

SLIGO PPN NEWSLETTER

SLIGO PPN NEWS

Connecting the Sligo Community since 2014



COVID-19 NEWSLETTER

Welcome to the special COVID-19 edition of the PPN Newsletter.

Due to the current situation we appreciate that many of our community groups and organisations have had to close as a result of the Covid-19 pandemic or change the way they are operating. We fully understand how challenging and difficult this situation is for people, so we have decided to issue a special edition Covid-19 Newsletter to keep people fully updated and informed.

Once again 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>



SLIGO PPN TEAM UPDATE



Sligo PPN have been extremely busy the last few weeks in response to Covid-19 and here is some of the important things we have been doing:

- Sligo PPN are a member of the newly formed Sligo Community Response Forum.
- Sligo PPN created and mapped a network of all registered community and voluntary groups who are offering expanded services at this time under the community call.
<https://www.sligoppn.com/sligo-community-responses-under-covid-19/>.

The aim of this is map is to let all our community members know what is open. This map was a vital tool for the community response countywide helpline in response to those in need.

- Sligo PPN create a map of local businesses providing essential services and this is also used by the helpline <https://www.sligoppn.com/shops-open-during-covid-19/>.
- We have created an information page on our PPN website which pulls together in one place all the official and relevant information. This is organised under various post headings such as health and community resources, information for people with communication difficulties and financial assistance <https://www.sligoppn.com/covid-19/>. This is regularly updated to ensure the most up to date information is available and the most relevant information disseminated directly to groups and promoted on social media.

SLIGO PPN TEAM UPDATE

- To ensure wellbeing initiatives are accessible to broader sectors of the community, we are adding them to our own website which has translation and accessibility functions
- Sligo PPN co-ordinated with the Irish Red Cross to source a donation of food from Nestle and this was delivered to Sligo in May. We connected with Tusla and SLPCo to make sure the food was allocated to those most in need
- We have supported Sligo County Council to ensure funding they secured will go to registered volunteer groups to secure the purchase of PPE Equipment. We are also working on the distribution of face shields produced by ITSligo to the most in need community groups.
- We supported Age Friendly Sligo, Sligo Sport and Recreation Partnership on the promotion of the Ageing Well at Home Leaflet and live radio programme
- The PPN are partnering with Sligo Heritage Office to promote a range of biodiversity and heritage initiatives under the health and wellbeing campaign
- We are supporting Sligo Cycle campaign as they try and raise awareness about the abuse of empty roads in terms of reckless and dangerous driving and the implications as more pedestrians are using local roads.
- Sligo PPN currently working in partnership with Sligo, County Council Sligo Volunteer Centre and Sligo leader Partnership to build up a picture of the key needs and concerns of community groups as they think about resuming their operations.

The survey is still

open **<https://www.surveymonkey.com/r/CommunityRestartCovid19>**

If you want to take the chance to let us know what you and your group are talking about and we are working collectively to try and put together a suite of actions and responses that we hope will help groups have the confidence to once again start delivering important community services.

FUNDING INFORMATION

€10 million Outdoor Recreation Infrastructure Scheme will support tourism and community wellbeing in post-COVID recovery - Minister Ring

Mr Michael Ring TD, Minister for Rural & Community Development, today (29th May 2020) announced funding of €10 million under the Outdoor Recreation Infrastructure Scheme for 2020.

The funding is one element of a €30 million package of co-ordinated and complementary supports launched by the Minister this week as part of his Department's Rural Development Investment Programme which is funded under Project Ireland 2040. The other elements of the package announced by the Minister this week were the €15 million Town and Village Renewal Scheme and the €5 million CLÁR Programme. Each scheme will play its role in the social and economic recovery of rural communities over the coming months, following the COVID-19 outbreak. The Outdoor Recreation Infrastructure Scheme provides funding for the development of new and existing outdoor recreational infrastructure in rural areas. The Scheme is funded by the Department of Rural and Community Development in partnership with Fáilte Ireland. In launching the 2020 scheme today, Minister Ring said:

"The Outdoor Recreation Infrastructure Scheme has been crucial to the development of the recreation facilities enjoyed by growing numbers of locals and tourists in rural areas in recent years. These facilities are now more important than ever in light of the COVID-19 emergency.

"The COVID situation has given people a renewed appreciation of the benefit of the outdoors to their wellbeing. More than ever, they value the outdoor recreation infrastructure in their local areas.

"We know that more people have been taking part in outdoor recreational activities since the COVID-19 restrictions became a part of our daily lives. An additional 500,000 regular recreational walkers took to the pavements, walks and trails during March and April 2020 compared to 12 months earlier. The same period also saw significant numbers of new runners and cyclists.

"The walking trails, cycleways, mountain access routes and other facilities that the Outdoor Recreation Infrastructure Scheme supports provide vital opportunities for people in rural areas to enjoy the outdoors in a safe environment."

The Minister continued: "These recreational facilities also have an important economic function. Funding for local greenways, blueways and walking trails will support activity tourism and the many thousands of local jobs which the sector provides.

"The natural resources available to us here in Ireland continue to offer great potential for activity tourism. Walking and cycling are amongst the main activities undertaken by both domestic and overseas tourists, and this trend is set to increase as the economy recovers.

"I am delighted that Fáilte Ireland has joined with my Department again this year to financially support the Outdoor Recreation Infrastructure scheme. I have also increased the funding rate that will apply to projects approved under the scheme this year, from 80% to a maximum of 90%. This should ensure that the requirement on communities and other applicants to source match funding is kept to a minimum."

Orla Carroll, Director of Product Development at Fáilte Ireland noted:

"This Scheme will lead to new and improved facilities for outdoor recreation and tourism activity across the country that will be enjoyed by locals and tourists alike. New walking and cycle trails and blueways will be key to helping the tourism industry throughout Ireland start to recover from the current COVID-19 pandemic. This crisis has seen many more people actively engage in outdoor recreation and our consumer research shows that this is expected to continue and grow further into the future.

"The Scheme will help to provide more recreational assets across rural Ireland for locals and visitors to enjoy active nature experiences. It will support better visitor management which will help address congestion and over-crowding at some of the most popular recreation locations."

In conclusion, Minister Ring added: "Outdoor recreation will continue to play an important role in supporting the physical, mental and economic wellbeing of rural communities over the coming years. My Department is committed to supporting the sector to maximise its potential and to ensure that it plays an important part in the social and economic recovery from COVID-19.

"I also gave a new mandate to Comhairle na Tuaithe (The Countryside Council) last year to advise on the development of the outdoor recreation sector and to promote the sustainable and responsible use of the outdoors."

Further details on the Outdoor Recreation Infrastructure Scheme are available

at: <https://www.gov.ie/en/policy-information/fd0c9f-outdoor-recreation-infrastructure-scheme/>

FUNDING INFORMATION

Minister Ring announces €15 million for economic recovery in rural towns and villages

New measure in 2020 scheme directed at the economic and social recovery of towns and villages in response to COVID-19

Town & Village Renewal Scheme part of €30 million package for Rural Development announced by the Minister this week
Mr Michael Ring TD, Minister for Rural and Community Development, today (Wednesday 27th May) announced details of a €15 million allocation for the Town & Village Renewal Scheme for 2020.

The Town and Village Renewal Scheme is one element of a €30 million package of integrated supports that the Minister is launching this week as part of his Department's Rural Development Investment Programme which is funded under Project Ireland 2040. The other elements of the package are the CLÁR Programme which was launched on Monday last, and the Outdoor Recreation Infrastructure Scheme which will be announced later in the week.

The Town & Village Renewal Scheme provides funding for projects that support our rural towns and villages to be more attractive and sustainable. This year's scheme will, in particular, support projects that aid the economic and social recovery of towns and villages in response to COVID-19.

Announcing the funding,

Minister Ring said: "I am pleased to announce the launch of the Town and Village Renewal Scheme for 2020 with funding of €15 million. This builds on and complements the funding I announced under the CLÁR programme earlier this week. The impact of the Town and Village Scheme can be seen in every corner of Ireland, with over 800 projects approved for funding of almost €68 million since 2016.

"Towns and villages are at the heart of economic activity in rural areas and they are also key hubs of social interaction. As the COVID-19 restrictions are eased in line with the Government's Roadmap for Reopening Society and Business, our rural towns and villages will have an important role to play in supporting economic activity and in providing safe spaces for people to meet. This year's Town and Village Renewal Scheme has therefore been developed to help our towns and villages to bounce back from the impact of COVID-19.

The Minister continued: "As has been the case previously, the scheme will provide funding of up to €200,000 for a broad range of strategic proposals to support our towns and villages. This year, these strategic interventions will place a particular emphasis on the economic and social recovery of our towns and villages. This might include public realm projects to make our towns and villages more accessible in the context of COVID-19 public health requirements, or supports for projects with a direct economic component such as enterprise hubs or remote working solutions.

"In addition, I am introducing a new standalone Measure under the scheme that will provide accelerated support for towns and villages to adapt to public health requirements such as social distancing in the short term, and to encourage increased footfall in our towns and villages as we re-open society and business."

On the new accelerated Measure, Minister Ring said:

"This new Measure will include a simplified application and approval process to enable smaller projects which are part of a response to COVID-19 to be approved and delivered quickly. The Measure will provide funding of up to €25,000 per project, increasing to €40,000 for higher impact projects.

"While the Measure will be delivered through Local Authorities, I will expect the project proposals to be developed in conjunction with local business and community groups in each town and village. The type of initiatives which could be supported include projects which temporarily repurpose or pedestrianise public areas to facilitate street trading; the development of an online platform to promote all of the retailers in a particular town or village; small scale events that attract people back into town centres in a safe way; or minor public realm works that make our towns safer and more attractive.

"This is just an indicative list, and I have left this Measure as open and flexible as possible so that we can fund good ideas that emerge locally. Every town and village is different and I anticipate that the solutions that are developed by each town and village will reflect those differences."

The Minister concluded:

"The Town & Village Renewal Scheme has been very successful in making our towns and villages more attractive places in which to live and work, and in stimulating economic activity. I am confident that it will continue to play an important role in the times ahead as we rethink how we live, work and socialise in our rural towns and villages.

Along with the other elements of my Department's Rural Development Investment Programme, the Town & Village Renewal Scheme represents a real opportunity to invest further in the sustainability of our rural communities. I have increased the funding rate that will apply to projects approved under the scheme this year, from 80% to a maximum of 90%. This should ensure that the requirement on businesses, communities and Local Authorities to source match funding is kept to a minimum."

Full details of the 2020 Town & Village Scheme are available at <https://www.gov.ie/en/policy-information/01125e-town-and-village-renewal-scheme/>.

FUNDING INFORMATION

2020 CLÁR Programme will help rural communities respond to COVID-19 – Minister Ring €5 million fund forms part of Minister’s integrated Rural Development Investment Programme

Mr Michael Ring TD, Minister for Rural & Community Development, today (Monday 25th May) announced details of the CLÁR programme for 2020. CLÁR is one element of a €30 million package of co-ordinated and complementary supports that is being launched by the Minister this week as part of his Department’s Rural Development Investment Programme. The other elements of the programme to be opened later this week will be the Town Recreation Infrastructure Scheme. The Rural Development Investment Programme is funded under Project Ireland 2040.

CLÁR provides funding for small scale infrastructural projects in rural areas that have suffered significant levels of population decline. The supports provided through CLÁR have been tailored this year to help rural communities to respond to the new COVID-19 environment. This includes the addition of new funding measures.

The measures being funded under the 2020 CLÁR programme are:
Measure

- 1: Schools/Community Safety measures (expanded in 2020) Measure
- 2: Community Recreation Areas (new in 2020) Measure
- 3: Community Wellbeing Supports, comprising:
 - Meals on Wheels and linked services (new in 2020)
 - Mobility and Cancer Care Transport

Announcing the funding, Minister Ring said:

“I am pleased to announce the launch of the CLÁR programme for 2020. Since I reopened the scheme in 2016, it has made a very positive contribution to some of our most remote rural communities, supporting over 1,400 projects with funding of almost €33 million. This year, more than ever, these communities need our continued support.

“I have reviewed and revised our approach to CLÁR this year so that it reflects the new challenges which COVID-19 has brought to our communities. In particular: The Schools and Community Safety Measure, which funds items such as pedestrian crossings and footpaths to provide safe access to schools, has been broadened to allow additional investments to adapt areas around schools and community facilities to help meet new public health requirements arising from COVID-19.

Funding will be provided under a new Measure for community recreational areas where friends and families can socialise outdoors in safe, accessible, community spaces while respecting public health guidelines. This Measure will include support for items such as picnic benches/tables, outdoor covered seating or BBQ areas, public lighting, bicycle stands, bandstand/stage areas, etc. These recreational areas will be particularly important for community social interaction in the coming months, in line with the Government’s Roadmap for Reopening Society and Business.

Community organisations providing meals on wheels and other community services will also be supported to purchase kitchen or food delivery equipment. They can also access funds for any adaptations that may be necessary to their existing vehicles as a result of new public health guidelines. I am delighted to be able to assist these organisations that provide vital services which support people to live in their own homes while also playing a role in combating rural isolation.

We will also separately continue to fund vehicles for those vital voluntary organisations that provide free transport for people with mobility issues and for those attending cancer treatments.”

Minister Ring continued: I have introduced a standard grant rate of up to 90% of the total cost of projects across all of the CLÁR Measures this year. This should ensure that the requirement on communities or Local Authorities to source match funding is kept to a minimum. With the introduction of these new Measures, my Department will play its part in helping rural communities adapt their local spaces and support their interactions with one another in a safe but inclusive way. I will be announcing further complementary supports in the coming days under the Town and Village Renewal Scheme and the Outdoor Recreation Infrastructure Scheme as part of my Department’s Rural Development Investment Programme”. Full details of the CLÁR Programme for 2020 are available at <https://www.gov.ie/en/policy-information/91ba52-clar/>.

FUNDING INFORMATION

Sligo Funding Digest May – June 2020

Please visit below link to read the full range of funding opportunities open to groups across County Sligo

<https://www.sligoppn.com/sligo-funding-digest-may-june-2020/>

Grant Detail
The 2020 Student Bursary Scheme Type: Human Rights / Training Deadline: tbc Learn More
WWGS Grant Funding Type: Development Education / Youth Deadline: 15 May 2020 Learn More
Human Rights and Equality Grants Scheme 2020 Type: Human Rights / Equality Deadline: 19 May 2020 Learn More
2020 Artist and Youth Work Residency Grant Scheme Type: Arts / Youth Deadline: 20 May 2020 Learn More
3rd EU Health Programme Type: Health / EU Deadline: 3 June 2020 Learn More
Horizon 2020 Type: Research / Health Deadline: 4 June 2020 Learn More
SFI Discover Programme 2020 Type: Research / COVID-19 Deadline: 10 June 2020 Learn More
Culture Ireland Grant Type: Arts / Performance Deadline: 15 June 2020 Learn More
Additional COVID-19 Resources Learn More

UPDATE FROM OUR COMMUNITY GROUPS

IT Sligo and Sligo PPN launch research to assess value of the community and voluntary effort during Covid-19

As the Covid-19 crisis continues with no real end in sight, it can be hard to find positive aspects to our new way of life. But through the community and voluntary sector in Ireland, a movement in response to this crisis has emerged, that should generate an unparalleled sense of national pride.

The sense of communal solidarity that has been witnessed across communities, both in organised community response groups and individual acts of kindness to our neighbours, is a legacy that should never be forgotten, neither by the people whose lives have been touched, nor by the leaders of our county who have the power to change the face of the community sector in this country.

The Institute of Technology Sligo supported by Sligo Public Participation Network is undertaking a research project to evaluate the societal and economic impact of community and voluntary groups during the Covid-19 crisis.

The overarching goal of the project is to highlight the contribution of the community sector through this crisis and to explore potential scenarios that may have occurred should the community sector have not stepped up to answer Ireland's call. The first phase of the project aims to gain an insight into the experiences of volunteers during the Covid-19 crisis.

The "Impact of the Contribution of Community in the Response to Covid-19" survey consists of 24 questions and will require 10-15 minutes to complete. If you wish to share your volunteering experience during the Covid-19 crisis please complete the survey at the following link: **<https://www.surveymoz.com/s3/90238406/Impact-of-the-Contribution-of-the-Community-in-the-Response-to-Covid-19>**

For further information please contact lang.yvonne@itsligo.ie or swetherald@sligococo.ie



Re-opening of Community Centres

On-line information course to assist Community & Voluntary Sector in Sligo

County Sligo Leader Partnership Company CLG SICAP – Programme

Date: Thursday 11th of June at 11.30am

The topics covered will be;

- COVID-19 protocols for returning to operations
- Risk management
- Risk assessing for COVID-19
- Risk assessment templates
- Useful forms and checklist
- Roadmap to reopening
- Questions and answers

The training course is the first stage in a number of support measures which County Sligo Leader Partnership Company will be providing to the community and voluntary sectors over the next few months as we prepare for re-opening.

To register for the training course please email eharan@sligoleader.com and details will be forwarded.



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Investing in your future
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Riadas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020

UPDATE FROM OUR COMMUNITY GROUPS



We know you are all trying to figure out what lies ahead for your organisation and for the sector in general. It is a struggle we are all facing. The Sligo Volunteer Centre has remained open since the crisis began and we have relished being a part of the amazing community response. We are still here to assist all the volunteers and voluntary organisations through these difficult and changing times. You can contact us on 0719111042, email info@volunteersligo.ie and visit the website www.volunteersligo.ie.

How does the future look for us?

For sure, we will all have to do things differently going forward.

In normal times our face to face meetings and our Volunteer Manager's Get Togethers are always very helpful for networking and support. As a starting point, we are looking at taking a version of this online and are looking to gauge interest.

If you'd be interested in a Zoom session with a small group to tease out some ideas please let us know and we will arrange something in the next few weeks.

In the meantime, Volunteer Ireland has some topical & relevant new webinars coming up which might be of great interest to you including:

- Fundamentals of retaining short term volunteers (from COVID-19)

- Fundamentals of volunteer screening

- Global trends in Volunteering

- Garda Vetting Fundamentals

- Risk Management.... and many more

- Plus an 11am online coffee break every Friday

For dates and times see here: <https://www.volunteer.ie/event/>

If you have any suggestions or questions for the Sligo Volunteer Centre around how we can work together and learn from each other over the coming months, please get in touch.

UPDATE FROM OUR COMMUNITY GROUPS

SENIORLINE FREEPHONE 1800 80 45 91 Open 10am to 10pm every day
Established 22 years ago,

SeniorLine is the national peer-to-peer and confidential Freephone service offering a listening ear, befriending and guidance support to older people.

Open 365 days a year, from 10am to 10pm, this cost effective service is provided by 179 professionally trained older volunteers. People call for a variety of reasons including loneliness, anxiety, depression or other mental health issues, seeking information or guidance on practical matters, over family problems or financial concerns.

As older people themselves, our volunteers are well placed to listen and understand these concerns, and provide reassurance, up to date information, and referrals to our wide network of partners. External evaluations of SeniorLine have consistently confirmed its relevance and effectiveness, while quality is underpinned by continuous professional development of our volunteers.

During the Covid 19 crisis, SeniorLine has continued its broad range of work as well as preparing and supporting our volunteers to deal with the new and ongoing issues. Current callers are experiencing practical and emotional difficulties, and in some cases their mental health is being negatively impacted by the current situation. SeniorLine volunteers are supporting all to understand and adapt to a continuously changing situation and to take advantage of community supports and services. This work continues as we move into the future.

UPDATE FROM OUR COMMUNITY GROUPS

Sligo Social Service Council CLG

Despite the current challenges, we are continuing to provide essential services, in fact it's all go. Meals on Wheels is busier than ever with meals being cooked and delivered ensuring that the older people in our community can remain cocooned and know that a meal will be delivered at lunchtime.

A big thank you to the volunteers and the Gardaí who are helping us by delivering meals. To access this service Tel: 071 91 45682 or email lorna@sligosocialservices.ie.

We have also been able to deliver other items to this large group of older people including newspapers provided by Sligo Council, Easter Eggs provided by the Radisson Hotel and Steifel and information regarding COVID 19.



Our Befriending Service is unable to carry out home visits to older people at present however our Friendly Call services is providing a friendly telephone call to older people who would like to have a call and a chat form us. Anyone wishing to avail of this service can email befriending@sligosocialservices.ie.

Sligo Social Services Homeless Service is operational 24/7 with a dedicated team of staff implementing safety measures as per HSE advice for residential services during lockdown.

Despite the challenges of Covid-19, we are also now up and running with our Regional Housing First Service.

Our Youth Counselling Service, Addiction Service and Housing Liaison Service are continuing to provide support to clients remotely.

We are still available by appointment in Charles Street to assist people with advice, information and material aid.

For all of our services you can contact Sligo Social Services on 071 91 45682 or email info@sligosocialservices.ie.

UPDATE FROM OUR COMMUNITY GROUPS

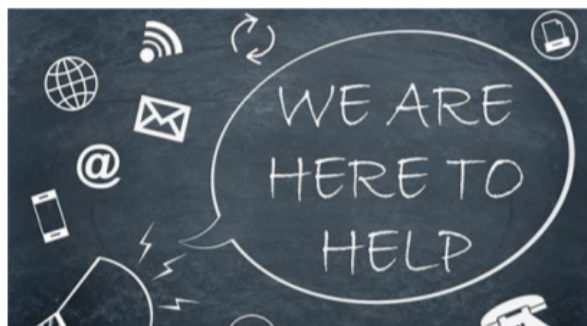


Moving Parents And Children Together

Moving Parents and Children Together,

Although during this current situation M-PACT is unable to run a face to face programme with families affected with addiction, our staff are still ready and available to offer support and advice to professional agencies, individuals and their families with both telephone and on line support. We are supporting individual families by providing an abridged version of the M-PACT (Moving Parents and Children Together) programme.

Many families are struggling in this period of social isolation. If your life is being impacted by a loved one's addiction and you need advice, support or just a listening ear, reach out for help and make the call in complete confidence on 085 8759313 or Email: sligoleitrim@alcoholforum.org
Or Facebook - <https://www.facebook.com/movingparentsandchildrentogether/>
The Alcohol Forum is also providing a Telephone support service for help and advice contact them on 085 8307066, www.alcoholforum.org



The committee of Ballymote Heritage Group regretfully wishes to announce that its programme of lectures, discussions and outings that was scheduled for this year's August Bank Holiday Weekend (31st July to 3rd August) has now been cancelled. This decision was taken to comply with Phase Four of the exit strategy of the reopening road map that was announced by the Covid -19 National Programme on the 3rd May. Thankfully plans for the 2021 Heritage Weekend are now at an advanced stage. This cancellation will result in the first occasion that the Ballymote Heritage Weekend will fail to take place since its inception in 1989. The Heritage Group is delighted to announce that Issue 53 of its historical and cultural journal, The Corran herald, is now at an advanced stage of preparation and will be on sale at its usual outlets during the first week of August. As soon as meetings can be arranged Ballymote Heritage Group will resume planning for its programme of winter events.

UPDATE FROM OUR COMMUNITY GROUPS



Since The Model building closed to the public on 12 March, our team has been busy working on a fun, colourful online programme. The Model: Inside Out is a space where people of all ages can learn more about art and artists from their homes. Fresh and stimulating artistic activities for children & families are added to our website each week, and have a special focus on the Yeats Family's spirit of creative collaboration. The activities have so far included Comic-Making, Printing, Sound Experiments and a series of Colouring-In featuring special Sligo landmarks. All activities stay live on our website and can be accessed free of charge, anytime here. We are delighted to present a special project for Older People with the artist Michael McLoughlin, where people are invited to come together virtually to revisit and reminisce about the Showband Era in Sligo/Leitrim from the comfort of their own homes, over Zoom sessions led by the artist. These events are free and easy to access, more information and booking information is [here](#). Each Monday and Friday on Instagram we share images and insights on work within The Niland Collection and invite people to post their questions to us. It's a great way to continue to share the municipal art collection with Sligo people while we are closed. For general audiences we are presenting a range of Zoom Talks, Workshops and Discussions; Reading Groups, Illustrated Publications and more, all of which can be accessed any time, free of charge [here](#). If you have ever been tempted to explore your creative side, then join us for The Model: Inside Out and explore the many different ways you can continue to learn about, experience, and make art through our online activities. Follow us on Instagram, Twitter and become a fan on Facebook we would love to connect with you.

UPDATE FROM OUR COMMUNITY GROUPS

1st Prize €100 One for all voucher
2nd Prize €50 One for all voucher
3rd Prize €25 One for all voucher

Sligo
Comhairle na nÓg
Young Voices. Local Issues.

Online Photography Competition Open to 13 - 18 yr olds in Co Sligo

closing date June 14th

Send us your photos on how you get your 5 a day for positive health & wellbeing (connect, be active, take notice, give, keep learning)

Entries are judged on your photography skills, the content of your photo & how it relates to the 5 a day for wellbeing

Email your entry to
Elaine.granaghan@foroige.ie or DM our
Instagram Page [Sligo_comhairle](https://www.instagram.com/Sligo_comhairle)



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

UPDATE FROM OUR COMMUNITY GROUPS

Online Course Timetable

18TH MAY - 29TH MAY 2020

Courses Delivered Via **zoom**

Course	Date	Time
Practicing Self Care	18th May	10.30am - 11.00am
Covid Wellness Toolbox	19th May	2.30pm - 3.00pm
Getting a Good Night's Sleep	20th May	4.00pm - 4.30pm
Mindful Sleep	21st May	4.00pm - 4.30pm
Mindfulness and Relaxation	22nd May	10.30am - 11.00am
5 Ways to Wellbeing	26th May	2.30pm - 3.00pm
Tips for Anxiety During COVID-19	27th May	11.00am - 11.30am
Steps to 'Appiness	26th May	11.00am - 11.30am
Models of Wellbeing	29th May	10.30am - 11.00am

Interested in a course?
Get in touch to register today -

 NI (028) 7186 5149 or ROI (086) 606 9480

 recoverycollegewest@westerntrust.hscni.net

  @InnovationRecov

 Health and Social Care

 Western Trust | Western Health | Western Health | Western Health

UPDATE FROM OUR COMMUNITY GROUPS



Online Course Timetable

1ST JUNE - 12TH JUNE 2020

Courses Delivered Via **zoom**

Course	Date	Time
Hope and Optimism	1st June	2.30pm - 3.00pm
5 Ways to Wellbeing	2nd June	3.00pm - 3.30pm
Tips for Managing Anxiety	3rd June	11.00am - 11.30am
Learning to Like Yourself	4th June	3.00pm - 3.30pm
Practicing Self Compassion	5th June	10.30am - 11.00am
Living Beyond Depression	8th June	11.00am - 11.30am
Tips for Anxiety During Covid-19	9th June	2.30pm - 3.00pm
Coping with Change	10th June	12.30pm - 1.00pm
My Wellness Toolbox	11th June	11.00am - 11.30am
Navigating Mental Health Services	12th June	10.30am - 11.00am

Interested in a course?
Get in touch to register today -

 **NI (028) 7186 5149 or ROI (086) 606 9480**
 **recoverycollegewest@westerntrust.hscni.net**

  **@InnovationRecov**

 **Health and Social Care**

 **Health and Social Care**

UPDATE FROM OUR COMMUNITY GROUPS



During the pandemic here is something that Cranmore Coop have been working on. Previous to COVID 19 a cross community group have been working on discussing, recording and sharing stories on religion, history and difference in cultures. The series of podcasts is named The Harmony of History the first podcast was released April 24th and thereafter weekly to date.

The Harmony of History Podcast series is funded by the International Fund for Ireland under the Peace Impact Programme. Cranmore Co-op supported and funded by IFI have put together an amazing collaboration of Podcasts. The hard work by our Community Development Worker Marcella has been rewarded by the publication of fascinating tales of shared history. Marcella has put her heart and soul into this project. Along her journey she has met some amazing people and heard some fascinating stories and finally they are being shared with you.

Check out the links below to listen to these magnificent podcasts. This first one in particular is very relevant to the current pandemic in which we find ourselves.

Podcast Part 1 -The Cholera Epidemic Sligo 1832

First guest speaker local historian, Dr Fiona Gallagher.

Dr Gallagher is a native of Sligo town and has a long-abiding interest in the urban fabric and development of the town, and urban morphology, Fiona is also the author of the 'The Streets of Sligo: Urban evolution over the course of Seven Centuries', and co-author of the Royal Irish Academy's 'Historic Town Atlas of Sligo'. Dr Gallagher's lecture focused on the Cholera epidemic of 1832 in which hundreds of people died and thousands fled the town.

This talk took place only a few weeks prior to the Covid-19 pandemic outbreak and the timing is obviously poignant, due to the tantamount similarities between the two epidemics.

<https://www.youtube.com/watch?v=wx5aGrefJfU>

<https://soundcloud.com/ken-gunning-221356668/1832-sligo-cholera-outbreak>

UPDATE FROM OUR COMMUNITY GROUPS

PODCAST Part 2 – Remembering the Past -Sharing the Future

We were delighted to have as our second episode guest speaker Doctor John O' Callaghan. Dr O'Callaghan is the Adult and Community Education Officer in the Centre for Lifelong Learning, St Angela's College, Sligo. John is a historian of modern Ireland and his research looks at: the Irish education system; the Irish Revolution of the early twentieth century, and its impact on individuals and communities; and sports history.

This Podcast covers a range of topics including displacement, violence, politics and religious differences with plenty of involvement from the group within the workshop to add a real sense of how history can shape the present social fabric of a community.

<https://www.youtube.com/watch?v=MA1SSLYn-J0>

<https://soundcloud.com/ken-gunning-221356668/remembering-the-past-sharing-the-future>

Podcast Part 3- A social history of Inishmurray Island.

We are delighted to have as our third guest speaker Joe McGowan -Joe is a native of Mullaghmore, Co. Sligo.

<https://www.youtube.com/watch?v=FyoMf1TzMBg>

Podcast Part 4- The Masons- A part of society not Apart From Society.

In this Podcast we are delighted to be in the Masonic Hall, The Mall, Sligo to discover what lies at the top of those steps. We are joined by members of the Masonic Order in Sligo to explore the history of the Order since the first lodge was established in Sligo in the 1770's.

<https://www.youtube.com/watch?v=qOwk7Ohuol4>

<https://soundcloud.com/ken-gunning-221356668/the-masons-a-part-of-society-not-apart-from-society>

These Podcasts would not have been possible without the collaboration and support of the residents in Cranmore and Sligo town. This cross-community group's contribution, commitment and knowledge was paramount to the success of this project, the lecturers and speakers who delivered wonderful exploration of our local history and conversation were exceptional. These included Dr Fiona Gallagher, Simone Hickey, Dr Marian Mc Garry, Joe McGowan, Dr John O'Callaghan and David Mc Keown. Due to COVID19 it was not possible to develop an image for the series. However, Mary Kelpie came to the rescue with her amazing artwork of the boat with the beautiful blue background. We cannot thank Mary enough for her valued part pictured on the Podcast.

Ken Gunning was the artist who recorded, edited and shared the podcast journey with us. Ken Gunning was born during the troubles in Northern Ireland into a mixed marriage in the early 1970s. Coming from a family of mixed marriage was a cause of concern and his parents emigrated to South Africa in 1974. Growing up in South Africa during the apartheid years meant he was always aware of the fact he would have to go and complete military service and possibly fight on the borders or the townships. In 1990 at 17, he was enlisted to do national service in the townships of Johannesburg. During this time South Africa was going through huge change and the townships where he was stationed were engulfed in violence. After his national service he worked in a ceramics studio until he decided to come to Ireland in 1994 and moved to Sligo in 2007. He completed a fine art degree in IT Sligo in 2018 and has been a practicing artist working in the Model as well as on the panel for the Sligo County Council Arts Panel. His art practice allows alternative ways to explore and begin conversations around subjects such as statehood, displacement, identity, race and politics. This will be his second project as an artist working with the Cranmore Co Op.

The remaining podcasts will be released over the next three weeks on Cranmore Community Cooperatives facebook page [@Cranmore-Coop](#) so take the time while you have it to listen and enjoy our History journey from the comfort of your own home.

UPDATE FROM OUR COMMUNITY GROUPS

PPN Member group WalkingMatters is moving much of its activities, including advocacy work, online. They have recently launched a petition to ask Sligo County Council to stop using any glyphosate-based weed killer, which has been banned by other County Councils. If you would like to sign their petition go to <http://chng.it/tLLnJZsT>



MayDay is the month the RNLI dedicate to fundraising with various events and street collections taking place. However this year is not like any other year, so RNLI Sligo Bay Lifeboat fundraisers have come up with another way to try and raise money.

This May they will be selling pack of Seaside Seeds and Postcards by Annie West. The seeds are x 2 mixes, Bee and Butterfly Friendly and Instant Sunshine Wildflower. Each packet costs €5 and will cover approx. 1 sq m. The packet cover is specially designed by one of our own fundraiser and artist Ann Devaney.

There are also wonderful Annie West postcards for €1 and the artwork was very generously contributed to Sligo Bay Lifeboat by Annie. These items will be available from Monday 18th May at Bay View Stores in Rosses Point. They can be ordered on line and posted anywhere in Ireland for €6

The link for ordering can be found on Facebook - Seaside Seeds. Quantities of seed packets are limited. So why show someone you are thinking of them while supporting your local RNLI lifeboat and send them some flowers and a souvenir postcard (lovely to frame too).

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Each packet = 1sq m

Seaside *Wildflower* *Seeds*



100% funds goes to Sligo Bay Lifeboat

€5
ONLY

*Why not post a
packet to a pal?*



Lifeboats

Fundraising in aid of the RNLI

UPDATE FROM OUR COMMUNITY GROUPS

Launch of new SLigo Film

<https://www.facebook.com/SpanishArmadaIreland/>

Armada 1588 : Shipwreck & Survival' tells the tale of Captain Francisco de Cuéllar, washed ashore on Streedagh Beach near Grange on the 21st September 1588, and his incredible fight for survival. It is based on a true story, and describes how three Armada ships were wrecked at Streedagh, with the loss of more than 1,000 Spanish lives. De Cuéllar was one of the few Spanish soldiers to escape death, and his flight to freedom includes capture and escape, ruin and salvation, told in the words of someone who had to reach the very limits of human endurance to survive. The film was produced for Spanish Armada Ireland by Dublin-based company Mediacoop. It features Spanish actor @Fernando Corral as Francisco de Cuéllar, and also includes many local actors, production and technical staff. Additional production services were provided by Sligo-based production company Omedia. It was filmed in February 2020 in locations across Sligo and Leitrim and is the first docu-drama produced exclusively on the life of De Cuéllar. The film (duration 27 minutes approx.) is a docudrama, and the film script is based on the words of an extensive letter written by De Cuéllar to the King of Spain after he survived his seven month ordeal in Ireland, when he escaped first to Scotland and then to Spanish Flanders, from where he wrote his account.

Visit www.SpanishArmadaIreland.com and click on the Buy Film button at the top of the page; or visit <https://vimeo.com/ondemand/armada1588eng> for the English version or <https://vimeo.com/ondemand/armada1588esp> for the Spanish version.

