

# SLIGO PPN NEWSLETTER

## SLIGO PPN NEWS

Connecting the Sligo Community since 2014



Welcome to the September 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



- Community Representatives Your elected PPN representatives have been working hard on your behalf to ensure that community views are represented at the decision making tables. To view their reports go to <https://www.sligoppn.com/ppn-representative-reports>
- Sligo PPN have been busy with elections for Sligo PPN Secretariat & SPC 3 Social Inclusion Representative. Results are published further down the Newsletter
- Community Wellbeing Vision .A workshop was held with PPN Reps on 14th July to review the wellbeing vision statements and ensure they reflect the feedback from the community. The final draft will be going for print in September.
- The Environmental Support Academy with Sligo Environmental Network (SEN) is still in progress.
- Sligo PPN has once again subscribed to the Funding Digest on behalf of the community. The August- September is available on our website at <https://www.sligoppn.com/funding-digest-aug-to-sept-2021/>

# 2021 ELECTIONS

**Sligo PPN have been very busy with Elections over the past few months and we are pleased to announce the following results for the different committees and who the successful candidates are:**

**Sligo PPN Secretariat- Five new members elected to the committee**

- Jean Finnerty
- Brendan Lynch
- Pippa Black
- Patricia Gardiner
- Mark Kupczak

**SPC 3- Social Inclusion Representative**

**-Sheila Scanlon**



# FUNDING INFORMATION



The latest edition of the Sligo PPN Funding Digest is here-brought to you in partnership with @The\_Wheel\_IRL

Featuring 30 funding opportunities for community groups.

Check it out at:

<https://www.sligoppn.com/funding-digest-aug-to-sept-2021/>

**Please also visit the link below to see all the exciting training courses The Wheel has to offer**

**<https://www.wheel.ie/training>**



# TRAINING & INFORMATION

## INTRODUCTION TO POLITICS COURSE - SLIGO LEITRIM

The next Introduction to Politics course is aimed at women in the Sligo /Leitrim area and will take place on Thursday 9th and Thursday, 16th September.

We aim to fit in with your daily lives so we will be providing a morning and evening option from 10-11.30a.m and 7.30-9p.m. The free online SHESchool course is for anyone who wants to start to build up a bit of knowledge about what politics is and how politics works. And if you have ever considered running for local election in Counties Sligo or Leitrim or simply want to find out more about how the county council works and the role of a county councillor, then this is the place to start.

Registration is now open. Here is the link:

<https://www.eventbrite.ie/e/introduction-to-politics-in-sligo-and-leitrim-tickets-160776662325>

You can also find the link on our website.

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



# TRAINING & INFORMATION



**etb**

Bord Oideachais agus  
Oiliúna Dhéana na nGall  
Donegal Education and  
Training Board

**2021**  
QUARTER 4

## Alcohol & other Drugs

Education & Training  
North West Region

**Christina M. McEleney**

E: [christinamceleney@donegaletb.ie](mailto:christinamceleney@donegaletb.ie)

M: 0879369312

Northwest Regional  
Drug & Alcohol Task Force



# TRAINING & INFORMATION

## Schedule

### September

QQi Level 5 Community Addiction studies  
Cocaine  
Online Drugs

### October

QQi Level 5 Community Addiction studies  
Motivational Interviewing (introduction)

### November

QQi Level 5 Community Addiction studies  
SAOR: Screening & Brief Interventions  
Hidden Harm

### December

QQi Level 5 Community Addiction studies  
Cannabis  
Synthetic Cannabis

2021

Quarter 4



# UPDATE FROM OUR COMMUNITY GROUPS



Sligo Volunteer Centre is operating as normal, with the exception of face to face operations for the moment, we are hoping to open to the public again very soon.

We are delighted to offer the following services.

**Volunteer Co-Ordinators 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 please contact [info@volunteersligo.ie](mailto:info@volunteersligo.ie) or register on Eventbrite.

**Upcoming Get Togethers – October 13<sup>th</sup> Wednesday at 11am.**  
These sessions have proved so useful and worthwhile for networking and sharing ideas.

**Volunteer Information Sessions on Zoom:** These are regular, informal sessions on Zoom where you can meet Olivia and Biona, 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- next one is Tuesday 24th August at 2pm.

**Q & A Session- Taking the fear out of GDPR:** We will be hosting a FREE Q and A session at the end of September for anyone who has any small or big questions regarding GDPR. We will post a link to the event on our Social Media pages (Twitter, Instagram and Facebook) when we finalise the date.

**Garda Vetting Training:** New legislation brought in May 2016 has brought about significant changes to the vetting system, with further amendments since that date. Sligo Volunteer Centre process vetting on behalf of a number of affiliates. If your organisation would like to avail of the Garda Vetting service, or just find out more, this is the training for you. Training will be given online via Zoom under the current circumstances.

Cost: €25 (further €25 to register with the GV service after training)

This training is suitable for not for profit organisations who wish to sign up to our E-Vetting service. Ideally the attendee will be the person who is going to be administering the vetting in their organisation. It is also suitable for Board Members.

Please contact [gardavetting@volunteersligo.ie](mailto:gardavetting@volunteersligo.ie) to book your place.

If you are an Organisation looking for volunteers and have volunteer roles to advertise, please get in touch and we will advertise these roles for you for FREE! [www.i-vol.ie](http://www.i-vol.ie)

# UPDATE FROM OUR COMMUNITY GROUPS

The wildflower garden started by one of our residents Kevin is alive with bees, butterflies and moths – the whole area is alight with colour and thrumming with insects.

Our new outdoor seating (partly funded with grants from the PPN) arrived during the pandemic. It is planned to surround the seating areas with more wildflower gardens, following the wonderful display that can be seen in Kevin's garden.

About 35% of the world's food crops need insects to pollinate them. The loss of pollinating insects could threaten our own food supply.

With the decline in natural habitats, pollinators such as bees, butterflies and moths are also on the decline, so planting wildflowers benefits the whole ecosystem.

Everyone can do their bit to help by planting some wildflowers in their garden, or reducing the use of weedkillers, or even just cutting the grass a little less often.

The residents of the Village are, through the medium of a Time Capsule, planning to store for posterity, a selection of items representative of life at this particular time, and in particular the last year and a half.

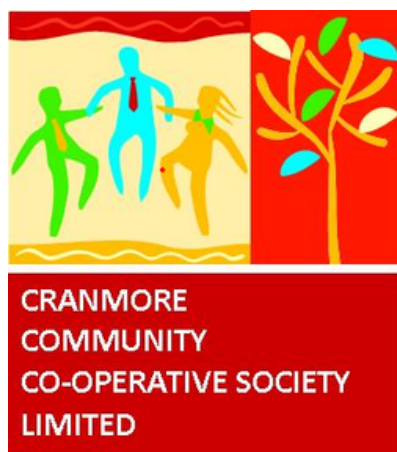
We are also planning to plant an Oak tree in the grounds of the Village following the theme "Restoring Our Common Home through Tree Planting" - Season of Creation 2021.

An outdoor Mass is also planned at a time when it is safe to do so.

All Government rules will be adhered to.



# UPDATE FROM OUR COMMUNITY GROUPS



The community garden is open to all on Mondays between 11am and 1pm and Tuesdays between 5pm and 8pm. Join us as we're sowing & growing, harvesting & tasting fruit, veg, herbs and flowers. Children must be accompanied by an adult. For more information contact [connie@cranmore.ie](mailto:connie@cranmore.ie) or 0871169500.

In conjunction with MSLETB and Sligo County Council we are delighted to announce our newest scheme for our community. "Laptops for Learning" is a scheme where any member of our community (Cranmore, St Annes, Martin Savage Terrace, Garavogue and Doorly Park inclusive) who is looking to start, continue or finish a course and do not have access to a Laptop. We will loan you out a laptop for a short period of time to help you complete your learning. These time frames can be adjusted to meet the different needs of each person.

Along with this, we have teamed up with Cranmore Connects and MSLETB to ensure you have extra help if needed so you are not alone. MSLETB have allocated a staff member to help with all levels of Computer use and ability. So even if you have never opened up a laptop we have help at hand. There are so many courses available for free online and others where you may qualify for grants or financial assistance. You can contact Marian on 089-2769956 for further information or email [info@cranmore.ie](mailto:info@cranmore.ie)

YOUR COMMUNITY NEEDS YOU...we are always looking for new volunteers and active citizens, you may wish to become involved and bring your ideas, strengths and skills to the table. Or you may know someone who has some time, skills but doesn't know whether or not they can become involved? We do not just have the Community Co-op, we also have subgroups which take care of various interests and needs within the group, such as the development of green areas, local angling/ fishing, youth, older people, etc. You do not have to be involved full time to bring your ideas and strengths to your own area. Your voice is welcome at any time. We look forward to hearing from you.

The Community AED is located on the wall on the left of The Regeneration Office, 7-9 Devins Drive, Cranmore.

Are you over 65? Living Alone? The Senior Alert Scheme is available through Cranmore Co-op

Please contact Marian on 0892769956

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Culture Night  
Sligo 2021

@ Cranmore Community Co-op



CRANMORE  
COMMUNITY  
CO-OPERATIVE  
SOCIETY LIMITED

## ArboriCulture Night\*

Join us in our Community Garden  
(Cranmore Road)

on Friday 17 September 2021  
at 4pm, 5pm, 6pm or 7pm

for a tour of our community garden, a tree art and photo  
exhibition, creative workshops for children & adults,  
biodiversity workshops and demonstrations



@CranmoreCoop



Any questions?  
Connie@cranmore.ie  
0871169500

*\*Arboriculture is the study  
and cultivation of trees*

To speed up Covid screening on the day, please register here:  
<https://forms.office.com/r/uscfWFd4Wp>

# UPDATE FROM OUR COMMUNITY GROUPS



An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Óige  
Department of Children, Equality,  
Disability, Integration and Youth

After our projects *Sligo Climate Wisdom* (2019) and *Sligo Climate Generations* (2020), we ran a series of Zoom workshops and a farm day as part of *Sligo Climate Justice* earlier this year: migrants and local people got together to think about the themes of home, community, food and justice.

The project continues in October 2021!

If you would like to join us, please email Connie on [sligonetwork@gmail.com](mailto:sligonetwork@gmail.com). All are welcome and we would particularly encourage migrants to join us.

For news on other exciting upcoming projects, please follow us:



@SligoEnvironmentalNetwork



@SligoEnvNet



@SligoEnvNet



# UPDATE FROM OUR COMMUNITY GROUPS

Sligo lawn bowls club is thriving again especially after a very successful open evening in June. There followed 4 weeks of coaching provided free by sligo sport and recreation. A big thank you to Siubhean and her team for organising this event. From all this we so far have enrolled 13 new members!

We now look forward to finally getting our new clubhouse in the near future.

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## Ballymote Family Resource Centre



Corner of Wolfe Tone Street and Keash Road,  
Ballymote, Co. Sligo F56 R282  
071-9197818 ☎ 071-9197840  
[ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)  
Ballymote Family Resource Centre CLG

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Halloween Camp (funded through the HSE National Lottery Fund)

Dates: 26,27,28,29<sup>th</sup> October from 10-2pm.

This camp is for children aged 5-10 and will include activities including cookery / bakery, and arts and crafts.

Rooms for Hire. We have a number of rooms available for hire for meetings and group activities. All meetings to be conducted in adherence with Covid 19 Guidelines. Wheelchair accessible rooms and toilets are available at the centre. Contact 0719197818 for more information.

**EXCITING NEWS! Our Brand Website is now LIVE - check it out at [www.ballymotefamilyresourcecentre.ie](http://www.ballymotefamilyresourcecentre.ie).**

Please keep an eye on our social media channels and new website for information on any further activities that are planned for the months of September October November:

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

Twitter - @BallymoteCentre

Instagram – [ballymotefrc](https://www.instagram.com/ballymotefrc)

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

# UPDATE FROM OUR COMMUNITY GROUPS

## Ballymote Family Resource Centre



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Ballymote, Co. Sligo F56 R282  
071-9197818 ☎ 071-9197840  
[ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)  
Ballymote Family Resource Centre CLG

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### SLIGO PPN NEWSLETTER - AUTUMN 2021

Ballymote FRC will continue to operate on an appointment only basis for August, pending updated government guidance. We are still working from 9-1pm and 2-5pm Monday to Friday and are contactable on 071 9197818 or [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)

#### Services operating include:

- Family Support Service
- Food Packages
- Counselling
- Senior Alarms Applications.
- Administrative Services
- Brief Intervention Services for ages 10-18. The service will offer support to those experiencing mild difficulties impacting on their mental health or wellbeing. This will take place in Ballymote and also in Drumshanbo (starting September)
- Play Therapy Services (starting September. Waiting list in operation)
- Befriending Service (starting September)
- Walking Group (starting September)

#### Accredited Courses through MSLETB:

We hope to be able to open the doors for September and have the following activities running onsite:

- Intro to Desktop Publishing Level 3
- Spreadsheet Component Level 4
- Digital Marketing Level 5
- Accredited Healthcare class: Level 5
- Accredited Childcare class: Special Needs Assisting Level 5

#### Webinars with Dr Mary O Kane

1. Back to School Anxiety (via Zoom), 16<sup>th</sup> September 2021 @ 7pm. Call 0719197818 to register
2. Teen Anxiety (via Zoom), 7<sup>th</sup> October 2021 @ 7pm. Call 0719197818 to register



# UPDATE FROM OUR COMMUNITY GROUPS



BALLYMOTE FRC ARE HOSTING A FREE WEBINAR  
ON THURSDAY, 16TH OF SEPTEMBER AT 7PM ON:

## Back to School Anxiety

**PRESENTING:**  
**DR. MARY O'KANE**  
LECTURER IN PSYCHOLOGY, MONTHLY  
CONTRIBUTOR TO PARENTING SLOT ON  
IRELAND AM, AND AUTHOR OF "PERFECTLY  
IMPERFECT PARENTING"

CALL 071 91 97818 TO BOOK A PLACE



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



## Senior Alert Systems

### Personal Alarm



**Please contact the centre if you or a relative are  
in need of a personal alert alarm system.**

**Contact and application forms are available to pick up in person  
or can be posted out**

Tel : 071- 9197818  
Email : [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)



pobal  
government supporting communities



## Food Packages

We provide Bi- Weekly Collections on a  
Tuesday.

Funded through FEAD  
Programme, Food Cloud & Donations



Tel: 071 9197818,  
Email: [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)

## Counselling Services now available .

**WHEN**  
Every Friday

**WHERE**  
Ballymote Family Resource  
Centre,  
Wolfetone Street, Ballymote,  
Co.sligo

[HTTPS://WWW.FACEBOOK.COM/  
BALLYMOTEFAMILYRESOURCECENTRE](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, Emotional or Physical Violence, Affairs, Miscarriage, Pregnancy and birth, Post-natal 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, Retirement

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

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

# UPDATE FROM OUR COMMUNITY GROUPS

## The Bard of Kilmactigue

The Henry L.Gavigan Commemorative Group are about to publish a new book, Henry L. Gavigan - His Life and Collected Poems. This project has been part funded by Sligo County Council through a Community Heritage Project grant. The book has been researched by Pat McCarrick.

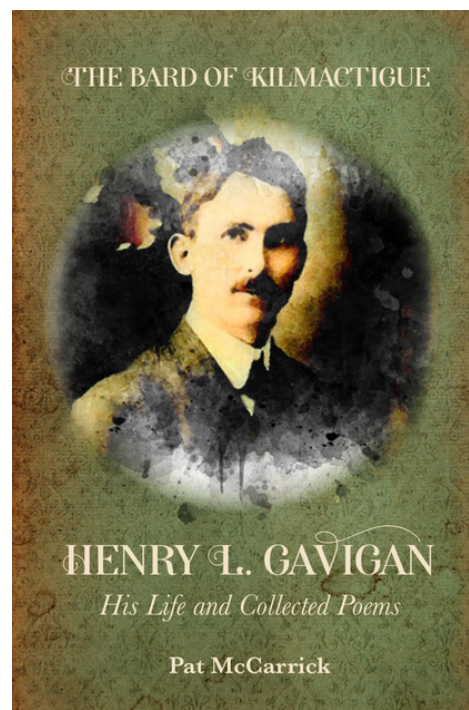
Henry Lawrence Gavigan (1872-1933), lived a life that encountered great contrast. He was one of eleven children born into poverty, to parents who had survived the Great Famine. He grew up in an Ireland that was conflicted between its loyalty to the British Empire on one hand and a desperate struggle to escape it on the other.

After attending and teaching school in his native Kilmactigue in Co. Sligo, Henry emigrated to America in 1893. He quickly made his way in life, progressing to Head of Department in the largest Post Office facility in the US Postal Service. During his lifetime, Henry developed a reputation as a poet and became affectionately known as, *The Bard of Kilmactigue*.

Many of his poems were inspired by his native place, his deep affection for his mother and Irish Nationalism. Henry Lawrence Gavigan, the Bard of Kilmactigue, the Claddagh Poet, accomplished violinist, writer and antiquarian, died in New York in March 1933. He is buried beside his brothers, Anthony and Joseph in Calvary Cemetery in Queens.

*Far away in Old Ireland, there's one home for me,  
A home I will think of, where e're I may be  
Where the shamrocks are blooming, so fresh and so fair,  
N'eath the green shady mountains that shadow Aclare.*

The book, which will be accompanied by a CD, will be launch in early October on a date yet to be confirmed. For further detail, contact Pat McCarrick on 087 2512030 or email [mccarrickpat@gmail.com](mailto:mccarrickpat@gmail.com)





# UPDATE FROM OUR COMMUNITY GROUPS



Moving Parents And Children Together

## Moving Parents and Children Together

Are pleased to advise that we are responding to the needs of our Service Users in offering both Face to Face and Online support.

### A Facilitated, Free, Six and/or Eight Week Support Programme

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 available to accept referrals, offer support and advice to professional agencies, individuals and their families with both telephone and online 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 and call in complete confidence on**

Tel: 085 8759313 Email: [sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)  
Or Facebook - <https://www.facebook.com/movingparentsandchildrentogether/>



**Contact :** Moving Parents and Children Together  
Sligo Development Centre , Cleveragh Road, Sligo, F91 W2KH  
085 8759313 /[sligoleitrim@alcoholforum.org](mailto:sligoleitrim@alcoholforum.org)  
Reg Charity Number: CHY 17835



Moving Parents And Children Together



Informing Nationally,  
Delivering Locally

# UPDATE FROM OUR COMMUNITY GROUPS



## msletb

Bord Oideachais agus Oiliúna  
Mhaigh Eo, Shligigh agus Liatroma  
*Mayo, Sligo and Leitrim*  
*Education and Training Board*

### MSLETB Adult Educational Guidance Service – Sligo

#### Who we are

MSLETB Adult Educational Guidance Service provides free Adult Educational Information and 1-to-1 Adult Educational Guidance sessions to help people living and/or working in County Sligo to re-engage with education as part of their lifelong learning plan.

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

#### How we deliver our Service

MSLETB Adult Educational Guidance Service – Sligo continues to provide free Adult Educational Guidance Counselling and Information services online and on telephone throughout the implemented Covid – 19 pandemic restrictions.

Follow us on Twitter @msletbaegs to keep up to date with information on the resumption of normal services or call us on 071-9138410.

#### What we do

Through our service, we might be able to help [you](#):

- Find out more about furthering your educational career path by providing you with clear and up to date information on what routes and options are available to you depending on your circumstances.
- Make informed choices about your options by helping you to find and understand:

# UPDATE FROM OUR COMMUNITY GROUPS

(a). Information about courses, such as what short or part-time or full time options you have locally, nationally and internationally.

(b). Educational Levels – Learn how to navigate and understand the QQI Award Bands so that you can identify where you can pick up from or leave off at.

(c). Learn and find out what funding supports from the Student Contribution to Government Supported Schemes are open to you.

(d). Understand what educational progression is and how it affects you.

(e). The different types of learning environments available, from Taught, Blended or Online programmes.

- Provide you with information on how to access further education and training (FET), Apprenticeships or Higher Education courses in order to improve your education, career and potential employment opportunities.
- Provide you with a safe space to discuss your chosen path with a Guidance Counsellor.
- And much more.

As demand for our services is continually increasing, we would advise that you call in advance to arrange an information or guidance session. All sessions are allocated on a first come, first serve basis.

Call Saoirse Kennedy, Adult Guidance Information Officer, on 071 91 38 410 or email [saoirsekennedy@msletb.ie](mailto:saoirsekennedy@msletb.ie) to find out more about MSLETB Adult Educational Information and Guidance Sessions.

# **45 HIGH STREET**

**A COMMUNITY SPACE FOR EVERYONE WITH  
ACTIVITIES FREE TO ALL**

**GROW YOUR CREATIVITY AND DEVELOP A NEW  
FOCUS IN A VIBRANT, INCLUSIVE AND CALM  
SETTING**

**TRY SOMETHING NEW, UNCOVER A HIDDEN TALENT:  
ARTS & CRAFTS, POETRY, MUSIC, BOOKS AND MANY  
OTHER SHARED INTERESTS**

**[www.number45.ie](http://www.number45.ie)**

# UPDATE FROM OUR COMMUNITY GROUPS

## Sligo Cycling Campaign

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

September sees the big return to school and this year we hope it will be smooth, happy and uninterrupted for the school community. #GetToSchoolOnyourOwn Fuel is a women led initiative of the Cyclist.ie Rural Collective and Sligo Cycling Campaign is encouraging pupils and parents to consider cycling to school and help them find and practice safe routes to school.

For the past year the cycling campaign has supported the Strandhill Cycle Bus. We will continue to do this but would be delighted to help to set up another cycle bus in Sligo town or the surrounding area. We would also be happy to accompany any parent on a cycle to suss out a route to their school.

This year there will be extra encouragement and support to get to school on your own fuel by walking, cycling, scooting or skating. The Government has announced a Safe Routes to School programme and along with Strandhill, two Sligo town schools, Scoil Ursula and St John's are set to benefit in the 2021-2022 school year. The programme will be coordinated by Green Schools Ireland and works will be carried out by Sligo County Council with the advice of the National Transport Authority. Jesus and Mary secondary school in Enniscrone will also receive funding for Safe routes to School.

September also sees the celebration of Bike Week which will run from September 12<sup>th</sup> to the 18<sup>th</sup> and Sligo Cycling Campaign is planning various events. For more information check out our website, [www.sligocyclingcampaign.ie](http://www.sligocyclingcampaign.ie) or our social media posts on Facebook, Twitter and Instagram.]

Sligo Cycling Campaign is always happy to welcome new members, We plan to hold our AGM in the Autumn but you are welcome to get in touch at any time via the website or by email to [sligocycles@gmail.com](mailto:sligocycles@gmail.com).

We will shortly be submitting our thoughts on how active travel can be supported in Sligo to the draft Sligo County Development Plan.





# UPDATE FROM OUR COMMUNITY GROUPS



**National Cycle/Walk to School practice runs SAT AUG 21st - SAT SEP 4th**

**cyclist.ie** the Irish Cycling Advocacy Network

**FIND YOUR ROUTE TO CYCLE, WALK, SCOOT OR SKATE SAFELY TO SCHOOL.**

REGISTER AT [CYCLIST.IE/SCHOOL](http://CYCLIST.IE/SCHOOL) TO BE IN WITH A CHANCE TO WIN A HAMPER OF CYCLING GOODIES AND FOR MORE INFORMATION ON LOCAL EVENTS.

**GET TO SCHOOL ON YOUR OWN FUEL!**

**An initiative to promote cycling to schools**

**I WANT A SAFE CYCLE ROUTE TO MY SCHOOL**

**WANT SAFE CYCLE ROUTES TO SCHOOL**

The poster features a large group photo of children and adults on bicycles, a cartoon illustration of two children on a bicycle, and a child holding a sign. The background is a mix of green and yellow.







## Sligo Cycling Campaign

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

**Bike Training for Parents wishing to cycle to school with their children: Dates TBC Tel: 087 9387545**

**Community Cycle! Date TBC**

**Cycling Posters for Companies and Community Groups**

**Further information: See website or phone 087 9622234**

**To find out more visit [www.bikeweek.ie](http://www.bikeweek.ie)**

# UPDATE FROM OUR COMMUNITY GROUPS



As we well know covid 19 had a massive impact on all of us, but the impact on our youth was enormous. At such a vulnerable age, 12 to 18 year old's missed out on so much throughout last year with schools being closed and the option to connect with friends and family taken away.

Foróige along with a small number of volunteers and the volunteer led Sligo Foróige District Council continued to organise online meetups and programs which were a big help, but not the same as young people meeting other young people in person. So, the District Council with the support of some of the Sligo/Leitrim clubs set up a kayaking summer program. The clubs used their yearly grant money to put towards the purchasing of Kayaking boats and equipment, and the District Council gathered what money they could so that collectively we could offer the young people in Sligo and Leitrim a summer of fun on the water. It was initially to be 3 days a week for 6 weeks but with so many young people wanting to do it the program we ended up running for 7 weeks with 4 to 5 full days.

Alan Judge the Regional Youth Officer for Sligo/Leitrim at the time and a very experienced Kayaking instructor supported us in purchasing the equipment, along with the setting up and running of the programme. Teresa Conway, a Leader with Tubbercurry Foróige Club very generously gave many hours of her time as a volunteer supporting Alan on the water. This kayaking club gave young people the opportunity to get outside, connect with other young people, learn something new, have the craic and banter, and just be outside living life in a healthy way. Sligo Foróige District Council would like to thank Alan and Teresa for their dedication, commitment and the positive impact they have had on the young people's lives.

We are currently looking to source further kayaking instructors to allow us to continue to run this program again next summer. If you know someone who may be interested please contact [brendanlynch79@yahoo.ie](mailto:brendanlynch79@yahoo.ie)

Finally, many Foróige clubs are looking for reliable, dedicated volunteers to support young people and help run the clubs throughout Sligo. We hope these will be reopening in some form in September. If you are interested in helping to make a difference in young people's lives, please contact Alan Judge in Foróige at [alan.judge@foroige.ie](mailto:alan.judge@foroige.ie)

# UPDATE FROM OUR COMMUNITY GROUPS



## Coffee Mornings:

For the next few months our monthly coffee mornings will remain on-line. These will take place on the first Monday of every month (the second Monday in months containing a Bank Holiday) via ZOOM. It is necessary to register so that you will receive the ZOOM invitation each month. If you are not already registered you can use the following link to do so and we look forward to welcoming you. <https://www.havinalaugh.com/virtual-coffee-morning/>. Please note that we update the registration link every 6 months.

## Blog Page:

A wide variety of topics come up at our coffee mornings and through our new blog page we share those pieces that made us smile or think for a while. Why not have a look here <https://www.havinalaugh.com/coffee-morning-blog/>.

## Outdoor Movie Night - Save The Date!

We are currently making plans for an outdoor movie night for Saturday 9<sup>th</sup> October 2021. Details will be confirmed but for now SAVE THE DATE – and check our website [www.havinalaugh.com](http://www.havinalaugh.com) in September

# UPDATE FROM OUR COMMUNITY GROUPS



**Skreen Dromard Beltra Community First Responders After a busy few months of essential training and scenario re-enactments, Skreen Dromard Beltra Community First Responders group is preparing for its official launch day in September. The group comprises of local volunteers, most of whom are responders but also some essential people working behind the scenes. They have completed weekly training in Cardio Pulmonary Resuscitation (CPR) since the beginning of June and the group is going from strength to strength. The group have also been busy fundraising to purchase new defibrillators and training equipment and recondition and maintain the existing equipment in the area for the community. Thanks to the generous donations from people and businesses in the community it is hoped to have multiple defibrillator points in the area**



# UPDATE FROM OUR COMMUNITY GROUPS

## North West Simon Community Virtual Sleep Out 1st Oct

Take the Challenge, join the Experience, Ditch the duvet and pack away the pillows all for a good cause.

On Fri 1st Oct, we are calling on the people of North West and beyond to swap their beds for sleeping bags for one night only by taking part in the Virtual Sleep Out for North West Simon Community.

While we may not be able to come together in person this year, we are calling on friends, family, colleagues, and teammates to join us virtually; giving up your usual comforts to spend the night in a unique and powerful way whilst supporting those facing homelessness in the North West.

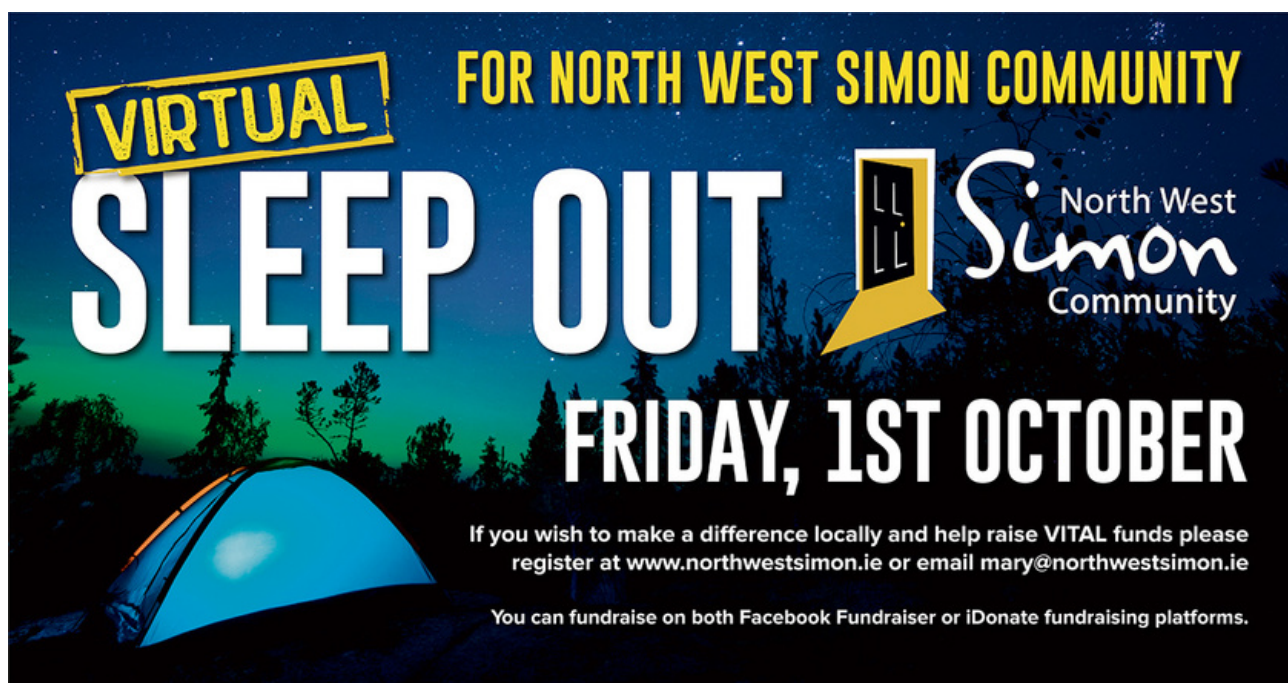
Due to the ongoing Covid 19 pandemic, we are going virtual again this year which means no matter where you are in the world, be it New York, London, Paris, Tory Island or Inishbofin you can enjoy this unique solidarity experience safely.

This year, now more than ever we need your support as the housing and homelessness situation escalates. It's been a tough year for everyone and especially the North West Simon Community as all community fundraising events have had to be cancelled which accounted for almost 80% of our annual income.

Whether you spend the night under the stars in the office car park, pitch a tent in the garden or rough it in the sleeping bag we are asking you to take part in solidarity with the individuals and families experiencing homelessness during these uncertain times.

Anyone can sign up to take part including families, work mates, students, teams, clubs, schools at home and abroad.

Register at [www.northwestsimon.ie](http://www.northwestsimon.ie)



# UPDATE FROM OUR COMMUNITY GROUPS

## The Model

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Taking the 'circuit', with all of its possible meanings, as a conceptual framework, this screening programme, considers interconnected ideas relating to communication, travel and technology. In the selected films, intimate or ordinarily private thoughts are vocalised, and acts of speaking or mis/over-hearing, take on significances other than those originally intended. This gives rise in several instances to concerns about illicit societal control and surveillance, and emphasises the political and cultural value of speaking out, either to express an inner voice or strengthen the power of collective struggle.

### **Art for Blind; Arthur Itis & Tuath**

Sat. 11 Sep., 9pm

The Model has commissioned local creative collective Art for Blind as artists in residence for young people from August 2021 to May 2022. Arthur Itis is a pan-dimensional being who since arriving on Earth has released five albums, a compilation and three EPs which has garnered support slots for Jeffrey Lewis, Mary Ocher and O Emperor. Tuath are an experimental rock collective based in the northwest of Ireland known for their expanding & contracting www and heady audio-visual presence.

Please note, to ensure compliance with current public health guidelines, the event will have allocated socially distanced seating and advance booking is required.

### **Informal Music Afternoon**

Sun. 5 Sep. 1pm

Mozart Piano Concerto K 450, Aileen Cahill piano with the SBO in Sligo.

Johann Friedrich ~~Casch~~ Concerto in G, Lorraine Howley and the SBO.

Arrangements and original songs written and performed by Sarah Crummy

W. A. Mozart: Piano concerto in B flat major K 450 soloist Aileen Cahill

Under current Government guidelines, seated, distanced events are permitted in The Model's theatre space. Advance booking is essential to ensure a safe environment for all our patrons, and your e-ticket will be checked upon entry to the building. The Model currently operates a one-way system for patrons with the entrance at The Mall door and exit through the Connaughton Road door.

Informal Music Afternoons are produced by Sligo Baroque Orchestra in partnership with the Model. Grateful acknowledgement of the support of the Arts Council and Sligo County Council, as well our thanks to those who have made generous donations or have in other ways offered assistance to keep IMAs going over the past months.



# UPDATE FROM OUR COMMUNITY GROUPS

## The Model

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### **Patrick Hall, Beginnings,**

Opening October 2021

Patrick Hall, Beginnings, curated by Hall's long-time friend and fellow painter Nick Miller, reflects on an artistic career defined by an unknowable and undefinable spirit. From Hall's emergence as an artist in Spain in the late 1960s, to new beginnings that continue today against the odds in his studio in rural Co Sligo, this show celebrates a unique artistic voice and vision.

### **Andy Parsons**

Arts & Health exhibition

Opening October 2021

In partnership with Sligo University Hospital, a major Arts & Health exhibition at The Model, opening in October, showcases new work by artist Andy Parsons. A [three-month](#) Artist-In-Residence in Sligo University Hospital initiated by The Model in late 2019/2020 was the stimulus for this creative journey. Supported further by an [eighteen-month](#) studio residency at The Model, an intensive period of making and reflecting has resulted in works that capture poignant and engaging moments of daily hospital life. The show will provide nurses, doctors, all members of the multidisciplinary team a space to reflect on the impact of their work on the lives of patients.

Primarily working in the field of painting, [print-making](#) and artist books, he also works in sculpture and installation. This Arts and Health initiative supports the collaborative development for artists working in healthcare settings through engagement with patients and staff with contemporary arts practice. Andy Parsons is a visual artist based in Co. Sligo.

We would like to thank the hospital team, especially Ann Hayes, Dr. Paul ~~Hartel~~, Julie Fox, Eileen O'Carolan, Emer Melvin, Grainne McCann and ~~Domhnall~~ McLoughlin for their enthusiastic support of this project.

### **Signals & Circuits**

Thu. 12 Aug. - Sun. 10 Oct.

Curated by ~~aemi~~, Signals & Circuits is a gallery screening programme of artists films featuring work by artists Jenny Brady (IE), ~~Jussi Eeroja~~ (FI), Laura Fitzgerald (IE), John Smith (UK), Deborah Stratman (USA) and Yoga ~~For~~ The Eyes (IE).

# UPDATE FROM OUR COMMUNITY GROUPS





# UPDATE FROM OUR COMMUNITY GROUPS

**From everyone at Sligo Pride Festival 2021 we want to say a huge thank you to our Sligo community for all of the support and craic that made it such a special festival! From the PPN themselves, through the local businesses that supported us by putting up window displays and donating prizes to our raffle and to the people who attended our in-person and online events - a huge rainbow thank you! We are looking forward now to our AGM on Tues 28th of September, all are welcome. Email [sligopride@gmail.com](mailto:sligopride@gmail.com) for the link.**



# UPDATE FROM OUR COMMUNITY GROUPS



## SLIGO PRIDE

### Annual General Meeting



**Tuesday the 28th of September  
at 7pm on Zoom**

Email: [sligopride@gmail.com](mailto:sligopride@gmail.com) for the link

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#### **Volunteering opportunity**

Foróige's Big Brother Big Sister (BBBS) Programme in Sligo and Leitrim is recruiting male and female volunteers. Would you like to befriend and mentor a young person who may be in need of extra support and encouragement? The BBBS programme matches an adult volunteer to a young person aged between 10 and 18 years. Matches are based on similar interests and compatible personalities. The commitment for volunteers is a minimum of 1 hour per week for 1 year. Supervision and training is provided in your role as a volunteer mentor.

If you would like to find out how to get involved contact [Elaine.granaghan@foroige.ie](mailto:Elaine.granaghan@foroige.ie) or [Caitriona.clarke@foroige.ie](mailto:Caitriona.clarke@foroige.ie)



**Big Brother Big Sister  
Programme**



# UPDATE FROM OUR COMMUNITY GROUPS

**BOOK**  
**Sale/Swap**

ALL BOOKS IN GOOD  
CONDITION ACCEPTED

Saturday - Achonry Farmers  
Market  
From 10 - 1pm  
Sunday - Carrowmore School  
From 2 - 4pm F56 EF63

Organised by Achonry Mullinabreena  
Community Enhancement group for  
community projects

For further information contact Bríd at 086 6081926 or email  
[achonrymullinabreena@gmail.com](mailto:achonrymullinabreena@gmail.com)

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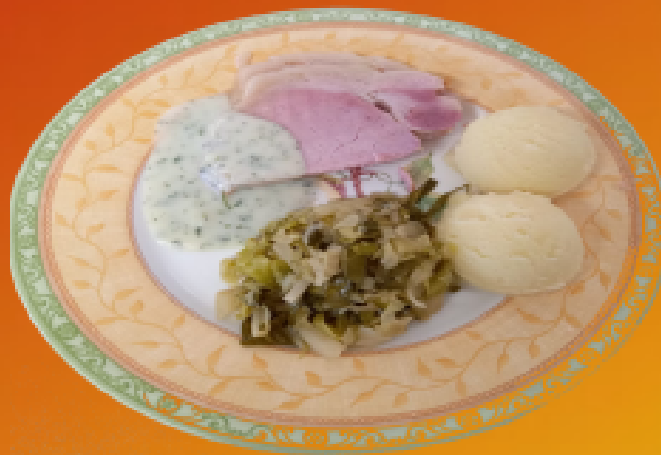
# UPDATE FROM OUR COMMUNITY GROUPS



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# UPDATE FROM OUR COMMUNITY GROUPS



**Newly constructed  
Memorial Garden at the John  
Hume Peace Gardens  
Banada by Banada  
Development Agency and  
Sligo County Council in  
memory of the War of  
Independence.**





# UPDATE FROM COMMUNITY GROUPS

Despite the difficult weather work continues at pace with SIS at Mac Sharry Park Cranmore Road Sligo looking great today. New Dugouts now erected, warm up area at ESB in place with Tarmacadam path on Garavogue side been laid. Main Goal posts and Training goals all ready with training scheduled to commence next Tuesday night. The official opening by the President of the Football Association of Ireland Gerry Mc Ananey is scheduled for 3pm on Saturday the 18th Sept with a celebrity game the night before and also the Super Draw more on all later.





# UPDATE FROM COMMUNITY GROUPS

## "Odd socks day" 7th October 2021



**NORTH WEST  
STOP**

**Schools, Colleges and  
Organisations, wear a pair  
of odd socks for  
a day and donate €2**

To Register: 071 98 56070

info@northweststop.ie



@stopsuicide.ie

**World Mental Health Week 7th - 13th October 2021**



TONY SCANLON 10TH  
ANNIVERSARY REMEMBRANCE

## WALK OF LIFE 2021

SUNDAY 12TH SEPTEMBER 2021

VIRTUAL EVENT - TAKE PART FROM  
ANYWHERE



*Please observe social distancing*

# UPDATE FROM COMMUNITY GROUPS



## So you've got an idea. No, a dream

A dream that could make a difference in your community - to change something by solving a problem or creating an opportunity. First, you need to talk to somebody about a loan to make it happen.

We might well be that somebody. And we're listening.

## Who are Community Finance Ireland?

We're a charity and a social enterprise operating across the entire island of Ireland. We aim to create a world-class community finance system that works tirelessly towards ensuring that positive social impact is felt – not just dreamt.

And we're getting there.

We've worked with capital providers and clients to help see the change and make the change, right across the Community, Voluntary and Social Enterprise (CVSE) sector. Today we're the fastest-growing dedicated social finance provider across Ireland and the UK. But there's still more to be done.

## What can we offer community groups?

- **Short term Bridging Loans** to facilitate retrospective drawing of grant support (interest only, plus Grant upon redemption)
- **Longer Term Loans** with bespoke repayment schedules where appropriate
- No arrangement Fees or no Personal Guarantees required.
- All Bridging loans are unsecured & some term loans are unsecured
- No penalties for early redemption of loan
- Internal approval provided within 48 Hours on receipt of all information required
- Financial advice on what best way to structure your finance
- Access to a wealth of knowledge and Network in your sector should you wish to hear how others have achieved what you plan to do.



# UPDATE FROM COMMUNITY GROUPS

## Meet Our Change-Makers: Anne Graham



At Community Finance Ireland we take a hands-on approach when it comes to working with our clients. We put people first. When our clients call with a query, they hear a familiar voice at the end of the phone. They know the face who is at the other end of an email. Our Change-Makers are on the ground, supporting communities, meeting clients and making an impact in their regions.

Meet your local Change-maker Anne Graham. Anne is from ~~Drumfries~~ in Co. Donegal. With 25 years' experience working in the Financial Services sector, Anne joined the CFI team in April 2021 and has dedicated her efforts to assisting her local community in Co. Donegal and Connacht since.

Get in touch with Anne by calling 086 078 9727, or if you wish to proceed with an application please complete the online application form [here](#)

## Who have we supported to date in Co. Sligo?

### Western Forestry Co-Op



Western Forestry Co-op has over 35 years' experience in advising landowners on forestry. The Co-op was established in 1985 by the Dairy Co-operatives in Western Counties in response to a need for support services for landowners considering forestry. Since that time the Co-op has afforested thousands of acres along the Western seaboard and is the largest and longest established forestry co-operative providing professional forestry services that

# UPDATE FROM COMMUNITY GROUPS

include forest establishment, forest management planning, harvesting, forest roads and a forest insurance scheme.

In 2019 the Co-Op approached Community Finance Ireland to assist with their cash flow issue which enabled the organisation to continue to keep their doors opened and allowed them to progress the Martin Neary Park Project.

Listen to the fully story with our podcast [here](#)

## Cloonacool Community Park



Comprising of 10 acres and opening in 2001 Cloonacool Community Park provides facilities for sports and leisure activities which are available to all, and indeed which have been used by teams and groups from across the entire county and further afield.

The facilities on site include grass playing pitches, a digital score board, viewing stand, sanded training area with floodlighting, dressing room building inclusive of meeting rooms, kitchen and fitness suite, a picnic area and off-road parking.

The company has undertaken a number of capital investments to enhance facilities at the park. And most recently they partnered with Community Finance Ireland to develop a loop walkway.



# UPDATE FROM COMMUNITY GROUPS

SFCJ 7 Initial Press Release, Aug. 21<sup>st</sup> 2021

*Sligo Field Club Journal*, Vol. 7, 2021, for release in mid-September.

Hon. Editor: Martin A. Timoney; Hon. Senior Assistant Editor: Fiona Doherty; Hon. Assistant Editor: Jim Foran.

208 pages over 160 images, most in full colour, thread bound and printed in Connacht by KPS Colourprint, Knock, Co. Mayo.

Available for €25 from SFC Committee or Liber and Easons from mid-September.

## Contents

Presidential, Martin Wilson, *Working together*,

Editorial, Martin A. Timoney, *While we are waiting for the future to arrive!*

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Pádraig Meehan, Campfire Fever Unbridled: Kings of the Irish Neolithic?

Eamon Cody, Four Dates on Human Bone from Cairn K of the Carrowkeel Passage Tomb Complex, Co. Sligo

Frank Clinton, A Shale Axehead from Friarstown, Dromahair, Co. Leitrim

Dirk Brandherm, Cormac McSparron, Linda Boutoille and Thorsten Kahlert, Knocknashee – An Unusual Bronze Age Hilltop Settlement in south Co. Sligo

Jim Higgins, St. Dominic in Medieval to Post-Medieval Irish Art

Martin A. Timoney, Rathscanlan and Ballyara, Co. Sligo, an Ancestral Place of *Ó hEára Riabhach*

Nollaig Ó Muraíle, Some Notes on the Family of O Hara and their Territory of Leyny, Co. Sligo

Elaine Conroy, Court Abbey, A Franciscan Third Order Regular Friary, Lavagh, Co. Sligo

John McKeon, Ahamlish Parish, Co. Sligo, 1800-1880: A Time of Much Change

Peter Henry, Some Sligo-related Armorial Bookplates: Part 2

John Mullaney, 'Time is a River' – Marcus Aurelius

Eamonn P. Kelly, Mythology and Landscape of Sligo, Part 2: The Battle of Moytura and *Formaoil na Fíphnn*

Don C.F. Cotton and Micheline Sheehy Skeffington, Review of the Strawberry Tree (*Arbutus unedo* L.) around Lough Gill, Co. Sligo

John Quinn, The 'One Sligo Museum'

Catherine O'Connor, Frank O'Connor

# UPDATE FROM COMMUNITY GROUPS





# UPDATE FROM COMMUNITY GROUPS



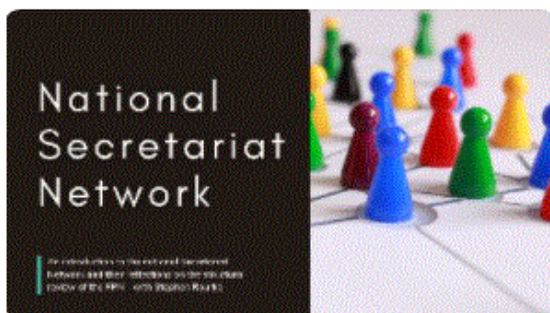
## Quick Guide to this months Events

September

- **10th:** DEADLINE for submission to Lough Muckno tourism proposal
- **18th @ 2pm:** Green Gathering - Edible Communities
- **18th - 19th:** The Community Apple Festival at Cloughjordan EcoVillage
- **20th, 22nd, 25th:** Information sessions for Mineral Exploration consultation
- **27th @ 7pm:** LEN & PPN Monthly Meet Up: SPC share

## Monthly Meet Up for Local Environmental Representatives

Each month we hold a Monthly Meet Up for LENs and anyone with an interest in the topic of the month.



At August's Meet Up we heard from Stephen Rourke about the national Secretariat Network, and about their reflections on the structural review of the PPN; what is and is not working, and what needs to change.

Next month's Meet Up (September 27th, 7pm) will be an open share and discussion on Strategic Policy Committees. There is no set speaker, instead the conversation will be driven by you, the SPC reps. If you have any questions about your role as an SPC rep, or are having difficulties or successes you would like to ask other reps about, please email them to [catherine@ien.ie](mailto:catherine@ien.ie) to be added to the agenda.

# UPDATE FROM COMMUNITY GROUPS



You are invited to our upcoming Green Gathering all about edible projects and communities in Ireland.

Hear from current projects, learn about forest gardening in community spaces, and meet others who share this interest.

Hosted by Wexford Environmental Network and the Irish Environmental Network, this free event will offer inspiration for your own projects and a solid idea of where you can start and who you can work with to achieve your own edible community.

**What:** Edible Communities - National Green Gathering

**Where:** Online

**When:** Saturday September 18th, 2pm - 4pm

**Book your spot:** <https://www.eventbrite.ie/e/edible-communities-tickets-167631202439>



**Féile na nÚll - The Community Apple Festival**

At Cloughjordan EcoVillage

Join in the fun on September 18th - 19th for music, poetry, apple pressing, bake offs, games, markets and more at Cloughjordan EcoVillage!

See the full line up of activities here: <http://www.thevillage.ie/feile-na-null-2021-the-community-apple-festival-saturday-the-18th-19th-of-september-cloughjordan-ecovillage/>