SLIGO PPN NEWSLETTER SLIGO PPN NEWS

Connecting the Sligo Community since 2014



Welcome to the December 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 would like to take this opportunity to wish all our member groups a very Happy Christmas and New Year. We know that, like much of the rest of 2020, the festive season will be a strange and sometimes challenging time, but we look forward to a more positive year working together in 2021.

PPN Brief Updates

Over the last few months, Sligo PPN has resumed their position on the Sligo Community Forum and will work alongside key partners as the Covid-19 response shifts towards a focus on wellbeing and the promotion of positive physical and mental health.

We held our AGM on 26th November with a great turnout of around 80 attendees. The event was opened by Cathaoirleach Cllr Dara Mulvey. Secretariat member Paul Tolan took us through the work of the PPN across 2020 and highlighted some of the plans for 2021. This was followed by some motivational insights by Gerry O'Connor with regard to how the community sector can recover and grow in strength. We held our usual prize draw on the night with winners Sligo Cycles Campaign and Dromore West Village Enhancement. You can view the videos from the night at https://www.sligoppn.com/sligo-ppn-agm/

There have been two consultations in recent weeks, keeping the community informed on the EirGrid North Connacht 110Kv project and the proposed N17 Knock-Collooney development. With 80 people in attendance at the N17 event it highlights that even in these strange Covid-19 times that the community is committed to engaging with and informing the development of the county.

Our KidsOwn initiative is underway with the first consultations already complete. This initiative, also supported by Creative Ireland and CYPSC explores the impact of Covid-19 on children and identifies their hopes and needs for a positive future.

We are currently working to compile all the information gathered as part of our wellbeing vision for county Sligo. This document is to be published in early 2021.

Our social media support programme is currently being developed and we hope to launch the first series of supports in coming weeks.

We have training in mid December for our community representatives to support them in their role, representing the Sligo community at the decision making table. This training will be an introductory foundation for a national training programme which is scheduled for roll out in the first quarter of 2021.

FUNDING INFORMATION

Ministers Humphreys and O'Brien announce €1.7m COVID-19 supports for community and voluntary groups

An additional €1.7 million is being provided by the Government to support community and voluntary groups to deal with COVID-19.The funding, under the COVID-19 Emergency Fund, is in recognition of the important role played by community and voluntary organisations across the country as we head towards the Christmas period.The additional investment was confirmed today by Minister for Rural and Community Development, Heather Humphreys TD, and Minister of State with responsibility for Community Development and Charities, Joe O'Brien TD.The funding will enable groups to embrace the Government's 'Keep Well' campaign which focusses on the themes of staying connected, switching off and being creative, and minding your mood. It brings the total funding provided under the COVID-19 Emergency Fund to €4.2 million in 2020.

The funding will be used to assist local community and voluntary groups to adapt to COVID-19, for example:

- Allow for changes to premises to provide for social distancing;-
- Funding for on-line activities;-

Provision of critical social supports.

Announcing the COVID-19 Emergency Fund, Minister Humphreys said: "COVID-19 has brought the term 'Community' to the fore. I want the community spirit that we have shown in recent months to remain post COVID."The little things like checking in on a neighbour makes such a difference. Our community and voluntary groups have played a crucial role during this Pandemic and it's so important that we support them."That's why I'm delighted we are providing this additional funding to support our community and voluntary groups who are in turn assisting significant numbers of vulnerable people to get through this crisis." Also welcoming the funding, Minister O'Brien said: "2020 has been the most difficult year imaginable. And yet, every step of the way, our community and voluntary groups have gone above and beyond to show their true colours. "These individual grants will generally be modest in nature, however it is expected that higher amounts will be provided where the need is greatest."The Department of Rural and Community Development has allocated a total of €1.7 million in funding to Local Authority areas, and Local Community Development Committees (LCDCs) will now administer the funding to groups in each area. Groups should check with their LCDC or their Local Authority for further details.

SLIGO PPN VIRTUAL AGM

On Thursday 26 November, Sligo PPN hosted their 2020 AGM/Plenary for member groups. Despite the event being an online forum, once again the Sligo community showed up in great force with over 80 people in attendance.

While in normal times, the AGM is a very interactive event which typically features elections, workshops and online discussions, Sarah Wetherald, Resource Worker with Sligo PPN, identified that despite the change in circumstances, it was important to still host the event to provide the opportunity to bring the collective member groups together and to publicly acknowledge the work that the community sector had undertaken across 2020.

She opened the night with a public thanks to all in attendance and gave a flavour of the running order for the night.

The event was officially launched by Cathaoirleach of Sligo County Council Cllr Dara Mulvey who took the opportunity to acknowledge the role of the Community Response Forum across Covid-19 and identified that Sligo Public Participation network has been at the heart of much of the local action, instigating and coordinating various initiatives, providing supports, and harnessing the goodwill that exists throughout our communities.

Cllr Mulvey concluded by stating "It has been an incredibly challenging and difficult year for every sector of society, but when you see the collective efforts of organisations such as the PPN and the Local Community Development Committee, you get a sense of real optimism for the future".

Cllr Mulvey's address was followed by a presentation by PPN Secretariat member Paul Tolan who gave attendees an insight into the work of the Sligo PPN across 2020, detailing Covid-19 measures such as the community and business mapping initiative as well as ongoing activity reports from the Network. Key items outlined included the PPN needs analysis and the subsequent response programmes, the County Sligo Community Wellbeing vision and the ongoing environment series. Paul also outlined initial plans for 2021 and attendees were invited to send in suggestions for action. There was also an opportunity at this point in the night for attendees to ask questions of the PPN staff and Secretariat.

Next up was Secretariat member and community representative Gerry O'Connor who gave some useful insights into how community groups can get back on track, where they should put their focus and how to motivate members to re-engage with community activity.

With the formalities over, there was a short Sligo focused quiz with the lucky winners being provided with vouchers supporting the Sligo #Shoplocal campaign. The night finished off with an annual prize draw which offered 2 lucky member groups the chance to win some much needed funds. Winners of the €500 first prize and €250 second prize were Sligo Cycle Campaign and Dromore West Village Enhancement respectively.



LEAP PROJECT EASKEY

"SANTA'S WHISTLE STOP TOUR" around the Parish of Easkey �� Many traditional pre Christmas events have been cancelled this year and our children will be experiencing a very different Christmas for 2020.

Santa's visit has always been a big part of the pre Christmas celebrations so The LEAP Project in Easkey is planning a

"Santa's Whistle Stop Tour" which

will bring Santa and his Elf, to all our local National Schools, on one of the days before their Christmas break.

LEAP has also asked the Easkey Street Festival Committee to come on board with us to ensure that we can make this event as memorable as we can for all the Children.

To ensure that we comply with the Government and HSE guidelines.
Santa's entourage will bring his whistle stop tour past each school and make a short stop outside the wall of the school. Santa will give a small selection box to each child (which will have been pre-packed in a large santa sack for each school).

We have also organized a painting competition for all the children to enter and these pictures will be collected by Santa when he stops (The pictures will have been placed in a special box that will have been provided to the school in early December), the theme for the competition picture is:

" MY 2020 CHRISTMAS" and all their pictures will be put on display in Windows in Easkey Village.





Big Brother Big Sister Sligo Volunteer Recruitment

Would you like to meet new people, make a difference in someone's life and give back to the community in 2021? Why not volunteer your time to support a young person?

The Sligo Big Brother Big Sister Programme is recruiting male and female volunteers. It is an internationally renowned youth mentoring programme that forms supportive friendships between a young person and an adult volunteer. Volunteers are asked to share one to two hours a week with their little brother/sister.

The initial commitment is for one year. All volunteers are carefully screened and receive training and support throughout their friendship. Matches are based on common interests/hobbies and complementary personalities.

This is an enjoyable way to spend your time and have a positive impact in a young person's life! We have many young people waiting to be matched to a Big Brother/Sister and would be delighted to hear from you!

For more information on how you can make a difference by volunteering contact Nicola on 086 8516087 or Elaine on 086 0497089.



Hawk's Well Theatre Online Programme:

Sligo Sings Christmas 2020

Add your voice to the Hawk's Well Sligo Sings Christmas 2020 virtual choir! Over the last six years the Hawk's Well Theatre has been on a mission to get all of Sligo singing with its popular choir programme, Sligo Sings. An established highlight in Sligo's cultural calendar, Sligo Sings is a feel good evening celebrating the power of community and song and is as uplifting as it is entertaining. To date an incredible 1,000 people have taken part! Singers have come from workplace choirs, village & social groups. Some with years of experience, others trying it out for the very first time. Due to Covid restrictions the Sligo Sings cannot take place in the theatre this year and has moved online.

The deadline for submitting recordings is 3pm, Tuesday 1st December 2020 and the final result will be shared shortly afterwards. Full instructions, lyric sheets and a step-by-step guide on how to upload your video is on the Hawk's Well website. Connecting with and supporting each other in new ways has become more important than ever before. Please tell your friends and family, home and abroad about this fun project and help us keep Sligo singing! Visit www.hawkswell.com

A Christmas Carol –Streamed Performance Thurs 10 Dec, 6pm €8 per device

A Christmas Carol is Aaron Monaghan and Bryan Burroughs' playful, physical storytelling, stage adaptation of Charles Dickens much loved novella. Devised straight from Dickens classic text, the two award-winning actors- dressed in snazzy suits- play all the characters at break-neck speed using an array of colorful hats, scarves and an Ikea coat-rack! The famous cautionary tale tells the story miserly Ebenezer Scrooge as he is visited by ghosts who take him on a journey through his past, present and future one fateful Christmas Eve. This production is funny, slightly scary, utterly heart-warming and features a surprise special guest appearing as Tiny Tim... Recommended age: 7+

Christmas Toons – Streamed Show for Schools Mon 14 – Fri 18 December

Christmas Toons with Anything Goes is a special festive streamed concert for schools which celebrates the magic of Christmas through music and fun. Come join celebrated musicians Dave Flynn, Eddie Lee, Kieran Quinn, Sinead Conway and Ken McDonald (Tonto) from Sligo band Anything Goes as they perform a selection of festive favourites. Guaranteed to have pupils and teachers of all ages dancing and singing along!

FREE 30 Minute Time Out Self-Care Workshops Online with Tubbercurry FRC

Supporting you this Winter Season!

Sessions will include;

- Grounding and breathing techniques,
- Guided meditations
- Self-Care and Winter Wellness Tips



Dates: Tuesday 8th & 15th December

Time: 10.30am-11.00am

Booking: Contact Mary or Teresa on **0719186926** or Pm us on FB with your Name, Phone number & E-mail address



New Social Prescribing Project @ Tubbercurry FRC

Tubbercurry Family Resource Centre funded by Slaintecare has started the delivery of a new Social Prescribing Project. This project is taking a community development approach to Mental Health and Well-being and connecting/re-connecting people with activities/classes, groups, supports and services in their local community with the aim of improving and protecting each individual's mental health and well-being. Activities prescribed can range from community based social groups (women's group, angling groups, men's shed etc.), to exercise, art and creativity, online classes, education, counselling, personal development, self-care and more. This project works through a referral process and individuals can self-refer or be referred by their GP or other Clinicians, or by community & voluntary organisations working with individuals they feel would benefit from the project. All inquiries to;

Social Prescribing Coordinator: Mary Kilroy

Phone: 0719186926.0864092724

Email: socialprescribing@tubbercurryfrc.com





Sláintecare.

PRIDE OF PLACE AWARDS

Congratulation to Ballintogher /Ballygawley who secured joint runner up place, shared with Clogh, Kilkenny in the recent national Pride of Place competition, in category 2 population from 300 to 1000 residence.

Well done to all involved with the great work on this project.

The local community, also sends good wishes to John & Lucy Davey, Ballintogher Family Enterprise Centre on their extended developments.

Counselling Services now available .

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 selfesteem, Loneliness.

Your work life Unemployment, Money worries, Overwork, Stress, Retirement

For more information and bookings please call 071 91 97818. You can also e-mail a ballymotefrc@gmail.com



Play Therapy



Play Therapy is a non-directive form of

psychotherapy that allows a child to express

themselves through the medium of play.

Play is familiar and natural for children and incorporates different types of play and creative arts in various activities that a child can engage with to allow them to resolve

any issues.

Play Therapy now available at Ballymote FRC.

Suitable for ages 3-13 years of age. Self referrals accepted.



Please contact us on 071 91 97818 or email ballymotefrc@gmail.com for more info.

Sligo Field Club Journal



Vol. 6, 2020













www.sligofieldclub.com





Sligo Field Club Journal Vol. 6

2020





A quick update from Cliffoney Community Forum.

We are In our very first yea, having taken on the mantel of the former Cliffoney Development Group and have spent most of the year getting ourselves established and learning the ropes with help from both Sligo PPN and Sligo Leader for which many thanks. Covid 19 has meant that this has all been slower and more difficult particularly as we have not been able to meet. But we are ending the year on a high! We have received a grant offer from Sligo CoCo towards Christmas lights and seasonal planting and a group of volunteers gave the village beds a tidy up last weekend in preparation for the planting and festivities. It was great to work together (socially distant and with a health and safety plan in place of course) and to draw on the many skills, generosity and knowledge of our members in organising the clear up and planting. So, we're ending the year well and looking forward to more community projects in 2021. Wishing all in Sligo PPN a Merry Christmas and Happy New Year



Dromore West Sings for Christmas

Online Concert featuring local musicians and singers

DEC 19th @ 9pm All donations in aid of

And



Dromore West Community Garden

To get your virtual ticket email us at dromorewestsings@gmail.com Moving Parents and Children Together are looking forward to the lifting of restrictions and are planning for the resumption of our face to face programmes. We fully understand how challenging and difficult this past year has 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, whole family approach to support the family as a unit. The programme is open to all families where there are children aged between 8–17 years old. Our dedicated team 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 Tel: 085 8759313 Email: sligoleitrim@alcoholforum.org Or Facebook https://www.facebook.com/movingparentsandchildrentogether/



Nazareth Village Residents

The residents in the village are looking forward to the switching on of the lights on our first Christmas tree on December 1st. 2020.

Putting the terrible year we have had behind us, we can't wait to light the tree bringing a bit of joy, brightness and cheer to the village with hope for the future. It will of course be a light up with a difference, we will be keeping strictly to the Government's ruling on whatever rules are in place on Dec.1st. as well as wearing our masks, keeping our distance etc.

We are also hoping to have a celebration of Mass for Christmas, again adhering to Government ruling. This celebration will be so much appreciated by the village residents who like the rest of the country have been deprived of attending Mass during the pandemic.

Patsy Lyons,a village resident, is one of the cast in The Olde Time Radio play by Sherlock Holmes "The Night Before Christmas", which will be broadcast on Dec. 12th from the foyer, in the Hawkswell Theatre again adhering to Government regulations. This is not Patsy's first time being involved in the Arts scene. Last year she was also part of the Sligo Acts performance with a difference, as she was performing on stage. Patsy is an active member of the residents association in the

village and we wish her every success in her future acting career.



Spraoi Glas, Knockacullen, Dromore West, Co.Sligo -

We are very excited about sharing our new community social farm and vegetable garden in Knockacullen, Dromore West.

Drop us an email: info@spraoiglas.com or contact us on 087-9968865 if you would like to get involved or lend a hand with growing vegetables and minding the farm animals or just a cuppa & a chat.

> Spraoi Glas is an outdoor healthy space for you to meet like minded people and help grow and flourish.

> > Noelle O'Gara & Dermot Browne Spraoi Glas

Socially Monitored Alarms.

The seniors Alert scheme is administered by a number of groups in the county. A list is available online at sas.pobal.ie 086 6000757 if you need further infomation Those over 65 years living alone, alone for long periods or living with others who are also over 65 are eligible to apply for grant towards the units. Landline and SIM units are available under the scheme. Calling on all groups to publicise the Alone Helpline particularly over Christmas for anyone who may Feel they need to hear a friendly voice. 0818 22 20 24

Muintir na Tire & Sligo Lend a Hand welcomes Healthy Ireland funding in support of a digital connection project.

Over the coming months the Muintir na Tire and Sligo Lend a Hand will work with the Sligo Local Community Development Committee's (LCDC) Healthy Ireland Programme on rolling out an exciting digital project. The project is funded through Sligo LCDC's Healthy Ireland Programme based in Sligo County Council and will support communities to digitally connect individuals to reduce threats to health and wellbeing. Vanessa Clarke of Muintir na Tire is excited about rolling out The Project and working closely with the LCDC's Healthy Ireland Coordinator Marcella Mc Garry on this exciting new venture.

Staying Connected is one of five main themes in the recently launched Government of Ireland "Keep Well" campaign. The project is unique in That it will provide one to one digital training for individuals. This project was designed with Covid in mind and will be able to continue during covid restrictions, with a strong emphasis on reducing isolation through increased use of technology alongside local radio and social media. Staying connected during this pandemic is very important and with the existing network of Community Alert groups in the county this project can identify those in our communities who live alone. Traditionally local support organizations would at this time of year maintain connections engaging service providers and agencies to deliver information at local seminars and social events. This project is about encouraging connection and information delivery via different media and devices. It is however critically important for individuals and groups to make and maintain connections and to do so safely and in a manner, which contributes to a greater feeling of wellbeing.

A series of podcasts are available from OCEAN FM's North West today programme where Muintir na Tire with other key partners chat about how individuals can make and keep connections and what groups can do to make connections locally. It will also look at the supports that are available to support both of these actions. Podcasts with supporting information and contact details are available on www.sligolendahand.ie and www.muintir.ie and on Facebook. Hard copy information packs will be available mid-December for distribution to those who are not yet online. f your group can asist with pack distribution locally please do get in touch immediately. In January 2020 a programme of one-to-one training on the use of connectivity devices will commence, so watch this space. Speaking at the launch Cathaoirleach Cllr Dara Mulvey LCDC Chairperson welcomed this project and commented that " at this point in time where connectivity is so important to preserve health and wellbeing, it is exactly the type of project that can make a real difference to the lives of those who are living alone".

'The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs.'

Colmcille 2021 Programme

The year 2021 marks the 1500th anniversary of the birth of St. Colmcille, one of Ireland's three patron saints. To commemorate the year and Colmcille's associations with Sligo through the Battle of the Books and Drumcliffe monastery specifically, a special anniversary programme of events and activities is being planned. This will include musical and artistic performances, published works, public sculpture, talks, festival events, etc.

As the programme runs throughout the year, there is still time to include additional activities and events and community groups and organisations throughout the county are invited submit their proposals to the organising committee for consideration. In this regard, we have not been prescriptive in terms of what is acceptable other than that any planned activity, etc., should reference or relate somehow to Colmcille, the Battle of the Books, the Benbulben (Cooldrumman) landscape, Drumcliffe monastery/church, literature, poetry, bookmaking, song, copyright infringement, or other theme relevant to the purpose of the programme.

Just to note, there is no funding available for projects, but those accepted will be included on and promoted through the Sligo Colmcille 2021 website which will be launched in coming weeks. For more information please contact 087 997 3558 / mchk63@gmail.com

The Model : Children's Drawing Competition – Landmarks of Sligo

Is there a budding young artist in your home? Then why not enter our competition and be in with a chance of winning a \leq 50 voucher for Smyths Toys (first prize) and two runner-up prizes of a \leq 20 voucher for each category. The categories are 4-7 and 8-13 years old. All you have to do is to create a drawing of your favourite Sligo landmark in black and white.

Hint: it can be a famous statue, near where you live, Doorly Park gate, a famous building or any landmark of your choice! The six winning works will be on The Model website for Christmas for other children to download and colour in.

Submit your entries by post to arrive no later than Monday, 14th December to The Model, home of The Niland Collection, The Mall, Sligo, F91 TP20.

Remember, entries must be in black and white. And don't forget to check out The Model's website over the Christmas holidays for our special launch of some great kids' activities, from Sunday, 27th December, 2020 to Monday, 4th January, 2021.

Diversity Sligo

As for all of us, this year has been a challenging one at Diversity Sligo, but we have still managed to achieve a number of exciting things which we would like to share with you. Although we were not able to go into Globe House for much of the year, we stayed in touch with residents by phone, email and with our new Whatsapp service which allowed us to respond to the queries of residents in a safe and effective way. We also now have a Facebook page where we post information and updates.

This year we also opened a Toy Library, a place where children can borrow toys in Globe House under the supervision of a member of staff. Even very young children are accessing this facility and many toys have been bought or given as a donation. This was an exciting development which we hope to have open again soon.

We launched a phone listening service called Phone Chat where trained volunteers

call residents of Globe House to see how they are doing during these challenging times. The training of volunteers in listening skills took place in May and we now have 11 'listeners' who are carrying out the service. We are pleased to say that the service is going well and many are benefitting from it, both residents and volunteers.

We provided a number of resources to children including Computer Tablets. These

helped children to engage with homework and school activities while the first wave of Covid-19 restrictions were in place. This project was generously funded by Tusla, the child and family support agency in Ireland.

25 art packs were also given to children in Globe House so they could get creative in

their living space while the restrictions were going on.

We were able to buy book rental and vouchers for families with children at school who

live in Globe House. This was thanks to generous donations from Bishop Doran and other donors. And last but not least whilst there won't be a Christmas party at Globe House this year we are expecting donations at Christmas for the children of Globe House. Thank you all for your support. Sligo Volunteer Centre is 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 . The final one of the year is on Tuesday 15th December. These sessions have been our most successful venture this year, so useful and worthwhile for networking and sharing ideas.

A New Volunteering Landscape Training:

This session will cover key issues for volunteer programmes right now such as adapting current roles to fit current circumstances and creating new roles for new 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 demands. We will look at how to manage volunteers offsite, including virtual volunteering and volunteering from home. And crucially, we will look at what organisations need to do to ensure their volunteer programmes can survive during these challenging times. Only one or two places left. Contact us or book your place on Eventbrite- training is on Wednesday 2nd December.

Volunteering this Christmas:

As you can imagine, most volunteering roles are still virtual or online, but don't let that stop you. You can write a letter or card to a resident in your local Nursing Home, you can run 5km for your preferred charity, you can moderate zoom calls for Down Syndrome Sligo and now that the Charity Shops are reopening ,you can help out there. All of these roles are on our website www.volunteersligo.ie.

International volunteer Day 5th December: Let's make IVD this year a worldwide moment to thank volunteers and celebrate their efforts despite all the challenges at hand. Over the last months, as the COVID-19 pandemic has ravaged across the world, volunteers have been at the forefront of medical, community and societal responses.

And finally, all of us here at Sligo Volunteer Centre want to say a huge THANK YOU to all the volunteers in Sligo Town and County who helped us all get through this incredibly difficult year and hopefully will continue to help into 2021. A very merry Christmas to you all and a healthy and safe New year!

