
Wednesday	Building communities
Thursday	Quality and innovation
Friday	The housing context

We appreciate your support for the campaign

TRIPLE P - FEAR LESS

Reducing Anxiety in Children & Teenagers



Are **YOU** concerned About your child/teen experiencing Anxiety?

FREE Triple P talk for parents of children and teenagers aged 6 – 14 years

Being a parent to a child/teenager who is experiencing anxiety can be tough. It can affect day to day functioning and family life, they may be worried about what people think of them, are shy or withdrawn. They avoid social situations and activities, struggle to attend school and worry about tests /exams. They seek constant reassurance and can feel sick when worried.

The talk will cover the following:

- How does anxiety work?
- Understanding anxiety
- Parents as models
- Being an emotion coach
- Thinking flexibly & realistically
- Avoidance and exposure
- Managing children's anxious behaviour; and
- Constructive coping and problem solving



Host:
Dr. Vanessa Cobham
University Queensland Australia

Developer of
Triple P Fearless Parenting
Programme

THURSDAY
11TH OCTOBER 2018

7.30 PM TO 9.00PM

RADISSON HOTEL ATHLONE

(PARKING LIMITED, COME EARLY)

FREE TO ATTEND NO NEED TO BOOK YOUR PLACE

October Events Guide

EVENTS GUIDE

October 2018
Longford

MONDAY 1ST OCTOBER

Beginners Hairdressing Course hosted by Grafters Academy. One evening per week for a 10 - week duration, 6-9 p.m.

MONDAY 1ST, 8TH, 15TH, 22ND & 29TH OCTOBER

Longford - Recovery Meeting for Anxiety, Depression & Bipolar. 8.30 p.m. St Mel's Family Centre.

TUESDAY 2ND, 9TH & 16TH OCTOBER

Living Well with Arthritis - 2.30 - 5p.m. in The Longford Arms Hotel hosted by Arthritis Ireland. www.eventbrite.ie

WEDNESDAY 3RD OCTOBER

Following sell out runs in Galway and Dublin Fregoll presents "The Streets are Ours" by Robert Higgins from Granard, Co Longford - 8 p.m. in The Backstage Theatre.

THURSDAY 4TH OCTOBER

Derek Ryan "Beaten Path Tour" 8 p.m. in The Backstage Theatre.

THURSDAY 4TH OCTOBER

MICHAEL HENRY: Psychic Medium in the Longford Arms Hotel 8p.m. www.eventbrite.ie

FRIDAY 5TH OCTOBER

Paddy Casey in concert in The Backstage Theatre, 8 p.m.

SATURDAY 6TH & SUNDAY 7TH OCTOBER

The 3rd annual Taste of the Lakelands food festival 2018 in Lanesboro. Food, Cookery demonstrations, Arts & Crafts, Kids activities and a raffle for a visit to Neven McGulres, MacNeen House in Blacklion.

SATURDAY 6TH OCTOBER

The St Mel's Musical Society 40th Anniversary Ball takes place on 6th Oct in The Longford Arms. Reception at 7.30pm followed by 4 course meal and music from the fabulous 8 piece Connor McKeon Band.

SUNDAY 7TH OCTOBER

2018 Peter Hanley Motors Longford SFC Final in Pearse Park 4 - 7 p.m.

MONDAY 8TH OCTOBER

Bri Leith Book Club - A Circle of Warrior Women. Anna.delaney@hotmail.com / 087-7807118

TUESDAY 9TH OCTOBER

Flower arranging demos hosted by Longford Flower Club - 8p.m. The arrangements are raffled and refreshments served. Admission €6, raffle €4. You do not have to be a member, just come along on the night and join in.

WEDNESDAY 10TH OCTOBER

Official Launch of the 2018 Aisling Children's Arts Festival in The Backstage Theatre. Includes prize-giving to winners of the Aisling Festival Art Competition and entertainment by Special Guest Katie Gallagher.

WEDNESDAY 10TH, SATURDAY 13TH & TUESDAY 16TH OCTOBER

City Calling Stadium
10th Oct - Ireland U19 vs Bosnia - 3pm
13th Oct - Ireland U19 vs Faroe Islands U19 - 3pm
16th Oct - Ireland U19 vs Holland or Bosnia vs Faroe Islands (TBC) - 1pm

THURSDAY 11TH - 14TH OCTOBER

Longford - Inner Evolution Retreat with Kambó, Rapé & Integration. The retreat is set in a beautiful rural location in Longford and offers the chance to re-connect with life and experience a complete liberation of body, mind and spirit. Rosie +353 83 815 8537 / ireland@innemastery.es

FRIDAY 12TH & SATURDAY 13TH OCTOBER

Winners in the Backstage Theatre - 8 p.m. Presented by BTG Directed by Christine O'Brien. Starring Niamh Quinn Hanley, Davy Flaherty, Maureen Dunne and Benny O'Brien.

TUESDAY 16TH & WEDNESDAY 17TH OCTOBER

"Portrait of The Artist as A Young Man" in The Backstage Theatre. Rough Magic presents Arthur Riordan's vibrant stage adaptation of James Joyce's seminal novel, brought to life by a dynamic new creative ensemble of actors and designers under Ronan Phelan's direction.

THURSDAY 18TH TO TUESDAY 23RD OCTOBER

Day Time Walking Programmes
Longford - 9.30am, meeting point Farneyhoogan (Slashers Carpark)
Ballymahon - 12.30pm, meeting point Royal Canal Greenway (across from Nallys Hyundai Garage, N392)
Contact Longford Sports Partnership on 043 33 43493.

SATURDAY 20TH OCTOBER

This year's **Co Bridge Trophy**, hosted by Granard Golf Society, will take place in Co Longford Golf Club on Sat October 20th at 10am.

MONDAY 22ND - SATURDAY 27TH OCTOBER

Aisling Children's Arts Festival

TUESDAY 23RD OCTOBER

A story for Children with Longford Writers' Group who will create pieces of children's literature that will be judged by their young audience. Author Patricia Forde will help select the final five pieces. Contact: longfordwritersgroup@gmail.com

TUESDAY 23RD OCTOBER

"I am Baba" - a brand new magical adventure of song, lights and textures for babies aged 0-12 months in The Backstage Theatre. Presented as part of Aisling Children's Arts Festival.

FRIDAY 26TH OCTOBER

Comedy Club 4 Kids in the Backstage Theatre 7 - 8 p.m.

FRIDAY 26TH - SUNDAY 28TH OCTOBER

Ballroom Dance Weekend at the Longford Arms Hotel. dance@teireland@gmail.com or call 087 9921832

SUNDAY 28TH & MONDAY 29TH OCTOBER

Vegan & Sustainable Living Festival 'Vegan and Sustainable Living Festival' for the Midlands of Ireland taking place in Longford town hosted by Bri Leith. www.brileith.ie

SATURDAY 27TH OCTOBER - SATURDAY 3RD NOVEMBER

Ardagh Fright Fest with Creative Ardagh. Gothic writing workshops, scary art, family fun, a twilight walk and lots more. <http://ardaghfrightfest.blogspot.ie>

WEDNESDAY 31ST OCTOBER

The Dead of the Night Halloween Festival will see the streets of Longford Town come alive to celebrate Halloween night. Children & teenagers become involved in a creative way. Dress up, come along & enjoy lots of activities and family fun, including the Halloween parade.

LONGFORD TENNIS CLUB

Junior coaching Autumn 2018. • Tuesdays 4pm & 5pm. Saturdays 3pm & 4pm. Contact Richard 086-8524410.

OMNIPLEX LONGFORD CINEMA

www.omnplex.ie/cinemas/cinema/longford

TRIP ADVISOR

Get your accommodation, attraction, restaurant, local walks etc listed on Trip Advisor. You must go online to the following link: www.tripadvisor.com/hc/en-gb/articles/200614457-How-can-I-get-listed-

DANCE & MUSIC SESSIONS

• Clarkes Bar, Lanesborough, Mondays & Wednesdays • Teach Ceoil, Community Centre Clondra, Mondays • Tally Ho, 1st & 3rd Tuesday monthly Rustic Inn, Abbeyshrule, Wednesdays • Dillons Bar, Ballinamuck, Thursdays Longford Arms Hotel, Saturday & Sunday nights • Longford Arms Hotel, Social Dancing, Sunday nights

ANGLING IN THE REGION

Carrigallen Festival, Co Leitrim. 1st - 5th October

MARKETS

Farmers Market, Market Square, Fridays

Indoor Market & Car book sale, Mastertech Business Pk, Saturdays

LONGFORD GREYHOUND STADIUM

Race nights - Fridays & Mondays, 8 p.m.

LONGFORD BOWLING CLUB

Wednesdays 8 - 10 p.m. in Longford Golf Club. 087-2996530

PARK RUNS & PARK WALKS

9.30 a.m. Saturdays for adults & Sundays for Juniors in the Mall

LANESBORO LIBRARY

Parent & toddler group, Wednesday 10.30 a.m.

LONGFORD BRANCH LIBRARY - 043-3340727

LONGFORD WRITERS GROUP, meet Monday 1st & 15th, 7 - 8.30p.m.

MOTHER TO MOTHER BREASTFEEDING SUPPORT GROUP.

Wednesday 3rd October, 10.30 a.m. - 12.30 p.m.

LIBRARY BOOK CLUB, meet Monday 8th at 7p.m. Book for discussion is "The Absolutist" by John Boyne.

LONGFORD VOLUNTEER CENTRE EXHIBIT - Friday 12th & 29th, 10 - 12pm

SIX-WEEK ART COURSE beginning Wednesday 24th October, 10.30 - 12pm. Contact Mary Gray 087-0606276.

SPANISH CONVERSATION GROUP, Wednesdays 7 - 8.00 p.m.

KNITTER NATTER KNITTING & CROCHET ENTHUSIASTS, Fridays 11a.m. - 1p.m.

LONGFORD LIBRARIES

Longford, Lanesborough, Ballymahon, Drumlish, Edgeworthstown & Granard. National Children's book month throughout all libraries.

LONGFORD LEO

For upcoming business related training courses & events. www.localenterprise.ie/Longford

NATIONAL LEARNING NETWORK

National Learning Network providers of free training programmes for students, requiring personalised learning support, using their talents and achieving their life goals, enabling them to move to further education, training and work. Contact 043-3342255

LONGFORD SPORTS PARTNERSHIP

For a range of local sporting events, training courses & sports clubs. www.facebook.com/longfordsportspartnership 043-3343493

LONGFORD PUBLIC PARTICIPATION NETWORK (PPN)

Longford County Council & other decision making bodies connect with the community, voluntary, social inclusion and environmental sectors. The aim is to allow the diversity of voices and interests to be facilitated and involved in the decision making process. www.longfordppn.ie

USEFUL WEBSITES:

• www.visitlongford.ie
• www.longfordcoco.ie • www.longford.ie
• www.localenterprise.ie/Longford • www.longfordlibrary.ie
• www.failteireland.ie • www.longfordppn.ie



