SLIGO PPN NEWSLETTER

SLIGO PPN NEWS

Connecting the Sligo Community since 2014



Welcome to the February edition of the PPN Newsletter.

Due to the current climate, 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, but felt it was still important for us 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

PPN Brief Updates



Sligo PPN Social Media Academy Page

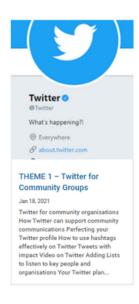
Sligo PPN has worked with the fabulous Digital Training Institute to develop the Sligo PPN Social Media Academy to try and support our member groups to become proficient in all aspects of social media that may support the development of their community organisations and allow them to operate in a society which has become so reliant on online communications. The academy is a combination of online videos and downloadable guides, organised by them theme, which will give member groups an introduction to how they can use social media to enhance their operation.

You will find a series of expert training videos under each theme; 1) Twitter for community organisations, 2) Facebook for community organisations, 3) Hosting online meetings and virtual events, 4) Managing online communities, 5) Social media storytelling

Visit https://www.sligoppn.com/sligo-ppn-social-media-academy/ to read more

MENTOR CLINIC UPDATE:

We have had an overwhelming response to the mentor clinic opportunity and it is now closed for applications. The programme will begin soon and we look forward to seeing what the groups learn.









SLIGO PPN TEAM UPDATE



Sligo PPN Website Review

Sligo PPN Team will be beginning the process of reviewing our website in the coming weeks. We want to make sure that our website contains everything that our members need to make life a bit easier and to make sure they remain informed and connected.

We will be sending an email out soon asking for members who might be interested in sitting on an informal working group to work with us and the web designers to review the current website and make recommendations for improvement to make it more accessible and relevant to all our member groups. Please keep an eye out for this email if you are interested in taking part.

In the meantime, if anyone has any comments immediately on what they would like to see featured on the website you can send through to us at any time and we will pull all the feedback together to make sure it is considered.

2021 WORKPLAN



Sligo PPN staff and Secretariat have been working to pull together a workplan that reflects the feedback from our 2020 needs analysis.

To view the 2021 Workplan please visit https://www.sligoppn.com/sligo-ppn-2021-work-plan/

2021 ELECTIONS

2021 will be very busy for the PPN in terms of elections and representation.

The PPN will be opening up nominations for the following committees in the coming months;

PPN Secretariat

Sligo Local Community Development Committee

Sligo Independent Evaluation Committee

Sligo Heritage Forum

Sligo Place Names Committee

If you are interested in representing your community on any of these important committees, please keep an eye out for nominations opening and feel free to give us a call if you have any questions on any of the committees.



Sligo Training Partnership







"Building on the 2020 needs analysis that was conducted with our member groups in 2020, Sligo PPN are working collectively with Sligo Leader Partnership Co (SLPCo) and Sligo Volunteer Centre to develop a suite of training and support initiatives that respond to the needs identified. We will soon be releasing full details of all that we are doing collectively, but to give you an idea of some of the projects underway;

Sligo PPN have launched their social media academy, are working on the development of Residents Association handbook, have tenders out for training programmes for Tidy Towns and to make groups more environmentally friendly and continue to subscribe to the national funding digest on behalf of the community.

Sligo Volunteer Centre continues to host peer support sessions for those who coordinate volunteers in their group. They have launched a Tips and Tricks Series to cover topics such as 'Enhancing Your Online Presence' 'Governance and Finance for Small Charities' 'Measuring Impact and Outcomes' and 'Sustainability and Energy for Communities'

Sligo Leader Partnership CLG have a number of upcoming training events which include; "How to register as a Charity and mentoring support through the registration process", "Governance and Policy template training-tool kit" to get community and voluntary groups up to speed with good governance practices.

Forward Planning

As a collective, we are aware of how quickly environments are changing for the community sector and so we want to check in with you again to make sure that we haven't missed hearing about any important supports you need.

SLPCo have devised a 2021 survey that you can complete to let organisations know what other help you need. To fill in the questionnaire go to https://www.sligoppn.com/2021-community-group-needs/ or go direct to https://www.sligoleader.ie/

FUNDING INFORMATION

2021 Community & Voluntary Sector Grant Scheme

The 2021 Community & Voluntary Sector Grant Scheme is opening to applications from today.

The purpose of this scheme is to support Community and Voluntary Groups throughout the County who wish to undertake Projects/Events in their area, in accordance with the categories below, subject to the relevant Grant Criteria/ Guidelines.

Grants funded under this scheme are 100% funded by Sligo County Council.

Applications are invited from Community and Voluntary Groups under the following categories:

Burial Ground Maintenance Community Events Community Heritage Projects/Events Estates and Area Up Keep Tidy Towns Committees

Application forms and Guidelines are available to download at https://www.sligococo.ie/Grants/CommunityandVoluntaryGrantScheme2021/ or by emailing candvgrants@sligococo.ie or can be obtained by contacting Community & Economic Development Office, Sligo County Council, City Hall, Quay Street. Sligo - Telephone 071 9114428

Closing date for receipt of completed application forms is: 4pm Friday, 12th March, 2021 Completed application forms must be submitted via email to candvgrants@sligococo.ie



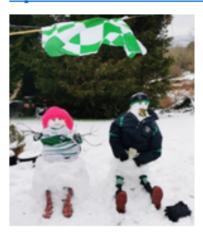
Eastern Harps



Healthy Club - 'Get Up, Get Moving'

After Christmas, the Healthy Club came up with their 'Get up, Get Moving' initiative. This is a community-based event that caters for all ages and levels of fitness and is family orientated. This event is free to all participants as the club has received a grant from Healthy Ireland to run this event. Over 160 adults & children had registered for the six weeks programme which started on January 13th, 2021. We are now entering our final week of the event. It has been hugely successful and due to popular demand and the fact that our club's initiative made the six one news on Saturday 13th February we are going to run this event for at least another 3 weeks. Have a look at our news clip here:

https://www.rte.ie/news/connacht/2021/0213/1196949-healthy-activities-sligo/



At present we have 13 teams and a points system. The points are decided based on your age group (from u12 up to 60+) and if you are a club player, it is a bit more difficult to gain points for your team. We offer Pilates classes live on zoom with instructor Ann Wynne which take place on a Thursday evening and Sunday morning. We also offer pre-recorded HIIT sessions from TAPA Coaching which allows people to do these in their own time. Some fun bonus point activities that were in place over the 6 weeks included ice-bucket challenges, baking banana bread, creating a romantic Valentines table setting, Jerusalema dance challenge and making snowmen.

Phase two of our programme starts Wednesday 24th with an additional 70 participants leaving us with over 220 participants starting the second phase of the challenge. This programme has proved to be a big hit during lockdown as it motivates people to get outdoors and be active with their kids. This coming weekend, all our teams have registered for and will take part in the virtual Operation Transformation 5k.

Virtual Baking/Cookery Class

Another idea that was brought to life after hearing of another lockdown after Christmas was virtual baking classes over zoom. The Healthy Club approached Eileen Kirrane – Eileen's Kitchen Table from Cloonacool and organised 6 weeks of virtual classes on a Saturday from 10-12noon. We currently have over 70 parents and children baking each Saturday morning with this number growing each week. This is another initiative that has been a huge success in our locality with past club players and families joining too.

This programme has proved to be the break that both parents and kids needed from home-schooling. It allows parents to have the dinner ready by noon and the kids get a couple of hours entertainment in the morning as well as getting to spend time together as a family. We are currently looking at extending this programme as the feedback is extremely positive. This cookery class coincides with our 'Get Up Get Moving' initiative as there



are a lot of the same people involved in both. The baking class is another family-based initiative by our Healthy Club committee.

Family Fun Quiz & Short Story Competition

The club hosted a family lockdown quiz on January 30th. This encouraged families to get together on a Saturday evening for a battle of wits. The quiz gave people the chance to test out their knowledge but also acted as a social event allowing members of the club the chance to chat and have the craic between rounds. The event was very successful with kids and adults of all ages logging into zoom and taking part. The Healthy Club Committee are launching a short story competition next week. This will be open to all age groups.

Broadband Hub

The club has also been working alongside Sligo County Council in exploring the options to form a broadband hub in line with the national broadband plan. The hope is that this could present the opportunity of creating a hot desk area in our clubhouse. This could then be a facility with high internet speeds for members of the community to work and study from. This would be a great asset to our rural area.

Weekly 50/50 Draw

The club has launched a new weekly 50/50 draw which began on January 18th. The total amount of money raised by weekly ticket sales is split, with 50% going to the winner and 50% going to the club. People wishing to take part have the option to buy tickets both in the local supermarket or online, where they can pay weekly or enter multiple draws with a single payment. The draw has been highly successful thus far as there is a winner each week and the club aim to continue running the draw every week. Play our 50/50 draw here lottoraiser.ie/EasternHarps

Some pictures from our recent events in the club. We got t-shirts, kindly sponsored by East Brothers Machinery and supplied by GRG.









Feis Shligigh have plans to put an edited version of their 90th anniversary celebration concert out on our Facebook page in March.

It will be broadcast over two evenings, Friday the 12th and Saturday the 13th March at 8pm. Each

showing will be just over an hour . It will be advertise on Facebook in the days before the event .



Cairde Word

Short Story Competition

Cairde Sligo Arts Festival announces its inaugural short story competition and welcomes submissions from March 1st to April 30th. The short stories will be judged by Sinéad Gleeson and Louise Kennedy. A first prize of \in 2,000 has been sponsored by Callan Tansey Solicitors, 2nd prize is a three night stay at The River Mill Writer's Retreat in Co. Down and 3rd prize is a \in 200 Book Voucher from Liber Books in Sligo.

Any writers who wish to participate must read the terms and conditions and submissions will be accepted online only from March 1st through the link on the festival website: www.cairdefestival.com

Winners will be announced during Cairde Sligo Arts Festival 2021; this year's dates are July 3 to 11. For updates sign up to their newsletter here: https://cairdefestival.com/news/



COVID-19 LOCAL ARRANGEMENTS

Jan 2021: Please see our website 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
- Dermot McDonough. White Oaks Aftercare Worker Donegal/Sligo/Leitrim 086 2537993 info@whiteoakscentre.com
- Outreach Workers Donegal/Sligo/North Leitrim/South Donegal
 - Mary Healy 086 7752142/maryechealy@gmail.com/Donegal
 - Mark Askey 087 2208602/markaskeynorthside@gmail.com/ Sligo & South Leitrim
 - Ciáran Marley 087 7878355/ciaranmarleycranmore@gmail.com/ Cranmore/Sligo South Leitrim.
 - o Damien Daly 087 70105/outreach@rycp.ie/North Leitrim/South Donegal

Sligo Travellers Support Group: Bernadette Maughan - 087 7698922/info@stsg.ie

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

- Donna Butler 087 2387618 / manager@sfpnw.com
- Damien Daly 087 7010520 | outreach@rycp.ie / North Leitrim/South Donegal

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

- Donegal: Catherine O Neill/ 086 0481977/catherine.oneill@foroige.ie
- Sligo: Annemarie Regan: 086 9087141/annemarie.regan@foroige.ie
- Leitrim: Caoimhe Ryan/ 086 1702340/caoimhe.ryan@foroige.ie

Training & Education Coordinator Donegal/Sligo/ Leitrim

Christina McEleney: 087 9369312/christinamceleney@donegaletb.ie

NW Task Force Staff:

- Sean O'Connor, Coordinator 087 1034941/SeanJ.OConnor@hse.ie
- Lorna Curry, Sligo/Leitrim/West Cavan 087 6983653/ lcurry@nwdrugtaskforce.ie
- Tracey Mitchell, Donegal/Nth Leitrim 087 7410956/tmitchell@nwdrugtaskforce.ie
- Maev Gallagher, Office Admin 087 1953984/drugtaskforce@nwdrugtaskforce.ie



MSLETB Adult Educational Guidance Service - Sligo

We, at MSLETB Adult Educational Guidance Service – Sligo have moved our services online during Covid – 19 in order to continue providing you with Adult Educational Information and Guidance Services.

We provide free remote Adult Educational Information and 1-to-1 Adult Educational Guidance sessions to help people living and working in County Sligo.

Through our service, we might be able to help you

- With finding out about and accessing further education and training (FET) and Higher Education courses in order to improve your education, career and employment opportunities.
- Make informed choices about your options and choices by helping you to find information about courses, educational levels, funding supports and the different types of learning options you have locally, nationally and internationally.
- · Provide you with a safe space to discuss your chosen path with a Guidance Counsellor.

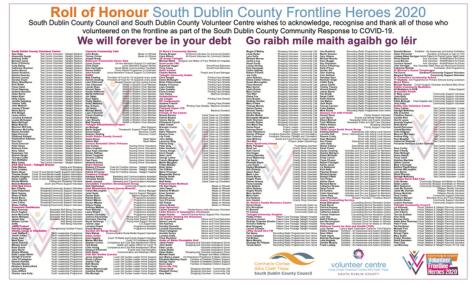
MSLETB Adult Educational Guidance Service - Sligo is a free, impartial and confidential public service aimed at helping you to navigate the different choices and options you have when considering returning to learning be it full time or part time.

Call Saoirse Kennedy, Adult Guidance Information Officer, on 071 91 38 410 or email $\underline{saoirse kennedy@msletb.ie} \ to \ find \ out \ more \ about \ MSLETB \ Adult \ Educational \ Information \ and \ Guidance \ Sessions.$

Kurdish Art Nergz Group Ireland is a community group began three years ago, whose primary goal then was to promote the integration of the Kurdish community into Irish society and to assist any

member with any difficulty they may face in their new environment to help our members with any issues that may arise where language is a factor and to provide the resources for our members to develop their own use of the language.

They were recently listed on the Roll of Honour South Dublin County Frontline Heroes 2020. Congratulations to all.



Would you like to avail of training to set-up and coordinate a befriending service?

Would you like to upskill your existing and new volunteers to provide telephone and visitation training?

ALONE has a suite of training options for services looking to set-up and coordinate a befriending service in Ireland.

This is an initiative of ALONE and Local Community Development Committees supported by Sláintecare.

Training is completely free of charge.

If you are interested in availing of training, please contact via email **community@alone.ie**





Sligo Celebrates Colmcille's 1500th Birthday

Sligo Colmcille 2021 celebrates the 1500th anniversary of Colmcille's birth and his associations with Sligo.

Sligo Colmcille 2021 is a community-led, year-long initiative commemorating the 1500th anniversary of the birth of Colmcille and his associations with County Sligo through an exciting and varied programme of virtual and off-line artistic, cultural, and creative activities, events, and projects delivered by community organisations and individuals.

This year, 2021, is the 1500th anniversary of the birth of Colmcille, one of Ireland's three patron saints, and commemorative activities are taking place throughout Ireland and abroad to mark this occasion. Most associated with Donegal, Derry, and Iona, Scotland, his influence extended farther afield including to Sligo where he is attributed with the founding of Drumcliffe monastery near to the site of the Battle of Cúl Dreimhne (Cooldrumman). More popularly referred to as the "Battle of the Books", which took place in or about 560CE, the battle was reputedly caused by Colmcille's having made a copy of a psalter (book of Psalms) owned by Saint Finnian of Movilla without his permission. The resulting quarrel over ownership of the copy led to the first recorded copyright infringement judgement when High King Diarmait mac Cerbaill ruled in Finnian's favour by declaring "to every cow her calf, to every book its copy". Unhappy with this judgement, Colmcille and his kinsmen met in battle with the supporters of the High King on the lower slopes of Benbulben and it is recorded that approximately 3,000 participants were killed.

To commemorate the 1500th anniversary and Sligo's associations with the saint, Drumcliffe Rathcormac Tidy Towns and the Cos Cos Festival have joined forces under the Colmcille Sligo 2021 banner (www.sligocolmcille.com) to organise a year-long programme of community-led artistic, cultural, and creative activities, events, and projects. Drawing inspiration from the life of Colmcille, the Battle of the Books, the issue of copyright infringement, and the landscape and heritage of the Drumcliffe area, the programme incorporates contributions from a number of community organisations and creatives. These include virtual on-line presentations of specially composed musical pieces, lectures, and concerts, some of which form part of the Cos Cos Festival 2021 programme schedule (www.coscos.ie). Also planned is a sculptural installation and public garden in Rathcormac, an exciting 'Book of Sligo' publication, a Hamilton Gallery art exhibition, and other community-led initiatives. These can be viewed on the Programme page of the Sligo Colmcille 2021 website, which also includes information about of Sligo's Colmcille story and heritage.

For more information contact: mchk63@gmail.com or phone 0879973558



Sligo's Cos Cos Festival returns in 2021

The Cos Cos Festival returns in 2021 to celebrate the 1500th Anniversary of Colmcille's birth

After a year's hiatus, the Sligo-based Cos Cos 2021 Festival will take place virtually from May 7th - 9th with a full online schedule of artistic, cultural, and creative activities, and events celebrating Sligo's Colmcille heritage.

The Cos Cos Festival (www.coscos.ie) is delighted to announce its return this year, from the 7th to 9th of May, with an exciting schedule of virtual and on-line cultural and creative concerts, lectures, workshops, and sessions. In partnership with Sligo Colmcille 2021 (www.sligocolmcille.com), this year's theme is the 1500th anniversary of the birth of Saint Colmcille and his association with Sligo. the Festival schedule will include talks, performances, and creative projects inspired by Colmcille, the 6th century 'Battle of the Books', and the Drumcliffe area where tradition says he established a monastery.

The Festival's Traditional Concert will feature virtually a host of local and guest musicians, including Oisin MacDiarmada and Samantha Harvey, Sean Carroll and family and the Kilfenora Ceili Band and Dancers. Workshops will be led by Scottish and Irish tutors with a Sean Nos dance class with Kieran Jordan delivered live from Boston, Massachusetts. The site will also host a Virtual Choir let by choirmaster Dave Flynn and 'Our Virtual Craft Exhibition' presenting works produced during and prior to the lockdown by the Old School Craft Group. A video of the landscapes and heritage of North Sligo sites associated with Colmcille will be featured on the Cos Cos Festival website, as well as on the Sligo Colmcille website. Other events include a Dance and Movement workshop for over 55's and the Festival Scone 'secret recipe' is to be revealed during our baking demonstration.

Inspired by the life of Colmcille and the 'Battle of the Books', which took place on the slopes of Benbulben, Michael Rooney has composed two short musical pieces, 'Colmcille 1500' and the 'Sligo March', and recordings of both can be accessed from the Colmcille 2021 website. Visual artist Catherine Fanning will create a series of handmade journal books and 'A Little Book of Blessings', a booklet marking the anniversary year, will be formally launched. We are also delighted to have two renowned speakers present talks as part of the 2021 programme, writer and copyright lawyer Ronan Sheehan who will present 'Sub Nomine Columba'/ In the name of Columba which considers the issue of copyright law, and Colmcille scholar Dr. Brian Lacey who will lecture on 'Colmcille – 1500 years on, the Legend of Colmcille'.

Festival events will occur on or around Colmcille's feast day, the 9th of June, including The Sandy Road writers' soundscape performance of their 'Battle Of the Books' poetry and music, a discussion with Stella Durand about the 'Battle of the Books', an on-line calligraphy workshop and icon exhibition. Further anniversary commemorative events and projects will take place throughout the year as part of the Sligo Colmcille 2021 programme including sculptural installations, an exciting 'Book of Sligo' publication, a Hamilton Gallery art exhibition, and other community-led initiatives. These can be viewed on the Programme page of the www.sligocolmcille.com website, which also includes information about of Sligo's Colmcille story and heritage.

While this will be a different type of festival, Cos Cos 2021 (and Sligo Colmcille 2021) is sure to be an exciting and diverse event with something for everyone. All festival content will be posted on-line at a scheduled time over the weekend (as per the festival programme). We will miss seeing you in person, but the 2021 Festival will be more accessible to the public and we everyone to join in and take part. Cos Cos Festival 2021 will be a celebration of our creative, cultural, and artistic heritage and traditions, and all about staying connected as we dance apart!

For more information & booking contact: info@coscos.ie or phone Brenda 0861925988







Ballymote FRC Spring 2021 Newsletter

ADDRESS: Wolfe Tone Street, Ballymote Co Sligo, F56 R282

PHONE: 071 9197818

EMAIL: ballymotefrc@gmail.com





Updates on groups and Services 2021

Call 0719197818 for info unless indicated otherwise

- Family Support Service.
- Counselling Services are offered at the centre and spaces are currently available. Sessions take place on Fridays and costs are heavily subsidised. For more info call Niamh on 0719197818.
- Play Therapy Play therapy services run at the Centre on Mondays.
 For more info call Niamh on 0719197818 or email coordinatorballymotefrc@gmail.com
- Brief Intervention Service for 10 18 years. For more info call Niamh on 0719197818 or email coordinatorballymotefrc@gmail.com
- Kids Dance and Fitness classes thru SSRP starting 18th Feb.
- Express Yourself kids camp, 5-7 yrs, 8-10 yrs, TBC.
- The Possibility Illuminators, Life gets better from here, starting April 16th, Friday mornings 9.30-11.30 Ph 0872228302/0858169948.
- Food parcels collection day

 Tuesdays only.
- Pobal Senior Alert System—call 0719197818 for info.

The following IT classes continue at the centre in 2021

- Early Childhood and Play Level 5
- Word Processing, Level 3
- Communications, ICT, Digital Marketing, Level 5
- IT Skills for Business Level 4
- Healthcare Level 5
- Adult Literacy Services

Printing ,Copying, Binding, Laminating, and Internet Access

Facilities available

We are open and working under Covid restrictions from Mid-March (T.B.C.)

The Possibility Programme

Ballymote Family Resource Centre

is delighted to host this course, by

The Possibility Illuminators (Nicola Scully & Liz Rafferty)

Live Your Best Life

Venue: In Ballymote Family Resource Centre Four Friday Mornings 9.30 - 11.30am Starting Friday 16th April 2021

This course boosts your energy and gives you renewed motivation and strength going forward

Topics include:

- Values & Beliefs
- Thoughts
- 'The Inner Critic'

Build Your Faith and Strength

- Relationships
 - Manage Your Anger

• Self-Compassion & Self-Care Adjust Your Attitude

Cost: €80 for the full course (€20 per 2-hour session) or reduced to €70 if full payment in before 10th April 2021

Booking: Call Nicola 087 2228302 or Liz 085 8169948 Enquiries email: thepossibilityilluminators@gmail.com

Our plan is to host this course in Ballymote Family Resource Centre. If Covid lockdown rules still apply the course will change to online.







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 withto allow them to resolve any is

Play Therapy now available at Ballymote FRC.

Suitable for ages 3-13 years of age.

Self referrals accepted.



Please contact Niamh on 071 91 978 18 or email coordinatorballymotefrc@gmail.com for more info.

TÜSLA

ht um Leanaí agus an Teaghlach Child and Family Agency

Counselling Services now



Ballymote Family Resource Centre,

Wolfetone Street, Ballymote, Co.sligo

HTTPS://WWW.FACEBOOK.COM/ BALLYMOTEFAMILYRESOURCECENTRE

TÜSLA

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. 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.

Unemployment, Money worries, Overwork, Stress, Retirement

For more information and book-ings please call Niamh on 071 91 97818.

You can also e-mail a





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Moving Parents and Children Together

Are pleased to advise that whilst there is currently no face to face supports our

M-PACT Programme has moved On Line

A Facilitated, Free, Six Week Support Programme

Available for ONE or Multi - Family attendance

M-PACT Supports families to work together to understand how parental alcohol or other drug misuse has affected their lives. The programme covers a different topic each week. "Our aim is to improve lives and minimise the disruption caused by the addiction". Giving support, improved understanding and communication skills, the programme increases self-esteem and helps to build better coping strategies.

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/









You don't have to be addicted to suffer from addiction

NEW FREE ONLINE PROGRAMME

FACILITATED TO

SUPPORT THE WHOLE FAMILY

FREE , Six week programme

Adapted to suit remote learning & delivery

Available for single or multi family attendance

Referrals welcomed

Contact In complete confidence

Philip 085 8759313

Or email: sligoleitrim@alcoholforum.org

Sligo Development Centre Cleveragh Road Sligo 071 91 50578

Reg Ch No CHY17835

M-PACT Supports families to work together to understand how parental alcohol or other drug misuse has affected their lives .The programme covers a different topic each week ."Our aim is to improve lives and minimise the disruption caused by the addiction". Giving support, improved understanding & communication skills ,the programme increases self-esteem and helps to build better coping strategies.







SSRP partners Ballymote FRC are hosting a children's dance class as part of our Bunninadden Community Sports

Hub

Initiative. The classes will run for 6 weeks starting on the 24th
March until the 28th of April every Wednesday
evening 6.30pm-7.10pm virtually through Zoom. A great way to get the
kids

engaged in some fun activities. Contact Niamh/Orla in Ballymote Family Resource

Centre for more information on 071-9197818



COMPETITION OPEN TO ALL SLIGO PEOPLE (at home or abroad)

Competitors to compose..

A) ONE IRISH TRADITIONAL DANCE TUNE - PRIZE €250

B) ONE SONG - WITH SLIGO THEME OF TRADITIONAL NATURE - PRIZE €250

Please send your entry using voice recording via WhatsApp to (086) 391 6761 please include your Full name, Age, Address, Contact number, Parent's/Guardian's name & number if U18, Email Address, Title of song/tune

Can be performed by composer or other

ENTRY CLOSING DATE - 16th APRIL 2021



















Surveyre Access to the Western Distributor Road

The opening of Sligo's Western Distributor Road in early January coincided with the reintroduction of Covid Level 5 measures and the reimposition of a 5km restriction on travel for exercise. So, despite somewhat inclement weather on occasion, the road's walking and cycling paths have been an absolute boon to the thousands of local people living within the catchment area.

Sligo Cycling Campaign is currently undertaking a Survey to find out what people who walk or cycle on the WDR think of the access routes from each end. The Survey link is here -https://www.surveymonkey.com/r/WesternDistributorRoadSurvey and can also be found on our FB Page, Sligo Cycling Campaign and on Twitter @SligoCycling.

Our photo shows just a selection of the residential areas adjacent to the Western Distributor Road from the Caltragh/Crozon, Oakfield Ballydoogan and Strandhill Road/First Sea Road areas. The road was primarily designed to allow traffic from the South to access Finisklin business Park without having to go through town. However, the road is also a route to Summerhill College, Gaelscoil Cnoc na Ré, and Scoil Ursula. In the opinion of Sligo Cycling Campaign if access issues were sorted, this route could be a pilot for a flagship active travel #SafetoSchool route.

Funding for Active Travel

In recent months the government has made several exciting announcements regarding funding for walking and cycling projects.

 In October 2020 Sligo County Council received €1million for walking and cycling improvements under the Covid 19 Stimulus Plan.



- In December the Department of Transport announced an active travel allocation of €50 million to 23 Local Authorities.
- In January 2021 the department announced the creation of 217 new multidisciplinary active travel posts in local authorities and a further 30 in regional design offices.
- In February, for the first time ever the allocation to local authorities for
 maintenance and improvements of regional and local roads includes a sum of
 €19 million for active travel measures. Sligo's share of this fund is €310,217
 and there is also an allocation for speed limit signs and for safety
 improvements which of course will benefit all road users

It would appear then that funding is no longer an obstacle to providing safe walking and cycling facilities. However, the funding needs to be applied for and planning undertaken. So do complete the WDR survey and let your councillors and Sligo Cycling Campaign know what other walking or cycling routes you would like to see upgraded or developed.

Cycle Bus:

The first term of the Strandhill Cycle Bus was a resounding success and students, and parents are looking forward to returning to school by bike soon in balmy Spring weather! Strandhill National School was successful in its application to An Taisce Green Schools for Cycle Parking.

Membership:

We are always happy to have new people to help us realise our vision for Sligo, i.e. for it to become a cycle-friendly town and county for all ages and abilities. 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 If people would like to chat over a Zoom meeting, we are happy to facilitate that and once restrictions are lifted we'd love to brig you out for a cycle!









GP, Mental Health Practitoner, Primary Care Team members identify person who could benefit from Social Prescribing (SP), refer onto SP co-ordinator and where permitted inform GP. A person can also self refer

SP Co-ordinator meets with person and discusses needs and SP options. Contact from the Social Prescribing Coordinator can be face to face where conditions allow or virtually, and the service is free. Services may be affected by the level in place as per Government guidelines on Covid-19.

> SP Co-ordinator supports initial engagement with option chosen

SP Options in Include:

- Dancing and Art
- Stress Control Workshops
- Walking Groups
- Community Gardening
- Books for Health
- Online Engagement
- Support Groups
- E-Library Service
- Links with Sports Partnerships |

SP Co-ordinator engages with person to review progress after a number of weeks

SP Co-ordinator holds final meeting with person to discuss future planning for mental health protection, and health and wellness promotion. Feedback given to referrer







Loretta McLoughlin Social Prescribing Coordinator

Address: Sligo Family Resource Centre, 49 The Mall, Sligo. Telephone: 071 9146315/0834036985

Email: lorettasfrc@gmail.com







In a normal year, Street Feast hosts over 110,000 people each summer, including many in Sligo. We were very aware that while Street Feast has had great success in communities throughout Ireland, it was time to increase our engagement year-round to realise more lasting impact. Over the past 2 years we have been working to expand our impact through a number of new initiatives.

This past year, and our current one, have been far from normal. To meet this challenge, we have engaged the goodwill of our national network and adapted our efforts to support our communities during COVID. I wanted to let you know a bit more about our current work, and how it might be relevant for your work in Sligo.

Some of our new initiatives include the coordination and provision of helpful DIY packs for:

Community Activity Challenge - an online and physical activity pack to inspire over 30 community events & activities

Community Time Machine - an inter-generational interview initiative matching young people with older cocooners to capture stories for a 'time capsule,' and series of photographs

Tea at Three - A 3pm Saturday check-in for neighbours to share a physically distant cup of tea.

·Nominate a Neighbour - a quarterly awards programme for neighbours to recognise and celebrate neighbours





Sligo Northside Film Course

Want to develop your creative, visual and technical skills?

Learn different aspects of film-making - whether writing a script, editing a film or making a promo video for your website, Sligo Northside Film Course returns with a mixture of online and blended learning.

All classes are free and are offered in small groups. We work with new beginners to advanced learners. Practical classes will take place in accordance with government guidelines. Watch our Facebook Page for details of our upcoming courses or email northsidefilm@gmail.com

West Sligo Family Resource Centre

We are providing a range of services and supports including:

We are working behind closed doors and are continuing to provide support and services. Please contact 096-37444 Monday to Friday between 9.30am to 5.30pm for more information. The following services and classes are available:

Family Support Service: We are currently providing support to families either face to face, over the phone or video call. Please contact Heather (Monday to Thursday) between 9.30am to 5.30pm on 087-2506773 for more information.

Parenting When Separated Programme will commence online on Tuesday evenings beginning the end of February/ March. Please contact Heather on 087-2506773 for more information.

Online Dance Classes in partnership with Sligo Sport & Recreation Partnership continue on Wednesday evenings please contact Gregory on 087- 3329392 for more information.

Brief Intervention Therapy for young people: for children and young people, 10-18 years, for those experiencing mild difficulties impacting on their mental health or wellbeing. The intervention will last 6-8 weeks (one session per week); and will be provided by suitably qualified mental health professionals such as fully accredited Counsellors/Psychotherapists to work with each individual young person.

Follow Facebook page: https://www.facebook.com/WestSligoFamilyResourceCentre or www.westsligofrc.ie

Contact: Roisin Moyles, Coordinator: 087-3650949/096 37444 Email: r.moyles@westsligofrc.ie



You may also be interested in our Volunteer Leader's Get
Togethers. These are online informal small group meetings where people who
manage volunteers (paid or unpaid) can support and inform each other in their
Volunteer Management role.

Next one is to be held in April, please get in touch if you'd like to come along.



No St. Patrick's day parade again!

Why not have your own social distancing one with your family or bubble? Dress up, get the family to make a float together..Do up the kids gocarts, prams etc

Send us a short video or photo here at the WSFRC Enniscrone, Great prizes, All videos or pics must be in by 5pm 18th March. info@westsligofrc.ie









PARENTS PLUS Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

A six week course taking place on Tuesday evenings from beginning the end of February/ beginning of March **on Zoom**

The course will be facilitated by Laura from Mohill Family Support Centre & Heather from West Sligo Family Resource Centre

For more information or to reserve your place, please contact: Laura 086 603 5977/ Heather 087 2506773



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.parentsplus.ie

Sligo Volunteer Centre Upcoming events

Volunteer Information Sessions on Zoom

These are regular, informal sessions on Zoom where you can meet Olivia and Riona, our Volunteer Development Officers. Aimed at potential volunteers, these informal sessions will cover any questions you may have about what volunteering options are available, how to apply, Garda Vetting etc. There will be time for questions about your particular interests or to arrange a 1:1 follow up call.

- Mon 1st March 2pm
- Tue 9th March 7pm
- Wed 24th March 2pm
- Tue 13th April 7pm
- Wed 28th Apr 2pm

Wed, 10 March 7-8pm Tricks & Tips: Sustainability & Energy with Gavin Forkan & Donal Gilroy

If you would like to meet other communities who have common goals around local energy projects, energy technologies and types of solutions available – this is the session for you. It might be applicable to local development groups, Tidy Towns groups or ANY group who are working towards being sustainable in their operations.

Gavin and Donal are both experienced energy sector professionals and trustees on the board of Sligo Volunteer Centre.

Recent Tips & Tricks sessions available to watch back on https://volunteersligo.ie/blog-3/

- Enhancing your online presence with Val Robus
- Governance and finance with Kathva O'Neill

Available soon (these events are already sold out):

- Measuring impact and outcomes (taster) with Sarah Murphy
- Marketing & Communications for Community Groups with Susan Heffernan

Tuesday March 16th 7.30pm - Find out about Social Prescribing for Health & Wellbeing

At this online event, Sligo Social Prescribing Coordinators Loretta McLoughlin and Mary Kilroy will tell us more about this service, how to avail of it and what to expect. There will be time for





Q&A also. This event is free and open to everyone, we expect it to be of interest to volunteers, community organizations and the general public.

What is social prescribing?

Many people feel overwhelmed and unable to find ways that could make a difference to their lives. This is especially true for people who have long-term conditions, who need support with their mental health, who are lonely or isolated, or who have complex social needs which affect their wellbeing. The Sligo Social Prescribing service could be part of the solution.

The aim is to support people and work out how to take action and connect with activities that might make a difference. GPs, PHNs, health professionals, community and social care services can refer people to the service and people can also self-refer. It is being delivered by Sligo & Tubbercurry Family Resource Centres and is funded by the Sligo Local Com. Dev. Committee under Healthy Ireland.

Tue May 18th 7pm as part of National Volunteering Week

A New Volunteering Landscape - Creating new volunteer roles and adapting prepandemic volunteer roles

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 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.

Trainers: Riona Rochford and Olivia Byrne, Volunteer Development Officers at Sligo Volunteer Centre.

With 15 years experience in the Volunteer Centre between them, Riona and Olivia have a wealth of knowledge about how to attract the right volunteers for your organisation and how to keep them! We can all learn from each other. If you manage volunteers in any capacity, come along to learn something new, make connections and get re-energised.

To register for any event, check our website www.volunteersligo.ie / follow us on facebook or eventbrite. Phone 071-9111042 / email info@volunteersligo.ie



Hawk's Well Theatre, Roscommon Arts Centre &
The Dock, Carrick-on Shannon present
Trad Babies
Wed 17 March, from 9am
(available to watch for 48
hours)
Free Streamed Event

A joyful introduction to traditional music for little ones to celebrate Saint Patrick's Day! Join us for an unforgettable online concert featuring traditional Irish music which will delight and enchant babies, parents and grandparents alike. In this rich musical experience, babies will be introduced to a gentle selection of traditional tunes by Mossie Martin and Séan Carroll. Duration: 45 mins

This is a free, streamed event from our website which you can watch at any time on Saint Patrick's Day from the Hawk's Well Theatre website. Booking not required.





Please click on the link below to read Sligo Environmental Network Newsletter

https://www.sligoppn.com/sligo-environmental-network-newsletterjanuary-2021/



PRESS RELEASE – For Immediate Release - 23 February 2021

A Call from Sligo on Saint Patrick's Day

The Hawk's Well Theatre is offering the chance to nominate someone you know to receive a call from Sligo actor Nichola NacEvilly on Saint Patrick's Day. Ahead of the national holiday, you can nominate someone you know anywhere in the world (or even yourself!) to receive a call from Nichola on the 17th of March who will read from a selection of poems and prose written about Sligo. You can choose from a number of options from poets and writers who live in Sligo or are connected to the area, such as Dermot Healy, Eithne Hand, Padraic Neary, Kellie Hughes, Brian Leyden, Eva Gore-Booth, Sebastian Barry, Jessamine O'Connor, Kevin Barry, Nora McGillen and of course WB Yeats. Full details are on the Hawk's Well website where you can book your choice and preferred time-shot online. Nichola will be calling using zoom or you can choose to receive a phone-call if zoom does not suit.

This is one of the initiatives included in the theatre's online programme 'With Love from Sligo' which runs from Valentine's Day until Saint Patrick's Day. Every day online at 5pm, the theatre is sharing songs, tunes and words from Sligo from their website and Facebook channel, in an exciting and vibrant new programme that is guaranteed to bring in the positive vibes as the days grow longer and winter comes to an end.

Acting Director of the Hawk's Well Theatre, Maeve McGowan says "We are proud to be at the heart of the arts sector in this beautiful part of the world, and feel lucky to be here during lockdown. The natural beauty of our county has inspired the work of many artists over the years, and many musicians, writers and performers have visited Sligo and made it their home. We are delighted to be sharing songs, tunes and words from Sligo's artists with the world virtually over the coming weeks. Since moving our programme online, we have

noticed that people from all over the world are now engaging with us through our online workshop series and online performances. We are delighted to reach out to new audiences overseas and to celebrate and support our own local artists with this programme."

Cathy Jordan kicked off the programme on Sunday 14 Feb until Sat 20 February sharing songs from Sligo everyday for a week on facebook live at 5pm. As part of the internationally-recognised Dervish musician's recently announced residency at the Hawk's Well she has been "collecting Sligo Songs" with a view to a performance of the finished body of work in the theatre at some point in the future. Cathy's Songs from Sligo can be seen on the theatre's website until the 17th of March.

Tunes from Sligo with Oisín MacDiarmada runs from Sun 21 Feb - Sat 27 Feb, at 5pm.

Founder of leading traditional group Téada, renowned Sligo fiddle player, Oisín has toured extensively throughout the world for over 20 years. Instrumentalist Oisín will share the origins of the many wonderful tunes which originate in Sligo, and will post additional information about these tunes on the Hawk's Well website for those who are inspired to dig deeper into our rich tradition.

As part of this programme, the theatre is also celebrating creative families in Sligo in the From Our Home to Yours series. Every Sunday from the 28th of February to the 14th of March the theatre will feature a creative bubble in Sligo. You can see performances from some of Sligo's many talented families starting with Oisin MacDiarmada and Samantha Harvey at 5pm on Sunday 28th of February, followed on Sunday 7th March by Seamie, Rory & Stephen O'Dowd and on Sunday 14th of March by Niamh Crowley and family.

Every day throughout March (Mon – Fri at 5pm) right up until Saint Patrick's Day the theatre will feature an online performance from a local artist who hails from Sligo or has chosen to call Sligo home. These performances from local theatre artists, writers and musicians will shine a light on Sligo. Featured artists include Bob Kelly, Niamh McGrath, Miriam Needham, Louise Kennedy, Steve Wickham, Eddie Lee, Kieran Quinn, Niamh Crowley, Seamie O'Dowd, Amy O'Hara, Eithne Hand, Jessamine O'Connor and many more take part in this celebration of the place we call home.

Whether your near or far, be sure to log on to and enjoy the depth and talent amongst us. For further information, visit www.hawkswell.com.

Curry Parish History and Heritage Group

H14 Murphy

In Griffith's Valuation of 1859 Thomas Murphy and Mathew Murtagh shared plot 7 of 7a, 2r, 7p and plot 8 of 2, 1r and 10p, Total land rent = £4, 10s

Rent payable on each of the houses, 7a and 7b was £0, 5s). Total house rent = £0.10s

Thomas and Mathew were each billed for £2, 15s (half of the total rental, indicating they worked the land together. We believe the Murtagh and Murphy families were closely related.

Patrick Murtagh, Drimbane born circa 1859 moved to a small farm in Sargara/Montiagh H67 marrying Alice Meehan on 11th May 1886, in Curry Chapel.

Thomas Murphy, born circa 1833, Cooper and Farmer from Drimbane, father, Thos married Winefred Walsh from Cloonlahill, father, Pat farmer 19-01-1871 in Curry Chapel. The family family of Thomas and Winnifred is documented in the Drimbane Censuses of 1901 and 1911

Thomas Murphy died 4th July 1908 in Drimbane at age 75 after suffering heart disease for 2 years. His son John was present at death, Winnifred died in 1913, son Michael was present at death.

Census 1901 (H21)

Present were, Thomas 65 Cooper and Farmer, Winnifred 56 wife, John 28 N. T. Assistant, Thomas 27 Cooper, Pat 25 Cooper, Mary 24, James 23 Cooper, Anne 20, Martin 19 Teacher-Monitor, Michael 17

2nd class thatched house with 3 windows in the front and roof of slate or tiles.

Census 1911 (00-0-0)

Present were: Winnifred 70 widow farmer, John 38 teacher, Thomas 37 Cooper, Pat 36 Cooper, James 33 Cooper, Martin 29 Teacher, unemployed, Michael 27

2nd class thatched house with 5 windows in the front and roof of slate or tiles.

Notes

Children born to Thomas and? married circa 1848

Thomas, married Winnifred Walsh

John, married Mary Walsh

Mary married James Cooke, Ballincurry

Children born to Thomas and Winnifred née Walsh 1872-1884: (10 children/12 years)

John b. 11-07-1872 in Drimbane, N.T., worked as Principal of Cloonlyon N.S. Charlestown in the period 1905 - 1937.

Thomas b. 15-08-1873, married Harriet Durcan, Cashel, father, Andrew, 20-02-1912

Patrick bpt. in Curry, 20-09-1874, worked as a coffin maker in the family Cooperage in Drimbaun (always had a spare one on show)

Mary b. 03-01-1875, married Thomas Gallagher from Cashel South father, John 16-04-1908

James b. 14-01-1877, He inherited the place and married Mary Ann Maye Sonnagh, Charlestown, 23-05-1923, they had three boys and two girls.

Philip, b. 06-06-1879

Anne b. 07-07-1880

Martin b. 13-11-18, N.T, for a short period in Curry and Cloonlyon, Charlestown, Served in an I.R.B. Garrison at the GPO, Easter Rising 1916 after which he was arrested. He served a sentence with 1,800 Irish prisoners that included the legendary Michael Collins at Frongoch, Internment Camp, Wales. Martin emigrated to the U.S.A, in 1923, returning in old age where he lived out his life in the Flynn household, Cashel South, he died there on the 24th April 1961.

Michael b. 10-06-1884 in Drimbane at 10 am, a twin of Catherine, Michael worked the land

Catherine b. 10-06-1884 at 11 am. Catherine died when she was three months old, her brother Thomas age 11 witnessed her death.

Children born to James and Mary Anne Maye, Sonnagh, 1924-1884:

Thomas b. 1925, a master craftsman emigrated and was employed on set creation by the famous Pinewood studios near London.

Twins, John and Bernard b. 1928, Murphy's owned two reclaimed fields across the railway opposite the end of Kate Hunt's wall. Here, John and Bernie were a notable feature in the Drimbane landscape of the 1940's and 50's as they cut their hay by scythe and saved it in traditional fashion.

Maud b. 1930, emigrated to England

Kathleen b. 1931, Emigrated to England

Murphy's were a talented artistic and entrepreneurial family who sadly sold their holding.

Children born to John and Mary née Walsh, listed in 1901 Drimbane Census only

Catherine b 09-10-1866 in Drimbane