

# SLIGO PPN NEWSLETTER

## SLIGO PPN NEWS

Connecting the Sligo Community since 2014

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Welcome to the St. Patrick's Day 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



**The Start of 2022 has been very busy for Sligo PPN Team. We have recently hosted a number of training and information sessions including:**

- Community Finance Ireland Information Session**
- Sligo PPN Reps training with Social Justice Ireland**
- Health Issues in the Community (HIIC) Training**

**We have a number of exciting upcoming training sessions planned so keep an eye on social media and list emails.**

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## **Current Vacancies & Upcoming Elections**

**There are a number of upcoming elections for vacant sets on the following committees**

- 2 X Seats on PPN Secretariat**
- Environment Rep on SPC 3**

**If you are interested in becoming a rep on one of these committees, please feel free to contact us on 071-9114430.**



# FUNDING INFORMATION

## CLÁR Funding 2022



### Closing dates:

**Measure 1:** 4pm on Friday 8th April 2022

**Measure 2:** Friday 8th April 2022

**Measure 3:** Friday 8th April 2022



[www.sligococo.ie/grants](http://www.sligococo.ie/grants)

Ár dTodhchaí  
Tuaithe  
Our Rural  
Future



Rialtas  
na hÉireann  
Government  
of Ireland

Tionscadal Éireann  
Project Ireland  
2040

**Sligo.**



COMHAIRLE CHONTAE SHLIGIGH  
SLIGO COUNTY COUNCIL

Sligo County Council is seeking applications in respect of projects under the terms of the CLÁR Scheme recently launched by the Department of Rural and Community Development, and which the Council could consider for submission to the Department.

The 2022 programme will be delivered through three separate Measures:

- Measure 1: Developing Community Facilities & Amenities
- Measure 2: Mobility, Cancer Care and Community First Responders
- Measure 3: 'Our Islands'

Application forms and full details of each are available on our website at: <https://www.sligococo.ie/Grants/>

# FUNDING INFORMATION

## Estate Enhancement Scheme 2022



[www.sligococo.ie/grants](http://www.sligococo.ie/grants)



Closing date:  
4pm on Thursday 31st March 2022

Sligo.



COMHAIRLE CHONTAE SHLIGIGH  
SLIGO COUNTY COUNCIL

Applications for the **Estate Enhancement Scheme 2022** are now invited.

Closing date for receipt of completed applications is 4pm on Thursday 31st March 2022.

Full details of the scheme and application form:  
<https://www.sligococo.ie/Grants/>



# UPDATE FROM OUR COMMUNITY GROUPS

## EASKEY VILLAGE PARADE IS AT 3PM ON THURSDAY 17th MARCH

Our St. Patrick's Day Parade will be back this year in Easkey Village on Thursday 17th March at 3pm and will be part of the unique "Three Village St. Patrick's Day Parade" .

which starts in Enniscrone at 1pm then moves-on to Easkey for 3pm and Finishes in Dromore West at 4pm .

We are hoping that everyone will save the date and that they will stay local for the celebrations of our National Feast Day.

If you think it will be too daunting to make a float, then groups could walk behind a Flag or Banner or simply just walk in the parade with blinged-up baby buggies, bikes and scooters etc. to give the children the thrill of being in a Parade. Let's make this year's Parade the best one ever.

The organizing of this year's Parade will be a joint effort between Easkey GAA , LEAP & other members of the local community who want to ensure that everyone comes out to celebrate our Parades and has a fun time after the long lock-downs that we have all experienced.



# UPDATE FROM OUR COMMUNITY GROUPS

## BALLYMOTE ST PATRICK'S DAY RETURNS

The Ballymote St Patrick's Day Parade makes a return after two years celebrating the event at home due to COVID19. The committee will welcome any business or community group to enter the parade which starts at 3.30pm on the 17th of March. There is no entry fee for the parade and floats/entries from other parades in the county are most welcome to attend. Music and other entertainment is being planned by the various businesses in the town and there are 10 prizes up for grabs in the parade.





Dromore West



## ST. PATRICK'S DAY PARADE 2022

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THURSDAY  
MARCH 17TH  
2022

4:15 PM Parade

5:00 PM Tin Whistling in

**West Sligo Challenge**

*with Music & Entertainment from*

*Tireragh CCE & Friends in*

*Dromore West Community Centre*



## POBAÍL

Ag Teacht Le Chéile

Community Coming  
Together!





## Sligo Family Resource Centre with Sligo Global Kitchen

invite you to

### PADDY'S DAY 17 March 2022 INTERCULTURAL EVENT

1:00 – 3:00 PM

(After the Parade)

The Model Fg1 TP20

Free admission

International food music and song

 Northwest Regional  
Drug & Alcohol Task Force



The Model 

 An Roinn Dlí agus Cirt  
Department of Justice





# UPDATE FROM OUR COMMUNITY GROUPS

## DOWN SYNDROME SLIGO

Down Syndrome Sligo is taking part in the Sligo St.Patrick's Day Parade for the first time this year with members, family members and friends. The long weekend also coincides with World Down Syndrome Day on 21<sup>st</sup> March and the 'LOTS OF SOCKS' Campaign which we hope will raise awareness in the community about the value that people with Down syndrome bring to their respective communities and their right to full inclusion and participation in Irish Society.

So remember to wear odd socks as well as the green and start the conversation about people with Down syndrome. To take part in this event, all you need to do is pick out your most colourful socks, **wear** them at the parade and on World Down Syndrome Day, **share** a picture of your socks with friends, colleagues or classmates online on March 21<sup>st</sup>.

The idea is to start a conversation, when people ask you about your amazing socks, you can tell them, ***"I'm wearing them to raise awareness of Down syndrome"*** and help us advocate for equal rights for all people with Down syndrome, as an inclusive society is a happier society!

We are looking forward to seeing everyone at the parade and hopefully spotting some colourful socks!



# UPDATE FROM OUR COMMUNITY GROUPS



## St. Patrick's Day

Cranmore Community Co-operative Society want to wish everybody in Sligo a happy St. Patrick's Day. Our entry to the St. Patrick's Day Parade 'Community Working Together' is a collaboration between agencies and community groups working together in Cranmore and the surrounding areas. Initiated by Abbey United FC the entry invites everybody to celebrate what we have achieved together over the last two years as a community.

## The Year Ahead

We have a lot planned for 2022 at Cranmore Community Co-op. There will be more green initiatives such as an organic horticulture course, outdoors art projects and a healthy and simple cooking course with produce from our garden. Other upcoming courses and activities include sports and water sports, computer skills, basic DIY and carpentry, orienteering and further youth activities.

## Volunteering Opportunities

We are currently recruiting volunteers for all of our new projects. If you are interested, please contact us to arrange a chat.



For more information or to register your interest, contact:

Lisa@cranmore.ie 086 402 8461 or  
Connie@cranmore.ie 087 116 9500

# UPDATE FROM OUR COMMUNITY GROUPS



## A Green Award

We are absolutely delighted to have won an AONTAS STAR Award 2022 in the category 'Adult Learning Initiatives that Support Sustainable Development through Education' with our Biodiversity Garden and Tree Nursery Project. Big thanks to all involved, to our funders at MSLETB and SOLAS and to AONTAS for their amazing support. To join the ongoing Tree Nursery, contact Connie: [Connie@cranmore.ie](mailto:Connie@cranmore.ie) or 087 116 9500.





# UPDATE FROM OUR COMMUNITY GROUPS

## The Model



🍀 Welcome back to The Model  
with Sligo Global Kitchen  
🍀 in partnership with  
🍀 Sligo Family Resource Centre

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Thu. 17 Mar. | From 1.30pm | Free

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**The Community  
Foundation for Ireland**



The Model, The Mall, Sligo  
071 914 1405 | [info@themodel.ie](mailto:info@themodel.ie)  
[themodel.ie](http://themodel.ie)

**Opening Hours**  
Tue - Sat: 11am - 5pm  
Admission Free



# UPDATE FROM OUR COMMUNITY GROUPS

The Model



## Family Days

with artist **Maeve Clancy**

**20 Mar. | 24 Apr. | 15 May**

**11am - 4pm | Free** booking required

Draw, make and create with artist Maeve Clancy  
at our fun and interactive Family Days.



The Model, The Mall, Sligo  
071 914 1405 | [info@themodel.ie](mailto:info@themodel.ie)  
[themodel.ie](http://themodel.ie)

### Opening Hours

Tue - Sat: 11am - 5pm  
Admission Free

# UPDATE FROM OUR COMMUNITY GROUPS

Sligo Cycling Campaign made an early start to the traditional March celebration of history and heritage. Rather than waiting for St Patrick's Day, we timed our event to coincide with the beginning of Seachtain na Gaeilge. On a gloriously sunny Saturday, March 5th, 16 participants set off on their bicycles from Mitchell Curley Park. Our Guide was Sligo County Council Architect, Seán Martin. The focus was not on traditional beauty spots but on the development of Sligo town and port as an important centre of Trade.

Our first stop was at the entrance to Rathellen House where we heard about Sligo County Council's application to An Bord Pleanála to develop housing on the site. The plan includes the restoration of the House and the construction of houses and apartments. We were delighted to hear it also includes provision for a segregated cycle lane, bus stops, footpaths and pedestrian crossings.

Photo 1: (At the Gate of Rathellen House)

The second stop was to look at the Boundary Stone on the Finisklin Road. There are 14 of these markers on the roads around Sligo. Each is an old Irish mile, (2.04 km) from the Market Cross and they mark the old Borough Boundary. The cycle route was in close proximity to the Boundary Stones on the Ballydoogan Road, Strandhill Road and another Finisklin stone

Photo 2: (The Boundary Stone)

Stop number 3 was at Ballast Quay where Seán told us about the gradual expansion of the Port and the development of new quays such as Ballast Quay and Lynn's Dock. The original port was at Martin's Quay where the Glasshouse hotel now stands but as ships got bigger, they needed deeper water and so new quays were built. We also heard about the iconic Batchelor's Building which is such a local landmark. When it was built in the early years of the 20th century it represented a cutting-edge building technique using mass concrete and steel in a way that allowed buildings to go up higher but still be strong. The building is a protected structure.

Photo 3: (Ballast Quay with Batchelor's Building in the background)

Our fourth stop was at Quay St car-park. Here we heard contrasting stories of the Great Famine. The sculpture of the family leaving for Canada is a poignant reminder of the emigration caused by the Famine. Across the harbour, we could see the stone wall running the length of Markievicz Road. The road and wall were built as a Famine Relief Works scheme. The pennies earned by the labourers allowed them to buy food and keep starvation at bay. The new road had a very practical purpose. Before it was built Bianconi's coaches heading North had to go via Holburn St and the Old Bundoran Road. The road was too steep for the horses and so the passengers had to dismount and walk!

Photo 4 (The Quays)



# UPDATE FROM OUR COMMUNITY GROUPS

The group made its way from Quayside along the River to the final heritage stop at Sligo Gaol. There Seán told us about the hard work done by prisoners, breaking stones and operating the treadmill for pumping water up from the river. He explained about the different categories of prisoners. The people who were jailed because they were in debt experienced less severe conditions. Some well known prisoners who were interned in Sligo included Michael Davitt, Charles Stuart Parnell and Michael Collins.

Following this final stop, the cycle tour group made their way the short distance to Ripples Café at the Riverside Hotel. They were treated to very welcome coffee and scones and were entertained by *Harmony Hill Quartet* who sang in both Irish and English.

Sligo Cycling Campaign was very pleased to see old and new friends on the cycle tour. The bicycle was the perfect vehicle for the trip. Driving would have involved constant stop starting and the hassle of finding parking. Walking the route would have taken much longer and would have been more tiring. We hope to undertake some more cycle trips during the year!

Photo 6 (Ripples Café with Harmony Hill Quartet)





# UPDATE FROM OUR COMMUNITY GROUPS





# UPDATE FROM OUR COMMUNITY GROUPS

Havin A Laugh

We Had A dream!

Since establishing the charity in 2015 the dream has always been to be able to provide a welcoming front door that anyone can walk through, at any time, to find the support we all need with our mental health. And now that dream has become a reality thanks to a new project called FLOURISH.

Flourish is a collaborative Mental Health project undertaken by Havin' a Laugh and supported by the HSE. It is a bridge between Mental Health services and supports and voluntary community organisations such as us. A centre **BY community FOR community**, a place to go where anyone is welcome to talk with trained volunteers, join an event/activity, visit the gardens or café, free of stigma and embarrassment. Flourish has been selected as a national pilot for a community-based service providing a safe and friendly environment for anyone, as an alternative to attending the Accident and Emergency Department of the hospital when in a state of mental health crisis. It has been designed to become a self-sustaining social enterprise, but for now, we need your help to get the Café, building and Gardens open to the public. We are fundraising to sustain us through our first year in operation. Your support will help us lay solid foundations to continue developing this community initiative long into the future.

You can read more about Flourish by following the link below.

[https://www.gofundme.com/f/havin-a-welcoming-front-door-for-mental-health?utm\\_source=customer&utm\\_medium=copy\\_link\\_all&utm\\_campaign=m\\_pd+share-sheet](https://www.gofundme.com/f/havin-a-welcoming-front-door-for-mental-health?utm_source=customer&utm_medium=copy_link_all&utm_campaign=m_pd+share-sheet)



# UPDATE FROM OUR COMMUNITY GROUPS

## Sligo Children's Community Garden

**We have so much news to share with you, there's been so much going on at the community garden!!**

**Firstly, thank you all so much for all of your contributions and donations for our fundraiser for the LETS garden last month, without them our wonderful community space would cease to exist so we were delighted to have raised almost €800. This will go towards putting new plastic on some of the tunnels that got ravaged in the storms this winter. We had such great prizes donated from lots of local businesses too, so we're extremely grateful. We also decided that in light of current events, we would like to help in some direct way the children being affected through current world events, so we have donated €200 of the fundraiser amount on behalf of the SCCG to this organisation in Ukraine who work on the ground and provide play therapy and other services to those in need.**

**<https://voices.org.ua/en/>**

**Our first Dig Out Day of the year will be this Saturday and we are hoping that as many of you as possible will be free to come along to help with a few jobs that need doing to get the garden ready for this planting season. We will be there from 11 - 3pm on Saturday and will have the kettle on and lots of chats and lols and dreaming of big plans for the garden this year. Let us know if you can come along so we can plan the jobs that we can get done?**

**We have been busy in the background on the committee applying for various grants and funding applications and were delighted to say we have been successful in 3 pieces so far this year which we will put to lots of good use over the year**

**Sligo Co Childcare Committee - Parent and Toddler Group Funding  
Community Fund - Intergenerational Project  
Sligo Arts Council - Additional fund for Intergenerational project**

**We would not have been able to be as efficient and successful with this without our newest committee member Ruth Le Gear, we're so delighted to have her on board.**

**There's still time to send in your application form and fees for membership, Please find attached our membership form, if you have previously filled one out before and we have your details, no need to send it again, you can just pay your membership fee of €15 and email us to let us know you've sent it and we'll keep a record.**

**The bank details are:  
BIC SLRUIE21  
IBAN IE92SLRU99210410881876**

**That's all for now, we hope to see you in the garden soon,  
Fiona and all at SCCG**

# UPDATE FROM OUR COMMUNITY GROUPS

Medb's Dragon Warriors are Sligo's 1st Dragon Boat Club, founded in January 2021. Our members are Cancer Survivors & their Supporters. Our goal...to live well with, & beyond cancer, supporting each other through the team sport of Dragon Boating and have a good many laughs on the way!!

Our members have, either directly or indirectly been affected by cancer, or just want to support the rest of us. We are open to women and men of all ages and abilities. No experience is necessary. We just require a willingness to try, and to be open to a new adventure. 'Alone we may be weak but together we are strong'. Our club is affiliated to the Irish Dragon Boat Association.

Our dragon boat is called Dragon Anna. She was gifted to us by The Nore Dragons of Kilkenny, another survivor club. We have committed to gift her on in a few years, to another survivor start-up club. She can carry a full crew of 20 paddlers, a drummer and helm. We paddle to the beat of the drum out of Waterglades onto Aughamore Bay. Check out our facebook page or email [medbsdragonwarriors@gmail.com](mailto:medbsdragonwarriors@gmail.com) for further information.





# UPDATE FROM OUR COMMUNITY GROUPS



Sligo Orpheus Choir returned to rehearsal after 2 years and 1 month due to Covid we now have plans for the year 22

- 1 Spring Concert Sligo
2. Autumn Concert Sligo
- 3 Christmas Carols by Candlelight 2 venues

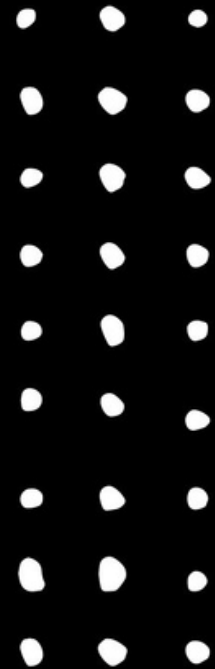
We are currently recruiting for these concerts both men and women but especially Men

find us on facebook or just turn up to our rehearsal on any tuesday 730 pm at Methodist Church Wine St.Sligo.

<https://sligoorpheuschoir.com/2017/01/02/shout-out-for-men/>



# THE LAUNCH 2022



FRIDAY, 18TH MARCH

KELLYS BAR, BALLYGAWLEY  
MUSIC WITH BACON AND CABBAGE 10PM



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THE PLACE

THE MUSIC

THE PEOPLE

# UPDATE FROM OUR COMMUNITY GROUPS

## Marcus Hernon & Sons with Don Stiffe

Traditional musician, Marcus Hernon, along with his sons Prionsias and Breandan, will perform with Don Stiffe, folk singer/songwriter in the Coleman Music Centre, Gurteen on Saturday April 17th at 8.30pm. Adm €17

Marcus is a renowned flute player, composer and indeed flute maker from Connemara Co. Galway. His sons Prionsias and Breandan are also renowned musicians and dancers in their own right.

Don Stiffe is no stranger to Irish audiences as the Headford based singer/songwriter reached the final of the popular All Ireland Talent Show. Don has written many songs including "Missing Galway", "Grosse Isle", "The Banks of the Danube" and the award winning song "Somebody Special".

The concert will provide an eclectic mix of traditional music and dance coupled with the folksy country tones of Don Stiffe.

Booking & Enquiries to 071 9182599 or [www.colemanirishmusic.com](http://www.colemanirishmusic.com).

## The Hernon Family & Don Stiffe



**Easter Sunday Night**  
**April 17th**  
**8.30 pm**  
**Admission €17**



[www.colemanirishmusic.com](http://www.colemanirishmusic.com) Bookings 071 9182599



# UPDATE FROM OUR COMMUNITY GROUPS



## Coleman Music Theatre

Coming Soon

Marcus Hernon & Family together with Don Stiffe  
April 17th

Fiddle Legend Kevin Burke April 30th

Shaskeen Ceili Band May 21st

All shows start at 8.30 pm  
Tickets call 071 9182599 or visit our website  
[www.colemanirishmusic.com](http://www.colemanirishmusic.com)



# UPDATE FROM OUR COMMUNITY GROUPS



## GO SEE

The aim of the Go See initiative is to support the young person and the music sector by encouraging attendance at music events.

Music Generation Sligo has teamed up with venues, festivals and music promoters on a discount scheme for young people under 18 to avail of HALF-PRICE tickets for selected concerts.

u18 Tickets are half price here in Coleman Music Theatre

# UPDATE FROM OUR COMMUNITY GROUPS

## Ballymote Family Resource Centre



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

### 1. **ADULT COUNSELLING**

✚ Every Friday from 9-5 pm. Call 071 9197818 to book a place.

### 2. **PARENT TODDLER GROUP**

Every Wednesday from 10-12pm. Call 071 9197818

### 3. **FREE PART TIME COURSES MSLETB BTEI**

WORKPLACE SAFETY QQI LEVEL 4 (Mon 9.30-12.30pm)

DOOR SECURITY PROCEDURES LEVEL 4

GUARDING SKILLS LEVEL 4

DIGITAL MARKETING QQI LEVEL 5 (Friday 10.30-1pm)

Learn about using digital channels such as search engines, websites, social ~~media~~ and email to promote products and services.

TO BOOK A PLACE CONTACT

[PaulaDufficy@MSLETB.IE](mailto:PaulaDufficy@MSLETB.IE) 071-9138412

[EmmaGray@MSLETB.IE](mailto:EmmaGray@MSLETB.IE) 071-9141251

4. **PLAY THERAPY:** Play Therapy takes place on Monday and Thursdays between 9-5. For more information please have a look at the website - [www.ballymotefamilyresourcecentre.ie](http://www.ballymotefamilyresourcecentre.ie) or call 071 91 97818.

5. **FRIENDLY CALL SERVICE:** Ballymote FRC are in the process of setting up a Friendly call service open to people living in the area who would like to receive a weekly call from one of our volunteers to check in and say hi. If you are interested in receiving this service please give us a call on 071 9197818.

6. **SENSORY ROOM:** We have a fully equipped sensory room at the ~~center~~ which is available for use by any families with children who experience sensory issues. Use of the room is free and limited to single family units. For more information or to book please call 0719197818.

7. **ART GROUP:** Every Thursday from 2.30-4.30 pm. Call Paul on [0861990478](tel:0861990478) to book a place.

### 8. **INTRODUCTION TO THE ENNEAGRAM**

On 2nd and 3rd April 2022 we hope to run a workshop on the Enneagram in conjunction with Therese Ryan. The Enneagram is a map for personal growth and a great self development tool. In this workshop we



An ~~Ghriomhaireacht~~ um ~~Leanaí agus an Teachlaigh~~  
Child and Family Agency



# UPDATE FROM OUR COMMUNITY GROUPS

## Ballymote Family Resource Centre



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

will be exploring the nine Enneagram types, their gifts and challenges, how they see the world and how they relate to others. The cost for four workshops is 120 Euro.

For further information on this workshop contact Therese Ryan 086-3230197 or email [therese@thereseryan.ie](mailto:therese@thereseryan.ie)

### 9. SOFT YOGA AND RELAXATION CLASSES

Free five week soft yoga and relaxation course for older people 55+. This course includes a free yoga mat. The course will be starting Friday 25th of March from 11-12pm. There are only 12 places available so please book early. Call 071-9197818 to book a place.

### 10. DESIGN YOUR OWN GIFTS

This crafting course will be running from April-June in the afternoons. In this course you will learn to make your own memory books, wreaths, bags and brooches. The total cost of this course is E20. Call 071-9187818 or email [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com) to book a place.

### 12. WALKING GROUP

A walking group leaves from Ballymote FRC from 10.30-11.30 every Tuesday. Call 071-9187818 to book a place.

### 13. FAMILY SUPPORT SERVICE

Ballymote FRC run a Family Support Service from the Centre on Mondays – Thursdays. Ballymote Family Support worker responds to the individual child and family by looking at their needs and carefully making a plan with the parent to respond to those needs. This will help address both the short term and long-term difficulties these children, young people and families may be having. This will be carried out through a needs-led and outcome-focused approach. Different agencies may be involved only if relevant to each family. For more information and referral form please see the Services section of the website.

FURTHER INFORMATION ON SUPPORTS AND SERVCIES AT BALLYMOTE FRC IS AVAILABLE AT <https://ballymotefamilyresourcecentre.ie/>



An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency







msletb

maoileann le h-Éireann  
Mhaigh Eo, Mhaigh Eo, Mhaigh Eo  
Mhaigh Eo, Mhaigh Eo, Mhaigh Eo  
Mhaigh Eo, Mhaigh Eo, Mhaigh Eo

# Design your own Gifts

*20 hours tuition over April May June*

at Ballymote Family Resource Centre

Ballymote, F56 R282

Call 0719197818 or email

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

Fee  
€20

Memory Books • Wreaths • Bags

Jewelry • Bunting

with Marie Caulfield

