



County Longford Public Participation Network (PPN)

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

PPN Newsletter September 2019

Women on Wheels

WOMEN ON WHEELS


Join us this September to improve your cycling skills in a safe and enjoyable environment!

FOR WOMEN ONLY

FOR BEGINNERS

BIKES PROVIDED FOR PROGRAMME IF NEEDED

SAFE CYCLING






Starting Monday September 9th at 6:30pm
With a Registered Cycling Ireland Coach
Limited Places

For 6 weeks from Clondra Harbour and along the Canal, building up the distance each week

Full Programme Costs €10 with your own bike or €20 if borrowing a bike

Register at eventbrite.ie

SPORT IRELAND

For info Contact: sports@longfordcoco.ie or 043 3343493

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Reminder: Ray Flynn Mile - Today Tuesday 2nd September

RUN YOUR OWN MILE AT THE
Ray Flynn Mile
 With The Longford Athletics Club

SPORTS CLUB CHALLENGE
Non Running Club
3 Quickest Combined Times
(Mixed Team)

Individual
 1st M/F
 1st U16 M/F

WHERE St Mels College Longford
WHEN Tues Sept 3rd 7:30pm
 Register from 6pm
ENTRY Individual Runners €5
 Teams of 3 €15
ONLINE @popuraces.ie

ATHLETICS IRELAND
THE DAILY MILE
 CHARTERED ACCOUNTANT AND BUSINESS ADVISORS

CHIPPED TIMING • PACERS FROM 12 TO 6 MINUTES • AAI PERMIT

RUN YOUR OWN MILE AT THE
Ray Flynn Mile
 With The Longford Athletics Club

LONGFORD ATHLETICS CLUB
 SPORTS CLUB CHALLENGE
 3 Quickest Combined Times (Mixed Non Running Club)

LONGFORD SPORTS PARTNERSHIP
 COMPANY CHALLENGE
 3 Quickest Combined Times (Mixed) Most Participants

TEAM CHALLENGES
 FAMILY CHALLENGE
 (Mixed - Immediate Family Members)
 3 Quickest Combined Times

Individual
 1st M/F
 1st U16 M/F

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Halloween Festival & Events Seminar - Sept 14th Ballinasloe

Next month sees the first ever Halloween Events Seminar run by AOIFE (Association of Irish Festival and Events) to engage with 110 plus Halloween event organisers in the Country.

AOIFE's Executive Director and Creative Director with some keynotes from successful pioneering Halloween events will deliver the day long programme which is targeted for community groups, volunteers and not for profits who wish to use the growing popularity of the Samhain tradition to produce a fun, creative and safe events.

Founded in 1993- the Association of Irish Festivals and Events Association is the fourth largest in Europe (with over 150 members) and through training networking and advocating best practice helps "not for profit festivals" reach and expand their local and international goals.

The Seminar will deal with:

- Trends for Audiences and Events
- Setting up a new Festival / Event
- Revenue and Sponsorship Opportunities
- Social Media Mentoring
- Programming Ideas for different Audiences
- Tales from Pioneers
- Press and Marketing
- Volunteering

Participants MUST register with the AOIFE Secretariat in advance to book a 15 minute consultation during the time the team are onsite at the Enterprise and Technology Centre, Creagh Ballinasloe.

The Seminar is Free to AOIFE members and non-members must pay a small fee of €55 which can go towards the costs of purchasing a full AOIFE membership by the year end.

Priority will be given to member Festivals of AOIFE but it's hoped the programme will give a chance for newer Festivals and Event organisers in the non-profit sector (sporting, charitable cause organisations) to meet first hand with much sought-after consultants to the sector and learn from their peers.

The programme starts at 10.30am and concludes at 5.30pm. A light lunch will be provided.

To register your place and 15 minutes Social Media Mentoring please contact Membership Officer Hilary on (090) 964 5831, email info@aoifeonline.com or simply visit event brite <http://bit.ly/2ZduWPX> for more information.

Free Basic Digital Skills Training Course



FREE Basic Digital Skills Training Course

Advantages of Being Online

Connectivity:

- ◆ Keep in touch with family and friends worldwide through social media, email, etc

Save money:

- ◆ Compare electricity cost with different providers etc.
- ◆ Avail of online discounts for various products and services

Save time:

- ◆ Save time travelling and queuing to avail of goods and services. Shop online, you can select your shopping and get it delivered to your home.

Entertainment/Education

- ◆ Pursue your hobbies and interests and explore other cultures.
- ◆ You can also stay up to date with current affairs and catch up on TV using playback facilities.
- ◆ Research holidays destinations, book flights etc

For further information

email: digitalskillslongford@seetec.ie

call: 043 3349212



Roinn Cumarsáide, Gníomhaithe
ar son na hAeráide & Comhshaoil
Department of Communications,
Climate Action & Environment

Sustainable, Inclusive and Empowered Communities Strategy

Please see below link to the Sustainable, Inclusive and Empowered Communities A five-year strategy to support the community and voluntary sector in Ireland 2019-2024 strategy that Minister Ring announced today:

<https://assets.gov.ie/26890/ff380490589a4f9ab9cd9bb3f53b5493.pdf>

Age Action - Free 1 to 1 Internet Classes

Free Computer Classes for over 55's

- Terrified by Technology?
- Confused by Computers?
- Illiterate about the Internet?
- Scared of your Smartphone?

SEPTEMBER 2019 TO JUNE 2020

LONGFORD LIBRARY

TUESDAYS 10.30 to 12.30

The '**Getting Started**' programme aims to make over 55's comfortable using a computer / tablet / ipad / smartphone and the internet. Tutoring is usually on a 1:1 basis in a relaxed atmosphere. Classes are 2 hours once a week for 5 weeks.

For more information email
gettingstartedgalway@ageaction.ie

or call 091 527**831**.



