

# SLIGO PPN NEWSLETTER

## SLIGO PPN NEWS

Connecting the Sligo Community since 2014



Welcome to the September/October/November 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 want to offer our groups an opportunity to provide an update on your current status - what plans you have in place and also to provide you with an opportunity to promote any online activity you might be exploring.

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 across Covid-19. Some of the key elements we have been involved in include;**

Sligo PPN continues to be a member of the Sligo Community Response Forum, co-ordinating the county response to Covid-19

The survey we undertook with ITSligo assessing the societal impact and value of the contribution of the community sector across Covid-19 is now closed and we are working with ITSligo to analyse the results.

We currently have the election process open for a PPN representative on the Sligo Disability Consultative Committee. Nominations are in and going out to vote next week so please keep an eye out for your chance to vote for the person you want to represent the sector.

The PPN is beginning an initiative with Kids Own to look at how Covid-19 has impacted children all across county Sligo. This will explore their own personal experiences as well as open up discussions about how their needs and priorities have change and what they want decision makers to prioritise for a better future.

Our Consultation phase for the Health and Wellbeing initiative is now complete. After over 1000 people feeding in we are now working to pull the information together in a way that best reflects community need. We will keep you posted.

# SLIGO PPN TEAM UPDATE

The Environment College of the PPN are currently running a series of Information sessions which focus on key environmental priorities that it is important community representatives are aware of. These live sessions are open to all community reps and SPC members, and all presentations are then loaded onto the PPN website.

To see the first 2 sessions featuring;

Professor John Sweeney talking Climate Change and Sligo and Karen Kennedy discussing the EU Water Framework Directive, the current River Basin Management Plan for Ireland 2018-2021, the work of the Local Authority Waters Programme, examples of community engagement activities and community-led initiatives that support water quality protection and improvement. go to <https://www.sligoppn.com/sligo-ppn-environmental-series/>

Sligo PPN as a collective made a submission to the Sligo County Council Corporate Plan, the overarching document which guides the work of the local authority for the next 5 years.

We again want to take the opportunity to thank all the groups who remain on the live database as Emergency Response Groups. We hope we do not need to make the call again but it is great to know that you are all ready to go if needed.

## Keep An Eye Out For.....

Our Engagement Guide for Harder to Reach groups which is going to print and should be available to you all soon.

Announcements regarding upcoming online consultation sessions around the Connaught Eirgrid Programme

The launch of our Community Connections Platform

# STEP UP FOR SLIGO

Sligo PPN, in partnership with Sligo Volunteer Centre and supported by Sligo County Council have launched the Step Up For Sligo campaign which aims to recognise the wonderful acts of community support and volunteering that have been taking place across the county under Covid-19.

We want to celebrate all those who chose to Step Up For Sligo. Check out the stories we have gathered so far by going to [StepupforSligo.com](https://StepupforSligo.com) or email us in your own story to [stepupforsligo@gmail.com](mailto:stepupforsligo@gmail.com)



## Step Up For Sligo

[Home](#) [About](#) [The People](#) [The Plan](#) [The Presentation](#) [The Participants](#) [Stories](#)



### Riverside Hotel Sligo

When the Lock-Down was first announced, the Riverside Hotel stayed open for Essential Guests. Shirley Gorman (Chef De Partie) and myself (Mark Ballantine – GM) were having a chat and thinking about our Sunday Roasts and all the local support we receive before the...

[read more](#)



### Blaithin Sweeney and the Havin' a Laugh charity

Blaithin Sweeney and the Havin' a Laugh charity were amazing during the pandemic. They took their monthly coffee mornings online and had a weekly virtual coffee morning. This was a great idea for those of us who felt isolated and lost. It was so nice to see friendly...

[read more](#)



### Sligo Musicians Online

When Covid began and so many things were cancelled, including the St. Patrick's events, I felt at a bit of a loss. I would normally go to the parade and other events and I really missed them. The Sligo Musicians Online Festival Group started on Facebook and their...

[read more](#)



# Community Connections Platform

## Engaged Research for an Engaged Community

IT Sligo and Sligo PPN are collaborating on a project to establish a platform to highlight and respond to issues that have a collective concern to local communities. The overall aim of the project is to strengthen communication and relationships between IT Sligo staff/students and groups who are working on behalf of the local community. We hope to use some of the specific knowledge and expertise that IT Sligo holds to both help and support groups to find solutions to relevant issues.

We will soon be sending out a link to you all that will allow you to let us know directly about a problem your sector is facing and how IT Sligo and the PPN might be able to help. All issues raised will be reviewed on a monthly basis.

We commit to making contact with groups within 8 weeks of the review outlining suggestions for how this issue might be explored. Possible ways we might be able to respond include;



- one to one advice from the PPN or a response to your issue incorporated into their annual workplan for action
- establishing links with relevant IT staff or students to develop projects around the issues you have raised,
- engagement with research groups to find out more about a specific issue that might help your cause or, by incorporating what you have highlighted into participation in final year projects.
- the development and delivery of specific information/training sessions

IT Sligo and the PPN will not be able to resolve all the issues raised but, where we are not in a position to respond directly, we will work together to try and find the best alternative route to have your issues listened to.

This is the first of its kind collaboration in Ireland and we want to encourage the community sector to connect with us. We want to use the combined resources of IT Sligo and the PPN to support you in overcoming local challenges and to support local communities. We hope to launch the project in coming weeks.

# FUNDING INFORMATION

## **The Community Enhancement Programme Community Centres fund is live until Sept 25th.**

On August 10th, Joe O'Brien TD, Minister of State for Community Development and Charities at the Department of Rural and Community Development, announced details of €5 million funding for community centres and facilities under the July stimulus package. The funding will be provided under the Community Enhancement Programme, and is in addition to €2 million provided under that programme earlier this year.

The new fund seeks to stimulate local economies by providing capital grants towards the maintenance, improvement and upkeep of community centres, and community buildings. Funding will be allocated to each Local Authority area, and the Local Community Development Committee will administer the programme in each area. This ensures that decisions are made locally to best reflect the needs in a given area. The allocation to Sligo LCDC is €116,932.

Applications will be accepted up to the closing date of Friday 25th September via email only to [ldc@sligococo.ie](mailto:ldc@sligococo.ie). Thereafter, all applications received will be evaluated and a report outlining recommendations for funding will come before the LCDC for its approval. The scheme will be advertised in the local press on Tuesday 1st September. Details will also be placed on all the Councils social media platforms from that date and remain so until the closing date.

Similar to the general Community Enhancement Programme, there will again be two levels of grant award;

Up to and including €1,000

Grants in excess of €1,001

However, it is a requirement locally for applicants in respect of Category 2 (i.e. grants in excess of €1001) that they must discuss the nature of their application with LCDC support staff prior to submitting their application. To arrange same, please contact Jude Mannion on [jmannion@sligococo.ie](mailto:jmannion@sligococo.ie). These discussions must take place at least 2 full working days prior to submitting the application. These pre-submission discussions aim to assist and advise applicants thus seeking to ensure that small scale deliverable projects benefit from the limited funding available. The application form and guidelines will be available at <http://www.sligococo.ie/grants/>

# FUNDING INFORMATION

## **Sligo Grant Scheme to Local Community Groups & Social Economy Projects under SICAP responds to COVID-19 Re-Opening Supports**

This is the second tranche of supports that Sligo LCDC in conjunction with Co Sligo LEADER Partnership CLG (SLPC) is making funding available under the Social Inclusion & Community Activation Programme to support community groups and social economy projects and organisations that need support to re-open their facilities and to make changes to ensure that they can deliver their services while adhering to current COVID19 restrictions' and guidelines within County Sligo.

These funds will be prioritised to support community groups and organizations that are directly and safely responding to re-opening issues by providing support to the most vulnerable within their community i.e. older people, disadvantaged children and families, men's sheds, and other disadvantaged groups.

For more information go to

**<https://www.sligoppn.com/sligo-grant-scheme-to-local-community-groups-social-economy-projects-under-sicap-responds-to-covid-19-re-opening-supports/>**



## **Two Extra Weeks to Apply for Meet And Code Grants**

The Meet and Code application deadline has been extended, giving you two extra weeks to submit your event proposal! Deadline is now 22 September.

### **What is Meet and Code?**

The goal of Meet and Code is to introduce children and young people between the ages of 8 and 24 to the world of technology and coding. We do this by providing €500 event grants to charities.

We fund events designed to show young people how much fun coding can be and how it can help bring ideas to life. By exploring a broad range of technology and digital topics and creative coding, they will be encouraged to develop the digital skills they need in today's world.

**<https://www.wheel.ie/news/2020/09/two-extra-weeks-apply-your-eu500-meet-and-code-grant>**

# FUNDING INFORMATION

## **RTE does Comic Relief**

In response to the significant need of community and voluntary groups across Ireland, many of whom are working to support people affected by Covid-19, RTÉ and Kite Entertainment came together to host RTÉ does Comic Relief. The night of entertainment raised over €5.5million for the Community and Voluntary sector which will be distributed through a process of application and assessment.

The funds raised through RTÉ does Comic Relief will focus on the recovery and rebuilding of Ireland. The fund will focus on supporting non-profit organisations that provide key services and supports to vulnerable individuals who have been affected by Covid-19 across the whole of the Republic of Ireland.

Organisations can apply to one or both of the following strands:

### **Demand for Digital**

In a sector where the face to face or a 'direct delivery' model has historically been key to providing impactful support, organisations are now faced with a significant challenge - how to support vulnerable and at risk individuals in a time where 1-1 contact is increasingly difficult.

The RTÉ Does Comic Relief: 'Demand for Digital' strand seeks to address this challenge, providing support to organisations across Ireland to adapt their existing programmes, or develop new ones, by using digital tools or online technology.

### **Adapt and Respond**

Due to the changing nature of Covid-19 there is a significant need for organisations to adapt and respond to a variety of challenges, both internal and external. By investing in organisations and improving their capacity to deliver key services we aim to create the best possible impact, helping

non-profit organisations to continue to support thousands of vulnerable people throughout Ireland who have been and continue to be affected by Covid-19. RTÉ Does Comic Relief: Adapt and Respond aims to support organisations to increase their internal capacity to deliver existing or new services in response to Covid-19.

### **Closing Date 30th September**

**<https://www.communityfoundation.ie/grants/types-of-grants/rte-does-comic-relief>**



# ONLINE TRAINING OPTIONS

## Sligo PPN Autumn/Winter Training and Information Programme

Sligo PPN want to support groups as much as possible over the tough months ahead. You are all at different stages, some wondering how they will re-open, some looking for new ways to engage with the community and some using this opportunity to firm up what goes on behind the scenes in running your clubs and organizations. In order for us to put together a programme that best meets as many of your needs and interests as possible, we really need to hear from you about what these are. Please take a minute to complete our quick survey to find out what kind of things you want to hear or learn about across the rest of 2020.

<https://www.surveymonkey.com/r/PPNAutumnWinterTrainingprogramme>

## Charities Governance Code Training

The Charities Regulator is running free online training for charity trustees. If you are a trustee of a small volunteer-led charity, this training will be of particular benefit to you. This half-day training will take place over the Autumn/Winter 2020 and is designed to support charities to apply the six core principles and meet the 32 core standards contained in the Charities Governance Code. You can read more about the Charities Governance Code by scrolling down this page.

## About the 'Charities Governance Code'

The Charities Governance Code explains the minimum standards you should meet to effectively manage and control your charity. Good governance involves putting in place systems and processes to ensure that your charity achieves its charitable objectives with integrity and is managed in an effective, efficient, accountable and transparent way.

<https://www.charitiesregulator.ie/en/information-for-charities/charities-governance-code>

## HSE Health & Wellbeing Stress Control Online Programme

This programme has proved very popular with participants for a number of reasons including; content variety including practical skills to manage stress and accessibility & it's free of charge. For more info visit <https://stresscontrol.ie/>



# UPDATE FROM OUR COMMUNITY GROUPS



Irish Wheelchair Association has resumed its services while adhering to government guidelines. Any information please contact Jeanette Beirne on 0879864818

## Expression of Interest

If you are interested in The Ability Programme, or wish to learn more about our services, please return to the address below.

Name:

Address:

Tel:

Mobile:

Email:

## Data Protection

IWA take the privacy and security of individuals and their personal information very seriously and take every reasonable measure and precaution to protect and secure the personal data that we process.

IWA are providing you with this Fair Processing Notice to inform you that IWA will process your personal and special category data in accordance with European and Domestic Data Protection Legislation.

IWA have a legitimate interest to do so for the purposes of providing the quality services offered by IWA, in an effort to drive positive change in Ireland through the influencing of public policy, to enable accessibility to all aspects of society and to comply with regulatory and legislative obligations.

IWA will use this data for the purposes of administering our relationship with you as a person who avails of IWA services, for the duration of your engagement with us and up to a period of 7 years after your engagement expiry date and to provide you with information about our services.

We will not, without your knowledge supply your data to any third party except where such a transfer is a necessary part of the activities that we undertake as an organisation, for example updating our funders or to facilitate services provided on our behalf by our GDPR compliant third parties. You have the right to obtain information about the data that we hold on you and to complain to the Data Protection Commission about any concern you may have.

For further information, please see our Privacy Policy, which is located on our website, or contact our Customer Care Department at [customercare@iwa.ie](mailto:customercare@iwa.ie) or 01 818 6485 for a hard copy of the IWA Privacy Policy.



## Ability Programme

**A FREE Job Coaching service for 18 - 29 year-olds with a physical disability.**

Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.



Blackheath Drive, Clontarf, Dublin, D03 AW62.  
Tel: 01 818 6400. Email: [info@iwa.ie](mailto:info@iwa.ie)

Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.

2019/04

# UPDATE FROM OUR COMMUNITY GROUPS

## The Ability Programme

This service supports young adults with physical disabilities who want to improve their job-seeking and employability skills. Our aim is to provide holistic, person centred coaching to enable a person to become an independent job-seeker or employee. The programme offers one-to-one support to help participants develop their own step-by-step career progression plan. It is open to people aged 18-29 living anywhere in the Republic of Ireland.

## What the Participant Will Receive

A person-centred approach will be used to support each Ability Programme participant. A detailed career progression plan will be developed with the aim of bringing individuals closer to the labour market. One to one career coaching, group training sessions and confidence building will be provided.

## Why Join The Ability Programme?

If you join our programme your Job Coach will focus on your ability and your goals. The programme will help you identify your pathway into further education, training or employment while working with you to become a confident, independent job-seeker or employee.

## Frequently Asked Questions

### Do I need to be a wheelchair user?

No, if you are 18-29 with any physical disability then you are eligible for the programme.

### Do I need to pay?

No, the programme is free.

### How long is the programme?

The programme runs until June 2021.

### I don't have a car; how do I get to you?

We can come to you! That's what makes our programme unique. Get in touch with us for more details.

### Do you have a list of jobs waiting to be filled?

Although we have access to a list of employers we are not a recruitment agency. We focus on matching you to the right role with the right employer.

### How is Ability different from other programmes?

Our job coaches have the flexibility to work with you regardless of your location in the Republic. The Coaching model used is all about empowering you to get to where you want to go.

### Will you help me find a job?

Our job coaches provide the following:

- Individual needs assessment.
- Vocational Profiling and Career Planning.
- Individual Employment Plan.
- Job Finding and Job Matching.
- On-the-job Support and Coaching.
- Follow-up Support and Mentoring.

### What if I find out it's not for me?

If this is the case, there is no obligation to stay onboard. Your job coach will support you to figure out what your next step should be.

### How do I sign up?

Contact [ability@iwa.ie](mailto:ability@iwa.ie) or see our website [www.iwa.ie/ability](http://www.iwa.ie/ability)



What makes our programme unique is that we come to you so you don't need to travel. Get in touch for more details.



Due to Covid 19 the Northside Community Centre went into lock down from the 19th of March 2020. This has been a very Challenging time for us, as we are a Charity organisation and depend mostly on the hire of our rooms to keep our building open.



We are delighted to say we have survived these challenging times and under the guidelines of the Government and HSE we are officially opened and available for taking room bookings with all protocol in place for the safety of our staff and anyone using the building. Please call Martina on 071/9147097

We will endeavour to accommodate you to the best of our ability in these unprecedented times and hope you will be patient as we collectively adjust to this new normal. To ensure the health of our staff, we request that you sanitise, wear masks and keep 2 meters apart. We look forward to welcoming you all.



# UPDATE FROM OUR COMMUNITY GROUPS



## PARENTS PLUS

### Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

**A six week course taking place every Thursday morning from the 24th of September to the 29th of Oct 2020.**

**It is a free online group parenting course.**

**The course will be facilitated by Sinead from Ballymote Family Resource Centre & Catherine from Lifestart.**

**For more information or to reserve your place, please contact:**

**Sinead / Catherine: 087 3348567/0861851654**



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

[www.parentsuplus.ie](http://www.parentsuplus.ie)

**Counselling Services now available .**

**WHEN**  
**Starting Friday the 7th August**

**WHERE**  
Ballymote Family Resource Centre,  
Keash Road, Ballymote,  
Co. Sligo

**HTTPS://WWW.FACEBOOK.COM/BALLYMOTEFAMILYRESOURCECENTRE**



### People enter counselling for various reasons:

#### Your family life

Conflict, Problem behaviours, Being a parent, Being a step-parent, Being a carer, Illness, Bereavement

#### Your relationships

Poor Communication, Addictions, Child rearing, Finances, Emotional or Physical Violence, Affairs, Miscarriage, Pregnancy and birth, Postnatal depression, Infertility, Separation, Divorce.

#### Your personal life

Fear, Anxiety, Depression, Grief, Health concerns, Trauma, Disability, Substance abuse, Low self-esteem, Loneliness.

#### Your work life

Unemployment, Money worries, Overwork, Stress,

**For more information and bookings please call 071 91 97818.**

**You can also e-mail [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)**

### Other Services Available:

- \* Play Therapy
- \* Counselling
- \*FEAD / Food Cloud Packages
- \*AA Meetings
- \*Meitheal
- \*Pobal Senior Alert System
- \*CV Prep, job search and form filling
- \*Outreach for MABS & Citizens information
- \*Administrative Services
- \*Befriending Service
- \*Family Access Visits



### Opening Hours

Monday: 9:30-5

Tuesday : 9:30-5

Wednesday: 9:30-12:30

(Can be contacted via details below until 5 on Wednesdays)

Thursday : 9:30-5

Friday : 9:30- 5

### Address

Wolfe Tone Street,  
Ballymote, Co. Sligo  
Telephone: 071-9197818

### Administrator Email:

[ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)

### Co-ordinator Email:

[coordinatorballymotefrc@gmail.com](mailto:coordinatorballymotefrc@gmail.com)

### Facebook

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

Facebook Page Updated Daily



located @ Wolfe Tone Street, Ballymote

(@ Keash Road roundabout)



Our aim is to offer everybody, particularly those who experience disadvantage and marginalisation, the opportunity to fully realise their own potential through involvement in the programmes of the Family Resource Centre.

Phone us on 071 91 97818  
Email: [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)





# UPDATE FROM OUR COMMUNITY GROUPS

## Family Support Worker

### Covering Areas:

Ballymote, Sooley, Riverstown, Geevagh, Leitrin Village, Drumshanbo.

Contact Number: 071 91 97818

We offer in-home family support to families who may require additional support.

Each family is individual in the supports they require. Therefore, an individual support plan is created in partnership with each child and family to provide a service that meets their individual needs and to achieve their goals.

Often a family needs someone to talk to when they are going through a difficult time. Our Family Support Workers are trained to offer support, advice and help.

We advocate for families who wish to access further services and supports in the community.

Referrals forms must be completed

Contact: [fsuaballymotefrc@gmail.com](mailto:fsuaballymotefrc@gmail.com)

**Ballymote  
Family  
Resource  
Centre**

## QQI Accredited Course

Accredited thru MSLETB BTEI

### Computer Skills for Business

Level 4

Mon & Thurs 1.30pm-3.30pm  
07th Sept 2020–25th May 2021

### Communications, ICT & Digital

Marketing

Technology Level 5

Thurs & Fri 10am to 1pm  
10th Sept 2020–28th May 2021

### Early Childhood and Learning

Level 5

Monday 9.30am-12.30pm  
07th September 2020–11 Jan 2021

### Healthcare Component Palliative

Care, Level 5

Thursday 10am-1pm  
10th September 2020-14th Jan 2021

## Adult Literacy Courses

Offered thru MSLETB Adult Literacy

One to One Literacy Classes—  
assistance with reading, writing etc

Driver Theory Classes

Activities are being added  
weekly so please check out  
Community notes or our face-  
book page

## Activities for adults:

Art Classes Thur 11-1pm

Weight Watchers Fri 6-7.30pm

### Yoga with Therese Ryan

Weds 7.30-9pm,  
Thurs 7.30 -9pm.  
Call 0863230197

### Pilates with Oliver Nevin

Tue 6.30to 9.30pm  
Friday 11.45am to 12.45pm.  
Call 0860846849

## We also offer:

- Information Provision, Advice and Referral
- Anxiety in children talk by DR Julie Meehan—Clinical Physiologist—9th September 7:30 –8:45
- Parents Plus—Early Years Programme—Dates TBC
- Triple P—Parenting Programme—starting 29th September—6 week Program —Online
- Disability Group Meetings
- Room Hire for Meetings & Functions
- Printing, Copying, Binding, Laminating, Internet Access

For any information on the above  
contact Ballymote FRC 0719197818

**Foróige's Youth  
Alcohol & Drug  
Education Project**



**Starting this September.**  
**Open to all young people aged 10-17years.**  
**Day/Times: Thursday's from 4-5pm and 5-6pm**

**Foróige's Drug & Alcohol  
Education & Prevention**  
programme engages with young  
people in a fun & interactive way  
using a variety of activities  
including:

- Small group discussions
- Role Plays
- Debates
- Quizzes
- Body Maps
- Poster Competitions
- Games

**Venue: Ballymote FRC**

The programme concentrates on  
clarifying information, dispelling  
myths, challenging attitudes &  
providing factual information to  
promote healthier lifestyle choices  
amongst young people

**This Programme is free of  
charge**

**For more information or to Register Now Contact:**  
**Aimee Flynn on**  
**086-231 6303 / [aimee.flynn@foroige.ie](mailto:aimee.flynn@foroige.ie)**

**Northwest Regional  
Drug & Alcohol Task Force**

All public health guidelines regarding Covid-19 will be  
followed. The programme may change to align with public  
health announcements.

# UPDATE FROM OUR COMMUNITY GROUPS



Moving Parents And Children Together

Moving Parents and Children Together are delighted to have resumed running face to face programmes.

We fully understand how challenging and difficult the past few months have been for everyone but especially for those families affected by parental addiction, the issues that they face daily having been intensified during the current pandemic situation.

M-PACT is a free service, offering a holistic approach to support all family members affected by parental substance misuse. The programme is open to all families where there are children aged between 8–17 years old.

Our staff are ready and available to accept referrals, offer support and advice to professional agencies, individuals and their families with both telephone and on line support.

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, make the call in complete confidence on 085 8759313, Email: [sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)

Or Facebook - <https://www.facebook.com/movingparentsandchildrentogether/>



Moving Parents and Children Together  
Sligo, Leitrim, West Cavan  
Sligo Development Centre  
Cleveragh Road  
Sligo  
F91 W2KH  
085 8759313  
[sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)

# UPDATE FROM OUR COMMUNITY GROUPS

## Launch of the 53rd Corran Herald and the Index Project

The Corran Herald is a magazine which is published each August to coincide with the Ballymote Heritage Weekend.

In our magazine, we explore through word and picture many aspects of our rich heritage. Our contributors write articles on matters relating to history, geography, archaeology, culture, folklore, sport and poetry.

The Corran Herald documents life which we strongly feel should be preserved for future generations. Complimentary copies of the Corran Herald are distributed to the National Library of Ireland, The Royal Irish Academy, the Universities, local libraries and schools.

A project was undertaken in 2019/2020 to create an index of articles published in the Corran Herald since 1984 and is now available on the Ballymote Heritage Website. A search facility allows for interrogation of the Index by author and subject matter, link below. The Index will be an important resource for the appreciation and understanding of our local Sligo heritage.

The launch of the 53rd Corran Herald and the Index will take place during August 2020. The Chairman of the Group, Neal Farry, gave an interview on The Tommy Marren Show on Midwest Radio on Friday, Aug. 14th at 10.30am.

On Thurs. Aug 20th Neal and Dermot Hayward (who compiled the index) gave an interview on The Arts Programme on Ocean FM at 9.30pm; this will be repeated on Sun, Aug 23rd. Dermot created an Access database and completed the entry of over 1,500 individual pieces of data.

The Heritage Group gratefully acknowledges the financial support approved by Sligo Co. Council.

# UPDATE FROM OUR COMMUNITY GROUPS

## MEET SHARE AND LEARN IN THE WEST (ONLINE MEETING)

This networking and information session for nonprofits in the West and Northwest is an opportunity to meet other community and voluntary organisations, share how they have been impacted by COVID-19 and how they have adapted, and learn what supports are available to them.

There will be a special focus on communicating the story of your organisation effectively. Learning Outcomes Participants will leave the session with greater awareness of: the variety of work being done by community and voluntary organisations, charities and social enterprises the supports and services provided by The Wheel and other service providers communicating the story of your organisation effectively.

This event will be held on Zoom. Please register below. Meeting details will be sent to you after registration. <https://www.wheel.ie/training/2020/09/meet-share-and-learn-west-online-meeting>



Sligo Dogs Agility Club resumed training on 14th June. We have been offering an increased number of training classes to allow for small groups with a break between classes to avoid overlap of people attending. Classes and training are held in an Olympic sized arena so social distancing is easily facilitated. This is all made possible because our trainer selflessly gives her time to the club at no charge because of her generous commitment to the enrichment of the dogs and club members lives.



# UPDATE FROM OUR COMMUNITY GROUPS



volunteer centre  
Ionad d'Obair Dheonach Sligeach  
SLIGO

Sligo Volunteer Centre are operating as normal, with the exception of face to face operations.

We are delighted to offer the following services.

**Volunteer Managers Get Together's:** These are an informal get together of people who are responsible for looking after volunteers within a group. We are holding these online every few weeks with on average 6 local groups attending. It is a great way to learn from others around the county. If you would like to join us on the next one please contact [info@volunteersligo.ie](mailto:info@volunteersligo.ie)

**Advice from our Volunteer Development Officers:** As we all navigate the new normal – we face different challenges. Our Volunteer Development Officers are on hand to chat through any concerns about your volunteer programme – how do you get new volunteers? What happens if some of our volunteers don't return? What should we have in place to volunteer safely? Our team has been assisting many groups – and we have picked up tips along the way as well as learning and hearing from our network of Volunteer Centre's. So don't be stuck with the problem alone – give us a call and we will do our best to assist.

**Autumn Training:** We are currently putting together our programme of Autumn Training. All will be held online and will include topics like The New Normal; Policy, Recruitment, Support & Supervision and Dealing with Challenging Situations. Garda Vetting induction training is also delivered by request.

**National Volunteering Week - 21<sup>st</sup>-27<sup>th</sup> September:** This will be a national volunteering week like no other! We are organising a series of events for people who volunteer, for groups who depend on volunteers and some fun engaging things as well. Keep an eye on our website and social media

**Volunteer Ireland Awards:** Every Autumn, people from all over Ireland nominate their neighbors, family, friends, colleagues and community supporters for the chance to win a Volunteer Ireland Award. The Volunteer Ireland Awards are the major annual initiative to celebrate volunteers in Ireland. The awards shine a light on the remarkable achievements of volunteers around the country by honoring them at a national level. Volunteer Ireland is proud to have President Michael D. Higgins as Patron of the Awards.

The awards begin with a public call for nominations. Nominations for the 2020 awards are now open and will close on the 1st of October. Anyone can nominate a volunteer, someone they know who gives their time and energy voluntarily and without pay.

<https://www.volunteer.ie/events/volunteer-ireland-awards/>

**Website Information:** There is lots of information on our website. We have lots of useful information for groups who are getting their volunteer programme up and running again, as well as a series talking to volunteers about how they are getting on with the New Normal while volunteering. It is worth checking it out [www.volunteersligo.ie](http://www.volunteersligo.ie)

# UPDATE FROM OUR COMMUNITY GROUPS

**OCTOBER**  
**9-11th**

**CHANGE YOUR MIND**

**VIRTUAL FESTIVAL 2020**

**LIVE**

**on Facebook**



in support of  


Organised by Sligo/Leitrim Mental Health Services

## FRIDAY 9th October 2020

**5pm** **OPENING** with

- **Ellie Dempsey** (organising team)
- **Dr Edmond O'Mahony** (consultant psychiatrist and clinical director of Sligo/Leitrim Mental Health Services)
- **Dr Ignazio Graffeo** (organising team)

**7pm** Music session with **Mabel Chah**

## SATURDAY 10th October 2020

**10am** Dr Dimitrios Adamis & Adult ADHD in Sligo/Leitrim

**11am** Fitness session for adults and children with **Arita Loughlin**

**12pm** 5k Fun run/walk with **Zola Flynn** Knocknaree Arena, entries from 11am.

**2pm** Magic Show with **George Mc Cready**

**4pm** Michael Garrett & The Mind Clinic

**6pm** Feargus Callagy & The Recovery College

## SUNDAY 11th October 2020

**10am** 4k Scenic walk with **Jacinta Sexton** Hazelwood Forest car park

**11am** Mindfulness session with **Dr Paula Martin & Jared Gottlieb**

**12pm** **Blaithin Sweeney** and **Havin' a Laugh Charity**

**2pm** **Shane Martin & Moodwatchers**

**4pm** Children show with **Jay Ryan** (Living with a Fairy - RTEjr)

**6pm** **Dr Elizabeth Gethins & Liaison Psychiatry** in COVID-19 times

**ORGANISERS**

*Ignazio Graffeo • Eliana Silvestri • Hugh Slevin • Jacinta Sexton • Blaithin Sweeney  
Ellie Anne Dempsey • Frankie O'Mahony • Feargus Callagy • Zola Flynn*

**SPECIAL THANKS TO**

*Dr Edmond O'Mahony • Rosemary Hannigan • Valerie Mooney • Grainne McLoughlin  
Adrian Murrin • Charlene Scanlon • Marianna Cunningham • Patrick Meehan • Patrick Nwaokorie*



# UPDATE FROM OUR COMMUNITY GROUPS



St Michael's Family Centre re-opened to the public in early June subject to all Government Guidelines. Entry is by means of intercom and there is no waiting room facility.

## COUNSELLING

The counselling service is fully operational and there are immediate appointments available for adults. Child and Couple appointments are subject to a waiting list.

## PLAYTHERAPY

Play Therapy is also available and extra hours have been funded between now and the end of year. We continue to take high priority Tusla cases on application. Other referrals are subject to a wait list which can be of considerable duration but we hope to work through it in the next few months.

## SUPPORT GROUPS

Some of our small Support Groups had resumed in late July but had to discontinue meeting after the guidelines changed back to smaller numbers. We are hoping that these very badly needed groups will be able to resume after 13th September.

## RAINBOWS

Our Rainbow Programme finished prematurely in March and will not resume. We hope to run a new programme in January 2021 but this is dependent on the Covid situation and continuing restrictions.

## FUNDING

As with many organisations, our sources of funding have been severely affected during these months but room rental, which is a vital source of income for the Centre, is available with all guidelines in place.

## 25<sup>th</sup> ANNIVERSARY

We are 25 years in existence this month and we had hoped to celebrate it in some meaningful way. However this will be on hold for some time with our main focus being to ensure the continuation of our services to the community. For the first time in 25 years we will not be publishing a brochure of courses this Autumn but we hope to resume with a Spring brochure in January 2021



# UPDATE FROM OUR COMMUNITY GROUPS



Northwest Regional  
Drug & Alcohol Task Force

## COVID-19 LOCAL ARRANGEMENTS

August 2020: Please see our website [www.nwdrugtaskforce.ie](http://www.nwdrugtaskforce.ie) and our Facebook page for regular updates:

Arising from the COVID-19 emergency, the following arrangements are in place for community and voluntary drug treatment and related services in NWRDATF Sligo, Leitrim & Donegal, until further notice.

Services will continue to operate at their maximum capacity, except that provision has been adjusted to take account of following:

- Staffing rotas have been organised to minimise staff interaction thereby maximising service continuation in the event of a staff-related infection;
- The main focus of provision is continued contact with existing service users;

Treatment Services are currently providing a blended approach with face to face, online and telephone supports being provided:

- Christine Hanley: Substance Misuse Worker for the Homeless - Sligo. 085 8030131 [c.hanley@sligosocialservices.ie](mailto:c.hanley@sligosocialservices.ie)
- Dermot McDonough. White Oaks Aftercare Worker - Donegal/Sligo/Leitrim - 086 2537993 [info@whiteoakscentre.com](mailto:info@whiteoakscentre.com)
- Outreach Workers - Donegal/Sligo/North Leitrim/South Donegal
  - o Mary Healy - 086 7752142/[maryechealy@gmail.com](mailto:maryechealy@gmail.com)/Donegal
  - o Mark Askey - 087 2208602/[markaskeynorthside@gmail.com](mailto:markaskeynorthside@gmail.com)/ Sligo & South Leitrim
  - o Ciáran Marley - 087 7878355/[ciaranmarleycranmore@gmail.com](mailto:ciaranmarleycranmore@gmail.com)/ Cranmore/Sligo South Leitrim.
  - o Damien Daly - 087 7010520 | [damiennyrcp@gmail.com](mailto:damiennyrcp@gmail.com) / North Leitrim/South Donegal

Sligo Traveller Support Group: Bernadette Maughan – 087 7698922/[info@stsg.ie](mailto:info@stsg.ie)

Drug & Alcohol Family Support Workers - North Leitrim/South Donegal:

- Mags Whyte – 087 7148004 /[magsrycp@gmail.com](mailto:magsrycp@gmail.com)
- Donna Butler – 087 2387618 / [manager@sfpnw.com](mailto:manager@sfpnw.com)

Youth Drug and Alcohol Workers - Donegal/Sligo/Leitrim:

- Donegal: Cara Currid: 086 0481977 /[cara.currid@foroige.ie](mailto:cara.currid@foroige.ie)
- Sligo: Annemarie Regan: 086 9087141/[annemarie.regan@foroige.ie](mailto:annemarie.regan@foroige.ie)
- Leitrim: Grainne Duignan 086 1702340/ [grainne.duignan@foroige.ie](mailto:grainne.duignan@foroige.ie)

Training & Education Coordinator Donegal/Sligo/ Leitrim

Christina McEleney: 087 9369312/[christinamceleney@donegaletb.ie](mailto:christinamceleney@donegaletb.ie)

NW Task Force Staff:

- Sean O'Connor, Coordinator – Mob: 0871034941/Email: [SeanJ.OConnor@hse.ie](mailto:SeanJ.OConnor@hse.ie)
- Lorna Curry, Sligo/Leitrim/West Cavan - Mob: 087 6983653/Email: [lcurry@nwdrugtaskforce.ie](mailto:lcurry@nwdrugtaskforce.ie)
- Tracey Mitchell, Donegal/Nth Leitrim - Mob: 087 7410956/Email: [tmitchell@nwdrugtaskforce.ie](mailto:tmitchell@nwdrugtaskforce.ie)
- Maev Gallagher, Administration - Mob: 087 1953984/Email: [drugtaskforce@nwdrugtaskforce.ie](mailto:drugtaskforce@nwdrugtaskforce.ie)



# UPDATE FROM OUR COMMUNITY GROUPS



Activities and events:

## **Cycle Bus:**

Sligo Cycling Campaign is very excited to announce that Sligo's first cycle bus has commenced pedalling in Strandhill! A cycle bus consists of a group of parents and children who cycle to school together collecting children at designated pick-up points along the route. The Strandhill route starts from the Plains. Parents act as marshals, cycling at the front, rear and outside of the children to keep them safe. Gemma Woods, secretary, and PRO of Sligo Cycling Campaign is supporting the parents in this initiative. Practise cycles took place in August and the cycle bus made its first trip to Scoil Asicus on Thursday 3<sup>rd</sup> of September. We wish them every success! Further information from Gemma Woods 087 9387545

It is hoped to start another cycle bus in Sligo town once the current road works are complete. Preliminary route assessment has begun.



# UPDATE FROM OUR COMMUNITY GROUPS

## RuralVision and Family Fun Cycle:

Cycling campaign groups from outside the big cities came together in July to 9387545 from the Rural Cycling Collective. The groups, who all belong to the national umbrella organisation Cyclist.ie published their Vision for Cycling which has 8 priorities. <https://cyclist.ie/2020/07/launch-vision-cycling-rural-ireland/>

### We, the Rural Cycling Collective, call on our local and national government to:

1. Create an environment in our cities, towns, villages and rural roads where CYCLISTS ARE EXPECTED AND RESPECTED	2. Create and map a network of useful, CONNECTED CYCLE ROUTES throughout Local Authority Areas
3. Implement BEST PRACTICE DESIGN to ensure routes are safe and comfortable for cyclists of all ages and abilities	4. Prioritise SAFE CYCLE ROUTES TO SCHOOLS and car free zones at school gates
5. LOWER SPEED LIMITS to make our roads and streets safer and more accessible for everyone, and to reduce casualties	6. Ensure clear and timely ACCESS TO FUNDING, by improving capacity at all levels of local and national government
7. COLLABORATE WITH ALL STAKEHOLDERS - including cycling and community groups - at all stages of planning and design	8. Provide CYCLE TRAINING for all ages, especially children

To celebrate the release of the Rural Vision, Sligo Cycling Campaign held a family fun cycle in July. Due to Covid 19 restrictions numbers had to be limited but the families who took part enjoyed the event. The group cycled from Cleveragh Park to County Hall via Doorly Park. They were accompanied by Chair of SPC 2 Transport and infrastructure, Councillor Donal Gilroy and by Councillor Marie Casserly. Councillor Sinead Maguire sent an apology. Mayor of Sligo Municipal District, Councillor Rosaleen O'Grady kindly met the children and received letters and posters from them about their love of cycling.

## Submissions:

Sligo Cycling Campaign made submissions to Sligo County Council in support of phase one of the Council's Covid Mobility Plan and pointing out further steps that could be taken to support active travel. We also made a submission re the 2020 2024 Corporate Plan and hope to engage regarding the upcoming Development Plan.

## Upcoming events:

The campaign is currently finalising its plans for Bike Week which runs this year from September 19<sup>th</sup> to the 27<sup>th</sup>. It will coincide very appropriately with European Mobility Week.

## Membership:

We are always happy to have new members join us in our mission to campaign to campaign for Sligo to become a cycle friendly city for all. Contact Joan on 087 9622234 or Gemma on 087 9387545 or follow us on FB at Sligo Cycling Campaign or twitter [@SligoCycling](#) or email us [sligocycles@gmail.com](mailto:sligocycles@gmail.com)





# UPDATE FROM OUR COMMUNITY GROUPS

## Easkey Community Council PPN newsletter

The last few months have been busy and extremely challenging for us as a volunteer group. We do not have to stress Covid 19 as everyone is living it all the time. We are all heard to say it is the new lifestyle that we must get used to.

The shutdown of the country came as a complete shock to us as it did to everyone else. Some are suffering greatly as a result to date. Our Bingo and Lotto and all activities in the Community Centre got a sudden suspension on Friday March 6<sup>th</sup> due to Government guidelines.

### Meals on Wheels

All of a sudden we found ourselves with our workers having to stay at home and this posed horrific questions and a big problem, what were we going to do re; Meals on Wheels this was our primary concern as the Government had said that the Meals on Wheels must go ahead and our most vulnerable must come first. The staff of the Meals on Wheels, Department of Employment affairs and Social Protection C.E. Scheme, TUS and Rural Social Schemes were approached and they all agreed that they would stay on and do whatever was required of them to guarantee the cooking and delivering of the meals to the vulnerable every day for the foreseeable future. All went above and beyond the call of duty. We the Community Council put out a call to the Community, the local Gardaí and the Volunteer Centre in Sligo for help for delivering the meals because of the large numbers availing of the service at this time

It would not have been possible for our regular drivers to reach everyone in the lunch time frame. We were absolutely overwhelmed with the response we received. They delivered the meals with a smile and a helping hand for one and all. In some cases they were delivering groceries etc. etc. along with the meals nothing was too great for them. We have had many letters of thanks from our recipients during that time.

### Caravan Park.

Throughout the lockdown the Caravan Park was closed but the Government lifted the restrictions and proposed Staycations at home. This came about in the first week of July. We decided to open the Caravan Park and within days we were busy answering calls to stay in the park. All bookings & payments are done on line. We accommodated every one as far as possible and addressing the HSE guidelines at all times. A Disinfectant Sprayer was purchased. The Toilet & shower Block is disinfected twice daily

This year has surpassed all our expectations as we have had a record year in the Caravan Park, this will help greatly to proceed this current year with the construction of 11 more of the remaining 29 mobile home stands of which we have full planning permission

*Easkey Community Council would like to wish everyone good health and happiness for the coming year.*

**And Please Stay Safe.**

# UPDATE FROM OUR COMMUNITY GROUPS

## World Mental Health Week 2020

### World

Mental Health Day takes place on the 10th October every year. The theme for 2020 from World Federation for Mental Health is Mental Health for All - Greater Investment – Greater Access. Everyone, everywhere.

Mental Health Ireland are asking all individuals, workplaces and community groups in Sligo to take a moment to reflect on how far they have come in the face of all the unprecedented challenges this year has brought and to consider what are our hopes for better times ahead.

To encourage this, MHI will distribute plantable postcards to schools, workplaces and community groups. All the seeds need is a little water and soil – a symbol of how we don't need much to thrive and grow. People are encouraged to take a moment to pause and reflect on their strengths, the positives, the learnings, how we might have underestimated ourselves, how well we've done, how far we've come. Connecting with nature provides a great opportunity to connect with ourselves!

As part of the World Mental Health Week campaign, we also wish to raise awareness of the support services available in Co. Sligo to better support and promote our mental health, wellbeing and recovery. MHI will have posters/

display boards available for printing with county specific supports for people to contact if needed. These will be available to download from our website [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

To get involved with the campaign or to avail of a display board of local supports contact [rachel@mentalhealthireland.ie](mailto:rachel@mentalhealthireland.ie)

# UPDATE FROM OUR COMMUNITY GROUPS

## Five Ways to Wellbeing workshop

Mental Health Ireland will be facilitating a free online 5 Ways to Wellbeing workshop on October 7<sup>th</sup>, 10am-11.30am. To register contact [rachel@mentalhealthireland.ie](mailto:rachel@mentalhealthireland.ie)

The poster is blue with a white diagonal banner in the top right corner that says 'ONLINE WORKSHOP'. The main title is 'Five Ways to Wellbeing during Tough Times'. Below the title, it says 'This 90 minute workshop will cover:'. To the right of the text are five circular icons with the words 'CONNECT', 'BE ACTIVE', 'TAKE NOTICE', 'KEEP LEARNING', and 'GIVE' inside them. To the left of these icons is a list of four bullet points, each with a colored line segment (red, yellow, orange, and blue) corresponding to the icons. At the bottom left, it says 'Workshop is facilitated via Zoom or Microsoft Teams'.

## Five Ways to Wellbeing during Tough Times

This 90 minute workshop will cover:

- Define what mental health and wellbeing is
- Have an improved understanding of how you can look after your wellbeing during Covid-19
- Explore how much time you spend each day looking after your mental health and wellbeing
- Explore the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times

Workshop is facilitated via Zoom or Microsoft Teams



**Mental Health  
Ireland**

Date: October 7<sup>th</sup>  
Time: 10am – 11.30am  
Register: [rachel@mentalhealthireland.ie](mailto:rachel@mentalhealthireland.ie)



# UPDATE FROM OUR COMMUNITY GROUPS



This year, the VHI Women's Mini Marathon will be a virtual event taking place between the 1st and 10th October 2020. Will you join North West Simon Community and Live Life to the #Powerof10? Anyone can take part, from any county in Ireland or any country in the world! Run, walk or jog around your garden, your neighbourhood or even your house! The goal is to complete 10km, over 10 days, with the aim of raising €10million for Irish charities. First you need to Register for the mini marathon: visit <https://www.vhiwomensminimarathon.ie/> When you sign up you will receive:- VHI Women's Mini Marathon Commemorative Medal- An Exclusive VHI Women's Mini Marathon T-shirt- A Downloadable Race Number which you can personalise- Downloadable Certificate of Completion after the event. Then start fundraising for North West Simon Community with this link <https://www.givengain.com/cc/northwestsimonire/>

Due to Covid 19, this year's Annual Sleep Out is Virtual. On Fri 2nd Oct 2020, we are calling on the people of Sligo, Leitrim & Donegal and beyond to swap their beds and Sleep Out for one night only to help prevent and resolve homelessness. This year, now more than ever we need your support as we have had to cancel all our community fundraising events which account for 80% of the charity income. Whether you spend the night under the stars in the office car park, pitch a tent in the garden or bed down on the living room floor, we are asking you to take part in solidarity with the individuals and families experiencing homelessness during these unprecedented times. I am confident that with supporters like you, we can collectively make a real and lasting difference in the lives of people who are at risk of, or experiencing homelessness during this difficult time. We are asking you this year to raise a minimum of €500 which will help to give someone the stability, support and safety they need to make a fresh start.

Go to <https://give.everydayhero.com/ie/get-started> and create your fundraising page, under charity search for North West Simon Community or you can set up a facebook fundraiser- Click on this link and follow the instructions making sure to select North West Simon Community <https://www.facebook.com/fund/northwestsimoncommunity/>

North West Simon Community asks each Golf Club in the region to facilitate and encourage their members' to participate in "Golf for Simon" by publicising Golf for Simon in your club house and social media outlets. The Entrant to Golf for Simon who records the Best Front 9 Score during the weekly club competition on the weekend of 26/27 September 2020, will qualify to play in the Regional Final at Donegal Golf Club on World Homeless day Saturday October 10th 2020. The winner of the Regional Final will be presented with the new TMG SIM Driver donated by the McGinley Foundation. Entry Fee in the form of a donation - minimum of €5 - must be registered in advance at <https://www.northwestsimon.ie/donate-now/> Further details from Noel Daly Mobile 085 870 3576/ Email: [noel.daly@northwestsimon.ie](mailto:noel.daly@northwestsimon.ie) North West Simon Community have set up a Go Fund Me Page if you can share this link on your social media platforms please - <https://www.gofundme.com/f/help-prevent-homelessness-in-the-north-west> For every €20 worth of donations raised on this platform, the North West Simon will gift a copy of Vincent Butler's stunning book 'Sixty Photographs for Simon' to a school in our region. You can set up your own fundraiser on facebook fundraisers, donate online at [www.northwestsimon.ie/donate](http://www.northwestsimon.ie/donate) or contact a member of the fundraising team if you wish to support this worthy cause. Corporates can sign up to Christmas Jumper Day - wear a wolly whether in the office or at home and donate to North West Simon Community.

# UPDATE FROM OUR COMMUNITY GROUPS



As we are a group dealing with the history of an epidemic we have never been busier - but in a virtual capacity! Epidemics and their history are a hot topic at the moment. In 2020, we 'virtually' launched our new leaflets showing Sligo's cholera history (see link)<https://sligobramstoker.weebly.com/information-leaflet-2020> then for National Heritage Week 2020 we made available an online lecture (see link)<https://sligobramstoker.weebly.com/national-heritage-week-2020.html>

Since lockdown our members have written articles for RTE and other publications (comparing Covid with cholera), have been guests on the Irish History Show podcast, and have been interviewed for national and international publications. We had a big project in mind for 2020 but could not proceed because the venue closed due to Covid restrictions.



*Supporting Suddenly Bereaved Parents & Families*

Established in 1976, FirstLight provides free professional counselling support across Ireland to parents and families whose children die suddenly from 0-18 years of age. FirstLight, as a national organisation, has a register of 60+ professional bereavement counsellors across all 26 counties supporting suddenly bereaved families. FirstLight works in partnership with Tusla, the hospitals, HSE, social workers, Gardaí and other frontline services across the country supporting suddenly bereaved families with free professional counselling. FirstLight services have continued during COVID-19; we now offer all our clients three options for professional counselling either face-to-face, via telephone or video counselling. Additionally, we have established three private member's groups on the FirstLight Facebook page for bereaved moms, dads, and parents to facilitate group support. FirstLight's operates a 24/7 emergency support helpline 1850 391 391 or visit [www.firstlight.ie](http://www.firstlight.ie)

# UPDATE FROM OUR COMMUNITY GROUPS



Celebrations and Excitement for Sligo Rowing Club! Sligo Rowing Club's Brian Colsh, a native of Ballymote, has been selected to represent Ireland in the junior coxless quad at the European Championships which are taking place in Belgrade, Serbia on September 26th and 27th this year. A leaving certificate student at Colaiste Muire, Ballymote, Brian has been a member of Sligo Rowing Club for the past 5 years. Through his commitment and dedication he has risen through the ranks and is now among the country's elite rowers. This is very much so a phenomenal achievement much aspired to but yet to be achieved by many senior clubs in the country so we are very privileged and fortunate to have such talent and to witness such an achievement within our club. Brian has been selected as part of a 4 man crew (a quadruple scull) from clubs Lee (Sheehan), Shandon (Murphy) and Kenmare (Kelly) and now embarks on an 8 week training camp at the National Rowing Centre in Cork prior to his departure to Belgrade. Sligo Rowing Club would like to pay thanks to Sligo Sports Partnership, Leader, Sligo County Council and the people and business communities of Sligo for their continued support in furthering the development of rowing on the beautiful Garavogue river in Sligo.



The Hawk's well are presenting Safe & Sound Summer Sessions in our foyer on Friday evening: <https://www.hawkswell.com/news/article/enjoy-live-music-again-at-our-safe-sound-summer-sessions-in-the-foyer> It would be great to include the last session in the newsletter, Cathy Jordon, 11th September.



# UPDATE FROM OUR COMMUNITY GROUPS

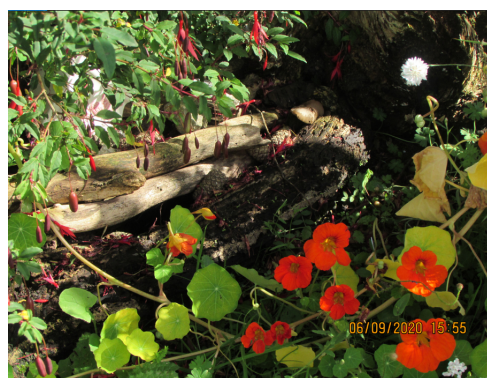


Since lockdown restrictions, we in the Nazareth Village are unable to continue with our planned activities eg Kurling and all other active retirement games.

However one of our residents, Kevin Fahey is making great headway in developing a wild flower garden. Kevin began this project at the start of the lockdown, reclaiming waste land at the back of his house. He worked tirelessly bringing the garden to where it is today. His progress can be seen from the attached photos. He has lots of work planned for the remainder of the year, and next year will be extending the wild flower garden further. He says it takes three years for a wild flower garden to mature, and as can be seen from the photographs, he is well on the way to achieving this.

He along with other villagers wants to see the birds, bees, butterflies, insects etc. brought back into their normal habitat and what a perfect place to do it. An insect hotel is part of the wild flower garden which Kevin has lovingly included in the wild flower garden. Kevin's neighbour Bill, up until last year kept a beautiful garden. Bill put all his time and energy into his garden over the years. He would take the bus or train to different garden centres, coming home each time with a new flower or shrub. Bill is no longer able to look after his garden, so Kevin set out to help him, and what a transformation - giving Bill's garden such a great make over and making Bill a very happy man. What a neighbour !!!

This year also, our community garden has been put to great use, with villagers interested in growing their own vegetables / flowers given the opportunity to do so. Villagers interested got their own allotment, and a time slot, so that social distancing could be adhered to. It has been a great success.





# UPDATE FROM OUR COMMUNITY GROUPS

## Martin Timoney- Publishing Sligo's Past

While staying almost locked down I have delivered hundreds of quiz questions to Peter Henry, Editor, Sligo Weekender, and these have been published over several weeks and more are to come. Secondly I have progressed editing articles for Sligo Field Club Journal Vol. 6 - it will go to print by end of September - something to read over the winter months; draft contents list below.

Field Club Journal, Vol. 6, 2020, edited by Martin A. Timoney, assisted by Fiona Doherty and Jim Foran.

Martin Wilson's Presidential and Editorial by Martin A. Timoney

Martin A. Timoney on the Moylough cist found in 1928 and on the dating of fert burials excavated at Knocknashammer in 1977.

Dr. Brian Lacey on the Battle of the Books Cúl Dreimne, Drumcliff and other Sligo associations with Colum Cille.

Eamon P. Kelly on antiquarian research in Co. Sligo and the stories of Moytirra

.Dr. Jim Higgins on sculpture and rood screens at Sligo Abbey and Ballindoon.

Conor McHale on the O'Dowda family of Tireragh.

Dr. John McKeon on Palmerston's Sligo town properties.

Peter Henry on 19th century Sligo bookplates.

John Mullaney on WWII events in the Sligo town.

Harry Keaney on the fieldnames of Carrowreagh.

Dr. Conchubhar Ó Cruaíaoich on Monasterreddan as a placename.

Dr. Don Cotton on peat and wood deposits along the seashore of Co. Sligo. Rory Callaghy on Des Smith.

Publication due by mid-October, costing €20. Advance orders appreciated. Format as in previous years, a few copies of which are still available.

# UPDATE FROM OUR COMMUNITY GROUPS



Global pandemic notwithstanding Havin A Laugh (HAL) has had a busy few months. Social isolating and Government regulations meant we were unable to host our monthly coffee mornings in Sligo or Carrick On Shannon. However, given that these get togethers play a significant role in social interaction for those who attend, we were determined that the bonds of contact and support would not be broken. The coffee morning team polled our "regulars" and we decided to "go virtual" utilizing the ZOOM communications platform. Naturally there were a few technical glitches to begin with, and some were reticent about engaging because they were wary of technology in the first place! We needn't have worried though as it was a rounding success. Participants so enjoyed it we decided to host a virtual get together once weekly and feedback we've received is that people were relived that they could still have human interaction. A number of people lamented the fact that they missed going out for a walk or a swim so charity founder Blaithin Sweeney suggested at one of the "meetings" that perhaps she could lead attendees in a few simple yoga exercises. From that simple suggestion was born the idea of hosting a weekly chair-yoga session, again via ZOOM. Another success! People who would never have dreamt of ever taking a real-time yoga class found that they really enjoyed it. The team here at HAL encourage people to "try", to "test" to "sample" any activity a person feels might support them in their overall wellbeing. Conversations at our coffee mornings very often begin with the words "d'ya know what I'd love to try?" or "has anyone ever....?" Or perhaps in saying "oh I never did that" someone might be met with the response "why not?" Again we polled and came up with "Why Not Wednesdays." Traditionally known as "hump day" Wednesday could now be a day to look forward to trying diverse activities with guest hosts each week. Peter Crann helped us let off steam via a Drumming Rhythms session. Fitness 4 All introduced us to the benefits of Low Impact Aerobics. If aerobics didn't appeal, Meditation hosted by John G Coaching and Positive Psychology with Fergus Callagy gave participants the opportunity to sit back and relax. Louise Waters introduced us to Restorative Yoga and Cathy Murphy led us in a Chanting Session. We would like to thank all of our guest hosts for their time and energy and their continued support of our organisation and we look forward to continued collaborations. With Covid restrictions being lessened we are beginning the transition to in-person gatherings and as of September we will revert to once-a-month coffee mornings. We are happy to announce that our voucher scheme is now back up and running. Anyone who is availing of counseling / therapy can receive monetary support to enable them to partake in any activity that will compliment their therapy and enhance their overall wellbeing. People can ask their service provider (Counselor) to apply to HAL on their behalf. The choice of activity is entirely personal and we encourage people to support local businesses to aid recovery from the negative economic impact of the last few months.

# UPDATE FROM OUR COMMUNITY GROUPS



Not all of our activity has been overtly visible the last few months. Behind the scenes we have partnered with Social Entrepreneurs Ireland and with the assistance of their program The Ideas Academy, we are looking forward to continuing to increase HAL's Impact within the community. Something else which has been keeping us extremely busy behind the scenes is a project we are very proud of; Havin A Laugh - The Book is an idea first mentioned at one of the coffee mornings in Carrick On Shannon. A call for submissions of personal stories was sent out and we were completely awestruck at the volume of submissions and the willingness of people to share their own stories of personal turning points or times when someone / something in particular lifted their spirits.

We extend our grateful thanks to all who submitted a piece. It was extremely difficult to make the final selection but after a lot of deliberation the editing team prevailed and we are happy and proud to be able to say that from a casual conversation all those months ago, we now have a finished "manuscript" delivered to the printers and are preparing to launch on October 8th 2020 in The Dock Arts Centre in Carrick On Shannon! More details can be found on our website <https://scanner.topsec.com/?d=1446&t=3e570a80d53693fbc7c052b6f6751710baa49414&u=www.havinalaugh.com>

The entire team here at Havin A Laugh feel continuously privileged each time someone allows us to be a part of their well-being journey. We are proud and happy to play whatever part we can to support the community, particularly so in these last difficult months, and look forward to continuing to work as hard as we can to ensure that no one ever has to feel that their well-being journey is one of isolation and exclusion.

Many thanks and best wishes to you all. The Havin A Laugh Team



Both of our clubs are back operating under the new current safety guidelines from IMAC and Sport Ireland. We are currently enrolling for the new term starting in September. You can find more information online about our clubs by searching @sligoitf or on our website <https://stephenkohlmann.wixsite.com/sligoitf> I have also attached a recent club pic (before the lockdown)