

SLIGO PPN NEWSLETTER

SLIGO PPN NEWS

Connecting the Sligo Community since 2014



ST. PATRICK'S DAY NEWSLETTER

Welcome to the special St. Patrick's Day edition of the PPN Newsletter.

Once again we give you a flavour of some of the activities and events happening around our county as well as letting you know about upcoming training and funding opportunities. Thanks to all our member groups who sent information in.

If you still haven't re-registered with Sligo PPN, don't forget to do so.

Simply follow the below link

<https://www.tfaforms.com/4686176>



ACTIVITIES AND EVENTS



**Family Day: Sligo By The Sea
Sun. 15 Mar., 11.30am**

**Join us at The Model for a colourful and action-packed day in response to our exhibition, The Sea Around Us. Composer and artist Karen Power will lead composition and improvisation workshops for Early Years through her ongoing acclaimed programme Natural Creators, while local artist Sinéad O'Hanlon gets creative in response to the Sligo shoreline (suitable for under 12s). The day starts with the launch of My Model interactive children's guide and ends with a sea-themed film for all the family.
Free admission.**



Sligo Tidy Towns will have a float in the Parade proclaiming ten years of progress since our formation in 2011.

ACTIVITIES & EVENTS

ST PATRICK'S FESTIVAL SLIGO

50th Anniversary Sligo St Patrick's Day Parade

A very special event was hosted by Mayor Gino O'Boyle at City Hall on February 10 with the Sligo St Patrick's Day Festival Committee, celebrating its 50th year of Sligo's parade. Members of the committee over the years were presented with a commemorative gold medallion – marking their commitment to the annual event that brings the whole community together.

Both Mayor O'Boyle and Chairperson of the current committee, Finbarr Filan, noted that volunteers are a special group of people who make a difference in the projects and committees of their community. As this was a special occasion to mark 50 years of voluntary commitment, they commended those in attendance for their hard work over the years.

The parade judges, committee members, parade volunteers, council staff and local businesses play a crucial role in making sure that the parade runs smoothly and celebrates our town of Sligo.

The parade committee was delighted to unveil ten new trophies sponsored by local businesses.

List of Parade Committee Members who received the medallion are:

- Gerard Duignan
- Flora Healy
- Seamus Dolan
- Roddy McGuinn
- Tommy Higgins (deceased), represented by Adrienne Higgins
- Tommy McSharry
- Eddie Watters

Sponsors of Trophies:

- Bank Of Ireland
- Barton Smiths
- Filans Centra
- The Garavogue
- The Snug
- Foleys Bar and Off Licence

SLIGO
BID



ACTIVITIES & EVENTS

ST PATRICK'S FESTIVAL SLIGO

- Brian Mullins Insurance
- Abtran Sligo
- Gilroy Gannon
- Damien Tansey Solicitors



ACTIVITIES & EVENTS



ACTIVITIES & EVENTS

The Countdown has begun;
The committee are in full flight preparing
the 47th St Patrick's Day 10k Road Race
which is fast approaching.
One of the longest running races in the
North-West Keep an eye on our page
Facebook page "South Sligo Athletic Club"
for updates.

****Registration will be opening soon****



Benbulbin Comhaltas host their monthly session on Sunday
15th March from 4pm-6pm in Morans Bar, Grange. Musicians of
all ages welcome to
come and join in.



CARRAROE ST PATRICK'S DAY INVITATION

WE ARE HAVING AN ALCOHOL-FREE PARTY
FOR THE AFTERNOON OF ST PATRICK'S DAY IN
COMMUNITY CENTRE SIMILAR TO LAST YEAR.
WE EXTEND AN INVITATION TO ALL OUR
COMMUNITY. RSVP BEFORE FRIDAY 13TH
AT 4PM TO ANY OF THE FOLLOWING BRIDIE MC LEAN
0863998925, PAT BENSON 0872222835 MARY
MURPHY 0876888293, DYMUNA O'LOUGHLIN
0879303540 MARY DUNBAR 0876669533 OR EMAIL
PATWBENSON1@GMAIL.COM . THE EVENT IS AN
ALCOHOL-FREE EVENT WITH SUPPORT FROM
NWRDATF.

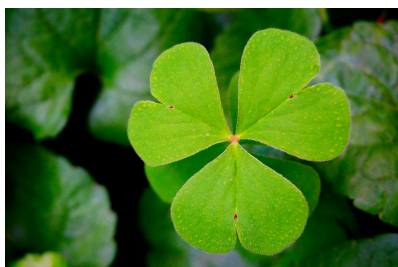
ACTIVITIES & EVENTS



Sligo Concert Band Will Entertain the Gathering Crowds at the St Patrick's Day Parade
Sligo Concert Band was founded in 1990 and so this is a special 30th anniversary year for us. We are planning our year which will include attending a band festival in Ballinasloe in May, a wide range of outdoor and street performances over the summer and a gala concert with guests and friends set for October. We are actively recruiting new members to join our friendly group and looking forward to linking with other bands in the western area in the coming year to learn from them and share experiences. We practice each Sunday morning from 10.30am- 12.30pm in Summerhill College and also run a second practice to improve technique on Wednesday evenings from 7.30am to 9.00pm. Our Musical Director is Mr Don Swain from Enniskillen, a flautist himself, who has many years experience teaching and who conducts a number of bands and choirs. Don has also joined the Sligo Academy of Music as a woodwind tutor. The Fermanagh link has seen us join with bands such as Fermanagh Concert Band to play in venues in Northern Ireland like Castle Archdale forest park and St Martin's Cathedral, Enniskillen. The band also joined Churchhill Silver Band for a performance at Fleadh Cheoil na hÉireann when it was held in Sligo in 2015.

The Band's programme of events varies from year to year but has always featured a number of special events. These include Christmas Carols in the Quayside Shopping Centre, Carol Services in local churches, an annual concert with guests, the National Day of Commemoration each July at Sligo City Hall and St Patrick's Day. We play beside the reviewing stand for about an hour as the crowd gathers for the start of the parade. Naturally, our repertoire for the day has an Irish flavour and includes pieces such as O'Carolan's Concerto, Long Way to Tipperary, If You're Irish, The Green Flag and An Irish March Selection. We intersperse this with an eclectic collection of music to add variety and get the feet tapping: Obla Di Obla Da, Theme from Fame, Tuxedo Junction, Basin Street Blues, Liberty Bell by John Philip Sousa, Theme from Eye of the Tiger, New York New York, American Patrol and I got Rhythm. Our preparations of course include a good number of practice sessions but as to other requirements, who knows. On St. Patrick's Day it can go from wearing sun screen to wringing the rainwater out of our music to dodging hailstones. Nothing will dampen the music though. And the good thing is that after we finish playing, there is still the parade to look forward to! What's not to like?

For information on Sligo Concert Band, or for those interested in joining, email Jim Foran, Band Secretary at jjpforan@gmail.com



ACTIVITIES & EVENTS



On Friday 13th March, Tubbercurry FRC will have a parade in our garden area. They will invite all our parents. Each room will take on a different theme, and make costumes. The parents will be in the centre of the garden and the children and staff will walk around them.

We have also invited the Junior Jiving school and hope that they can join us. We will have some of our parents, whom play in a band, play Irish music after our parade, while we offer tea, coffee and treats to all.

There will be face painting for the children also available on the day.



Sligo Family Resource Centre Intercultural Project
Invites you to:



ST PATRICKS DAY CELEBRATION

17 MARCH 2020
13:00 – 15:30

PRESBYTERIAN CHURCH, CHURCH STREET, SLIGO F91EY8K

MUSIC, FOOD, DANCE
CHILDREN'S ENTERTAINMENT



ACTIVITIES & EVENTS



*Dromore West
St. Patrick's Day
Parade 2020*

Tuesday, 17th March

3:30 pm – Parade Registration
The Top of The Easkey Road

4:15 pm – Parade Starts

**5:00 pm – “The Shamrock Shindig”
in the Community Centre**
Music with Tireragh CCE,
Dancing & Refreshments
All Are Welcome!



*Come Enjoy the
CÉOL AGUS CRAIC*

*Organized In Association With
The Dromore West Village Enhancement Committee*

To keep “Green”, we are asking all parade entrants and the businesses to come up with Eco-friendly and sustainable ideas for this year’s parade. We are also asking all businesses to help promote St. Patrick’s Day by helping to decorate their shop fronts and businesses in a sustainable way. In conjunction with the Tidy Towns, we will once again be supporting an Environmentally Friendly parade, which means we will be displaying Irish flags across the village, and other environmentally friendly paraphernalia where possible, rather than plastic bunting.

OTHER NEWS



THE BENWISKIN CENTRE
Ballintrillick, Co. Sligo - Tel: 071 9176721

CLASS SCHEDULE 2020

	CLASS	TIME	DETAILS
MONDAYS	COMMUNITY GARDEN (Tutor to be confirmed)	9.30am - 11.30am	Mar/Apr to Sept 20-22 week course / €60
	CIRCUIT TRAINING (Angel Fitness)	10am - 11am	Blocks of 6 weeks / €48 or pay as you go
	YOGA (Catherine McGagh)	11.30am - 12.30pm	Block of 6 weeks / €50 Pay tutor directly
	SCOUTS (Cubs 9 - 11yrs) (12 th Sligo Ballintrillick Scouts Group)	5.50pm - 6.50pm	Jan - June and Oct - Dec €4 pw
	YOGA (class full) (Pernille Burns)	8pm - 9.30pm	1 Block of 12 weeks / €108 or pay as you go €10 pw
TUESDAYS	PARENT & TODDLERS	10am - 12pm	Jan - June and Sept - Dec €3pw
	STEP AEROBICS (Angel Fitness)	7pm - 8pm	Blocks of 6 weeks / €48 or pay as you go
	SINGLE HAND CARDS (Volunteers Pat McGowan and Johnny Duignan)	9pm - 11pm	Oct - Mar / €5 pw
WEDNESDAYS	ART FOR ADULTS (Andy Parsons)	10am - 1pm	Commences 11/3/20 1 block of 14 weeks / €98 or pay as you go €8 pw
	TAI CHI (Philip Scanlon)	7.30pm - 8.30pm	Blocks of 6 weeks / €42 Or pay as you go €8 pw
THURSDAYS	OBSERVATIONAL DRAWING (Aideen Connolly)	10am - 12pm	Commences 5/3/20 1 block of 14 weeks / €112 or pay as you go €9 pw
	CONSCIOUS COOKING FOR HEALTH AND WELLBEING (Tamara Samson - Forager's Basket)	7pm - 9pm	Demonstrations 2 evenings 26/3/20 and 2/4/20 / €20
	FENG SHUI (Geraldine McGloin)	7.30pm - 8.30pm	Free taster session 7/5/20 Classes will run for 6 weeks from 14/5/20

TUTORS REQUIRED - contact us on 071 9176721 for further details.

Further details for all classes are available at <http://www.benwiskincentre.com/classes/>

If you are interested in enrolling for classes, please sign up online or contact us on 071 9176721

UPCOMING ACTIVITIES INCLUDE:-

Chalk painting workshop - date to be confirmed for April/May 2020

Beekeeping workshops - dates to be confirmed for September/October 2020

OTHER NEWS

Cultural Companions

An Age & Opportunity arts initiative



What is Cultural Companions

Many of us would go to a lot more plays, shows, and workshops if we had someone to go with. That's why **Hawk's Well Theatre** is pleased to announce a new initiative **Cultural Companions**. A new network of like-minded people interested in arts and culture who can accompany each other to cultural events. This is a great way to meet new people with shared interests.

How it works

The process is simple, each season the Hawk's Well choose a variety of shows from our brochure, a list is then sent out to all cultural Companions on our mailing list. Each person then reviews the list and calls or pops into our box-office to book the shows they want to attend (remembering to tell the box office staff that they are a **Cultural Companion**). Our box office team will then make sure that all the companions are seated together for the show. On the day of the show, we will have a table reserved in our foyer and a member of staff will be there to meet all the companions and make introductions. The companions can also enjoy free tea and coffee from our bar before going to enjoy the shows together.

How to book an event

All tickets are to be booked directly by **Cultural Companion** members at our box office, either in person or over the phone. Please remember to let our box office staff know that you are a **Cultural Companion** when making your booking, so that they can ensure you are seated with other companions.

Please make sure that you book your ticket in advance of the evening so that we are aware that you will be coming along.

Spread the word

It's good to share, so if you think a friend would be interested in joining, please ask them to contact Jane on **071 916 1518** for more information or email jane@hawkswell.ie



**Special
Olympics**



Special Olympics have a number of events locally for which they need volunteers:

The annual collection day takes place April 24th nationwide and we are looking for volunteers on the day to shake a bucket.

The Special Olympics Athletics advancement event takes place 13th of May in IT Sligo and volunteers are required to help run the day. More details from Breffni.gorman@specialolympics.ie

OTHER NEWS



The Kinlough Peoples market starts back
March 29th
with their first market of the year.
The indoor market runs 11am-3pm the last Sunday
of the month
with hot food, craft bakers, craft stalls and
we have a fairy forest for the children to enjoy.

Check out the FB page Kinlough Peoples Market.



Events for North West Simon Community

Coffee Morning Carraig Donn Sat 7th March 11 to 4

Coffee Morning Kinlough Community Centre Tue 10th March 11 to 1

Coffee Morning Ballagh Centre Thurs 12th March 11 to 1

Coffee Morning Sligo Credit Union Thurs 26th March 10.30 to 1.30

Coffee Morning AIB Sligo Fri 24th April 11 to 4

If anyone wishes to organise a coffee Morning
please get in touch 087 7708865

OTHER NEWS

The annual Drumcliffe Rathcormac Area Spring Clean will take place this year on Saturday, 4 April. Please meet at Rathcormac National School at 10am wearing Hi-Viz vests and gloves, if you have them (a limited number of gloves will be available). Please come out and lend a hand in making sure that our area remains neat clean and tidy. Sponsored by Drumcliffe Rathcormac Tidy Towns Committee. For further information please contact 087 997 3558).



Last year, the Strandhill Guild of the ICA began an initiative to recruit new members. This was to ensure the survival of this long-standing guild which has been a part of the fabric of Strandhill for over 50 years. The initiative was a resounding success and the number of members has more than doubled. The guild meets on a monthly basis in Dolly's cottage in Strandhill, which they run as a heritage museum for the community during the summer months. The group also organize many diverse activities and classes including regular ukulele classes, jam making classes, and, most recently a make-up class, with celebrity make-up artist, Leonard Daly. Classes and events for the coming months include crochet classes, a literary excursion and a gardening class with a focus on growing your own vegetables. Details are available on the ICA Facebook page or Dolly's cottage Facebook page. New members always welcome!

DESIGN YOUR DAY

EASTER CAMP



CHOOSE FROM.....

BUSHCRAFT, ART &
CRAFT, COOKING,
BAKING, OUTDOOR &
INDOOR GAMES, MUSIC,
COMPUTERS, QUIZZES,
SCAVENGER HUNTS,
SCIENCE, GARDENING,
FASHION, NATURAL
CRAFTS AND MORE.



AGES 5 - 14 YEARS

€99 FIRST SIBLING

€79 SECOND SIBLING

€59 THIRD SIBLING



APRIL 14 - 17

10AM - 3PM



WWW.SLIGOSUDBURYSCHOOL.COM



Foróige's Big Brother Big Sister Youth Mentoring Autism Specific Programme Seeks Volunteers

Would you like to gain volunteering experience and make a difference in the life of a young person? Do you have one hour per week to spare? This programme works specifically with young people aged between 12 & 24 years who have autism, to support them with the transition from second level education to third level and/or employment. The programme matches an adult volunteer with a young person who would benefit from having a mentor in their lives. Females are matched with females, males with males. Matches are based on similar interests. As a volunteer you will be supported to establish a relationship with the young person, aimed at assisting them in their development. Ongoing training and support is provided. We need male and female volunteers. The commitment is a weekly meeting with the young person for about an hour over the course of one year. If you would like to hear more about this volunteering opportunity contact Elaine on 086 0497089 or by email Elaine.granaghan@foroige.ie

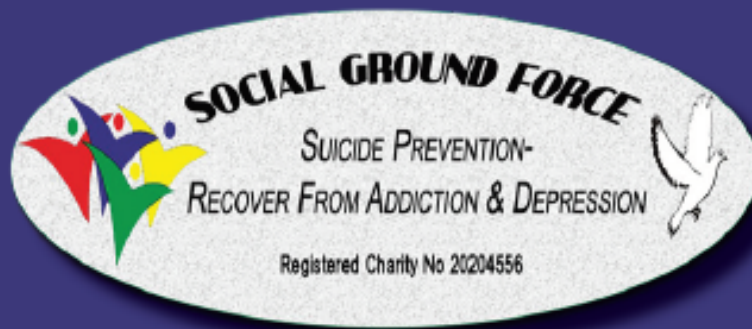
"A little time, a big difference"

Grants available for youth groups

Sligo Youthbank is delighted to announce that its grant round for 2020 is now taking applications. Applications are being accepted from youth groups/clubs in County Sligo. Groups must have 3 or more members between the ages of 12 and 18 years. All applications should be youth led and aim to have a positive impact on the community. As this grant round is funded through the PEACE IV programme, all application should convey a theme of peace, inclusion and/or celebration of diversity and community involvement. Closing date for applications is Friday 3rd of April 2020.

To receive your application or for further information please email Sligoyouthbank@foroige.ie or call 086 0497089.

OTHER NEWS



INFORMATION FUNDRAISER ON UNDERSTANDING ADDICTION THROUGH EDUCATION & A RAW PRESENTATION ADDRESSING THE DEATH GAP (STRIKE FORCE COUNSELING)

(The Span of time between asking for help and actually getting help)

Fact!

65% of ALL SUICIDES
ARE RELATED TO
ALCOHOL

WE ADDRESS THIS
STATISTIC

Fact!

AN AVERAGE OF 527
SUICIDES PER YEAR

SINCE 2001 THAT'S ONE
PERSON PER DAY

Addiction is a Complicated Disease, but there is a simple solution. Come with an open mind, what you hear could save your life or that of a family member/ friend.

Testimonies from those who have walked the walk, to the Gates of Hell and survived, Now they share part of that experience with you.

Tickets €15, can be purchased @ Pauline Dineen Hair Design, 1A Charles Street Sligo, or over the phone 089 235 3995 or 086 894 1991

Venue: Sligo Park Hotel
Date: Thursday 12th March 2020
Time: 7PM - 9PM