

SLIGO PPN AUTUMN 2023 NEWSLETTER



Welcome to the Sligo PPN Autumn Newsletter 2023 and thanks to all those who have sent us content

PPN Community Representative Vacancies

One of the most important roles of the PPN is to provide a structure to allow community representatives to inform and influence programme and policy development at local level. Making the county a better place for the communities they represent.

We currently have the following vacancies for community representatives and would welcome anyone who wants to make a difference reaching out and talking to our PPN Secretariat about taking on one of these roles.

Sligo PPN Secretariat:

- Sligo Strandhill MD Seat,
- Sligo Drumcliff MD Seat,
- Community & Voluntary Seat
- Social Inclusion Seat

SPC 1 Housing & Corporate

- Environment Seat
- Social Inclusion Seat

To talk to anyone about these roles email
sligoppnsecretariat@gmail.com
or call 071 91 14430

Sligo PPN Re-Registration

Sligo PPN is required to ask all of our members to re-register every 2 years, this process will ensure we are GDPR compliant.

You will all be sent an email later this year asking for you to check your group details and to re-register with the network.

Any group who HAS NOT re-registered by the stated time will be automatically removed from the PPN database. In practical terms this means you will no longer receive information from us, be able to elect community representatives or apply for Local Authority administered funding.

Anybody who has any problems with the re-registration just email us on ppn@sligococo.ie or call 071 91 14430



Sligo PPN Media Coverage

For anyone who missed our recent article in the Sligo Weekender detailing some of our current projects and initiatives read on.....



SLIGO PPN 2023



SLIGO PPN HAVE BEEN PRIVILEGED THIS YEAR TO WORK WITH SOME AMAZING ORGANISATIONS AND COMMUNITY GROUPS ON A SERIES OF EVENTS SHOWCASING ALL THAT IS HAPPENING ACROSS SLIGO TO SUPPORT THE PEOPLE WHO HAVE CHOSEN TO MAKE THIS COUNTY THEIR HOME.

THE WORK THAT GOES ON ACROSS OUR LOCAL COMMUNITY SECTOR ON A DAILY BASIS IS IMMENSE AND POSITIVELY IMPACTS THE LIVES OF LOCAL PEOPLE IN A WAY THAT IS IMPOSSIBLE TO MEASURE. THEY SAY A PICTURE PAINTS A THOUSAND WORDS AND SLIGO PPN WANTED TO TAKE THE CHANCE TO HIGHLIGHT IN PICTURE JUST A FEW OF THE AMAZING EVENTS THAT HAVE BEEN TAKING PLACE.

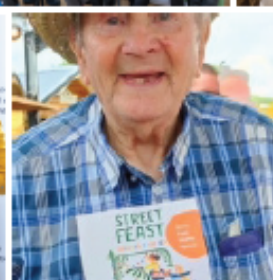
SLIGO COMMUNITY EXPO

SLIGO PPN WORKED IN COLLABORATION WITH AN GARDÁ SIOCHANA, Muintir na Tíre, Healthy Sligo and Age Friendly Sligo to HOST THE 2023 COMMUNITY CONNECTIONS EVENT IN THE SLIGO PARK HOTEL. THE INITIATIVE WAS SUPPORTED BY SLIGO LEADER PARTNERSHIP CLG. THE EVENT FEATURED OVER 50 STANDS AND EXHIBITORS SHOWCASING WHAT SUPPORTS AND ACTIVITIES ARE ON OFFER TO THE SLIGO COMMUNITY.

THE AIM OF THE EVENT WAS TO BRING TOGETHER INTO ONE SPACE IMPORTANT INFORMATION ON THE PROGRAMMES, SERVICES AND SUPPORTS THAT ARE AVAILABLE TO THE SLIGO COMMUNITY. THE EVENT

WAS OFFICIALLY OPENED BY SANDY KELLY WHO INVITED PEOPLE TO MAKE THE MOST OF HAVING SUCH A WEALTH OF INFORMATION IN ONE ROOM.

ONE OF THE MOST POPULAR ASPECTS OF THE EVENT WAS THE HEALTH SCREENING WHICH OFFERED ATTENDEES THE OPPORTUNITY TO CHECK THEIR BLOOD PRESSURE AND BALANCE AND SPEAK TO DEDICATED STAFF ABOUT GENERAL HEALTH. ATTENDEES WERE ALSO KEPT ON THEIR TOES BY SHANE HAYES FROM SLIGO SPORT AND RECREATION PARTNERSHIP WHO RAN A SERIES OF ENERGISING ACTIVITIES THROUGH THE DAY.



AFRICA DAY 2023

Sligo PPN were delighted to support the Arémoja Women's group to host A Taste of Africa in the Avalon Centre as part of the Africa Day 2023 celebrations. PPN Secretariat members Joan Swift and Pippa Black took the opportunity to talk to the attendees about the PPN and the work of the network in representing the views of all the local community.

CARRAROE REDUCE REUSE RECYCLE

Supporting communities to take positive environmental action is one of the core aims of the PPN. The network welcomed the chance to work with CADRA (Carraroe and District Regeneration Association) on their Reduce Reuse Recycle campaign which was launched in collaboration with Carraroe National School.

STREET FEAST 2023

Sligo PPN are the main supporters of the national Street Feast programme in county Sligo. The programme aims to build community connections at the most local

level through neighbourhood gatherings over food. A host of fantastic events took place all across the county over the weekend of June 25th highlighting the amazing community spirit which exists all across Sligo.

CELEBRATING THE EU COMMUNITY

On 16th June, Sligo Family Resource Centre, supported by Sligo PPN and Europe Direct hosted an event celebrating the EU community in Sligo. The event was part of a broader EU50 suite of initiatives marking 50 years since Ireland joined the European Union. The event featured representatives from countries across the EU who have made Sligo their home. These representatives talked about their thoughts on life in Sligo and how they found the experience of making the transition to living in Ireland. The event also featured an interactive consultation for all attendees asking what they missed most about the countries they are from, what they love most about Sligo, what services they have found most useful

and any ideas they might have for what organisations can do to support people to make Sligo home.

"Ireland has given me a place to develop my skills"
"Your neighbours become your family here"
"I like the casualness and peace surrounding Sligo"

"I really miss the bikes - being able to get anywhere you need without a car"
"I miss good quality healthcare - knowing I will get looked after if I need it"
"I miss having 4 seasons and knowing what to wear"

There were 2 key speakers at the event, Orla Barry from Citizens Information outlining EU voting rights for people and MEP Chris McManus who spoke about the impact that EU processes and decisions have on the lives of people in Sligo.

A ROUND UP IN PICTURES

Sligo Community Toolkit Environmental Action Academy



Navigate to any section by clicking one of the tiles below.

You can return to this menu by clicking the  button from any page.



Case Study



There is just some of the wonderful work that local residents associations and community groups have achieved in Sligo. Here are some of the highlights and provide an at all with inspiration and advice.

For example, the residents association in Castleblayney had proposed to the local council a company which would be their estate that they would appreciate the residents being used as a centre of local management. The sustainability company now follows a sustainable business plan across the Castleblayney estate and all of the other associated areas where residents work on it.

Maughorshy Residents Association

The following images show some of the great work carried out by the Maughorshy Residents Association. They have managed to create a garden for planting and growing of plants in the area and to provide a garden for the residents to use. They have also managed to provide a garden for the residents to use. They have also managed to provide a garden for the residents to use. They have also managed to provide a garden for the residents to use.

Sustainable Event Management



Planning an event can be a stressful task, but with a little help from the Sligo Environmental Action Academy, you can make it a sustainable event. The following information will help you to plan a sustainable event that is both fun and environmentally friendly.

First steps to planning an event

- Agree on the main objectives of the event. What do you want to achieve?
- Consider how specific your goals should be and a general time frame as well as when it may take place. It doesn't have to be a one-day event, it could be a series of events over a longer period.
- Create a budget. Once your general goals have been decided, you need to think about the costs of the event. This includes the venue, catering, transport, etc. As the plan progresses, you will have to adjust the budget, but it is important to have a rough idea of the costs from the start.
- Create a risk plan. This includes identifying the location, the weather, the time of day, the type of event, and the number of attendees.
- Decide your date and venue. What are the weather conditions looking like? Is there a venue available for the specific date?

As part of the PPN annual needs analysis, many member groups got back to us requesting support to enhance the way they operate from the perspective of improved sustainability and climate change awareness.

In partnership with ATU a piece of work began researching best practice, identifying existing support programmes, creating signposting opportunities and creating a content pool that responded directly to the ideas and suggestions of the community. All this information was compiling it into toolkit format that is practical, easy to use and relevant to the community sector of Sligo.

The result is the Sligo PPN Environmental Action Academy Toolkit

<https://www.sligoppn.com/wp-content/uploads/2022/11/SligoEnvironmentalToolkit-002.pdf>

This toolkit is intended to act as a go-to guide for all community groups who are looking to make the way they operate more environmentally friendly. We will be hosting 2 information sessions on 31st May to take people through using the guide and also creating a step by step user guide to accompany the document.



Member Group Activities



Autism Friendly Sligo

The Autism Friendly Sligo initiative is housed under Sligo PPN as one of our core Social Inclusion initiatives. A committee has been established to manage and implement the programme which is currently chaired by Pippa Black. The committee are currently working on the development of a 3 year plan to progress the initiative and are developing a range of local programmes. For more information or to get involved please contact: autismfriendlysligo@gmail.com

6

NEWS

SLIGO CHAMPION | Wednesday, May 10, 2023

Autism friendly business help

AUTISM Friendly Sligo committee finished Autism Acceptance month in April with a week of coffee mornings and a charity breakfast.

The coffee morning at Sligo University Hospital was particularly successful, raising €800 towards the hospital's own sensory provision.

Organiser, Clare O'Sullivan Cashman, said she was absolutely delighted with the response and very grateful to everyone who supplied baking or stopped by to support.

"Osta, Lyon's Café, the Gourmet Parlour and Grappa all donated baking as well," she said.

Marie Ward from the Sligo Traveller Support Group, which held a coffee morning said: "We were very happy to support this work and will help in any way we can."

"It is great to be able to access the AslAm training for community and voluntary groups that will help us to better meet the needs of autistic people and their families in our own community."

On Thursday, Sligo Glass held a coffee morning and the committee held an Autism Acceptance Charity Breakfast in



Coffee at the Sligo Traveller Support Group.

the Riverside Hotel.

Pippa Black, Chairperson of Autism Friendly Sligo said:

"We are very grateful to the Riverside Hotel who provided us with the room free of charge. This was our first event aimed at reaching out to the business sector in the town."

"We still have a long way to go to reach the goal of 15% of the retail sector and 25% of the

hospitality and culture sector coming on board to help us with this work. The training AslAm is offering is free and the changes business might make would only be small things but they could make a huge difference to autistic people and their families." For more information or to offer support, contact autismfriendlysligo@gmail.com or call Pippa 083 342 3867.



Coffee morning at the Sligo Traveller Support Group.



Coffee morning at Sligo University Hospital.

Garavogue History/ Water Quality Workshop

Sligo PPN were delighted to support The Sligo Bay Catchment River Trust in hosting a workshop last Sunday exploring the key role the river played in the development of Sligo Town.

Melissa Ni Mahaolanfaidh Sligo Walking Tours outlined the history of the Garavogue and Science Lecturers from Sligo ATU delivered a hands-on session identifying river habitats and measuring water quality.

The event was launched by Cathaoirleach Cllr Gerard Mullaney

Full picture gallery at <https://www.sligoppn.com/galleries/>



Navigating Ordinary Things



**Invites you to our launch of six short films
at The Model, Sligo
on Tuesday, 19th September**

Tea and Coffee will be served in the foyer from 6pm
Screenings, panel discussions, and Q&A from 6:30pm
Finger food and further discussion will follow



Lónra Rannpháirtíochta Pobail Shligigh
Public Participation Network Sligo



Sligo Disabled Persons' Organisation (DPO) is delighted to invite you to attend the launch of six short films under the theme "Navigating Ordinary Things"

Disabled Persons' Organisations (DPOs) are a type of civil society organisation that are led, directed and governed by disabled people. DPOs are the main organisations with which state parties to the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) are mandated to consult. The Sligo DPO is rooted in, and committed to the implementation of, the principles and rights recognised in the UNCRPD.

In our "Navigating Ordinary Things" project, each film takes a different aspect of the barriers we face as disabled people in Sligo including the importance of participation in the decisions that affect us.

The six film titles are:

- I usually have to rely on the kindness of strangers
 - Navigating Ordinary Things in Sligo
- Invisible impairments and visible disabilities
 - Disabled people for disabled people
 - They only want to medicate me away...
 - Give us that space - We have autonomy

Sligo Town Activator Pole Programme:

Sligo Sport and Recreation Partnership are delighted to announce Sligo Town's first Activator Pole Programme. Join us for a fun, inclusive fitness class that is suitable for all abilities.

The programme takes place outdoors in a variety of Sligo Town's most scenic parks; Cleveragh Park, O'Boyle Park and Mitchell Curley Park. The programme will commence on Friday the 22nd of September for 8 weeks.

To showcase some Sligo Town's fantastic park facilities and beautiful views, weekly classes will rotate each week. The aim of the programme is to increase opportunities for adults to be more physically active, to participate in strength and aerobic based exercise and specifically to encourage them to exercise outdoors in the beautiful landscape at their doorstep.

Participants will learn how to use the poles to improve mobility, strength, balance, and aerobic fitness through gentle walking techniques and strengthening exercises. All sessions will be led by a qualified SSRP coach. The Activator Poles programme is suited for all levels of fitness and abilities. Pre-registration is essential and can be completed through the following link:

<https://sligotownactivatorpolesprogramme.eventbrite.ie/>

For further information
please contact

0830298079

or email

eimear@sligosportandrecreation.ie.



**SLIGO TOWN
ACTIVATOR POLES**

8 WEEK PROGRAMME

-  **Fridays, starting 22nd September**
-  **10am-11am**
-  **Scenic Parks across Sligo Town**
(exact locations can be found on SSRP website)

INTRO MORNING
Monday 18th September
Sligo Regional Sports Complex 10am
Come along meet the coaches and try out our Activator Poles! Limited availability to register on the day.

REGISTRATION
Please register via the below link
<https://SligoTownActivatorPolesProgramme.eventbrite.ie>

For more information contact:
 0830298079
 eimear@sligosportandrecreation.ie



South Sligo Stronger for Longer:

Sligo Sport and Recreation Partnership developed the Stronger for Longer initiative under the Healthy Ireland LCDC programme administered through Sligo County Council. The aim of the programme is to increase opportunities for people over the age of 50 to be more physically active, and specifically to encourage them to participate in strength and conditioning based exercise. Increasing the number of people who are healthy at all stages of life is a key focus for the SSRP and the programme offers a fun, accessible opportunity for older adults to be physically active and to build strength.



STRONGER FOR LONGER

SOUTH SLIGO


Strength and power training for over 50's

WITH OPTIONAL WORKSHOPS ON NUTRITION AND MINDFULNESS ON MONDAYS


  

8 WEEK PROGRAMME

 Wednesdays, starting 20th September

 Women 10.30-11.30am

Men 11.30-12.30pm

 St. Brigid' Hall, Tubbercurry

REGISTRATION

Monday 18th September

10.30am-12pm

St. Brigid's Hall

For more information contact

Rebecca  085 141 2186

or Danielle  086 101 4213





Down Syndrome Sligo is made up of over 60 members who have Down syndrome living locally. We offer various activities and supports to those members and their parents/siblings/carers. We aim to promote inclusion and provide opportunities, friendship and support to our members and their families.

We hold regular meet ups, activities and outing, aiming to cater for every age group. Over the summer, many of our members availed of subsidised places in mainstream surf camps in Strandhill. We also had a big outing to Parke's Castle abroad the Rose of Innisfree Boat. Our plans for the Autumn include a play centre meet up, regular coffee meetups, kid's and adult's yoga classes run by an O.T., various information talks for parents/carers and an Employment-focused morning arranged with our colleagues in Down Syndrome Ireland. We will also hold a street collection fundraiser on Sept 14th-16th – volunteers are needed so please do get in touch if you can help!

We are a branch of Down Syndrome Ireland (DSI) and all our members have access to DSI staff with expertise in health, speech and language, early development, education, adult education, independence, advocacy, employment and research. Please follow us on www.facebook.com/DownSyndromeSligo or get in touch if you'd like to find out more.

We employ a part time Coordinator, Ríona Rochford, who can be reached on 086-4409596 or sligoinfo@downsyndrome.ie



Medb's Dragon Warriors have had a very busy summer with the highlights being our Open Day in July and our HER week in August celebrating women in sport with Sligo Sports and Recreation Partnership. We had 30 Sligo women join us for our HER taster paddle, and Nore Dragons from Kilkenny travelled up for the weekend to join us on our HER Picnic Paddle. We left from Waterglades and paddled down the Garavogue to Doorly Park where we feasted on a wide range of homemade treats followed by joining Sligo Rowing Club on their HER open day. Over the two events we had a phenomenal 85 Dragons on the water!!

However, we will not be resting for the Autumn. We are travelling to Cork for the Cork Dragon's Birthday Regatta on Sept 2nd, followed by a two-day event at Lough Rynn Regatta on Sept 16th and 17th. Then to top it all off, we are heading to France on Sept 29th for the Annecy Dragon Boat Festival. What a way to end the season!!

You can follow our adventures on our Facebook page or find out more about us on www.medbsdragonwarriors.com

Our core membership are Cancer Survivors, women and men, but we are open to anyone who is willing to join us in our boat, learn a new sport, have a laugh and make new friendships that will last a lifetime.



BALLYMOTE FAMILY RESOURCE CENTRE

KARATE CLASSES

Karate classes will be starting at Ballymote FRC on Mondays, September 4th. Please contact Keelan on 089-6167724 for more details.

FRENCH CLASSES

French classes for adults will be starting at Ballymote FRC on Thursday, September 14th. Please phone 071-9197818 for more details.

IRISH LANGUAGE CLASSES

Irish classes will be starting at Ballymote FRC on Wednesday 29th September, from 7-8.30pm. These classes are suited to beginners and improvers. Contact Michael O'Toole on 086-3442808 for more details.

YOUTH GROUPS

Two youth groups will be starting at Ballymote FRC on Thursdays, starting September 28th.

AGES 6-8 years This group will include socializing, drama workshops, arts and crafts and will run from 3.15-4.15pm. Please phone 071-9197818 for more details.

AGES 8.5-10 years. This group will include socializing, drama workshops, arts and crafts and will run from 4.30-5.30pm. Please phone 071-9197818 for more details.

ENVIRONMENTAL SUSTAINABILITY AWARENESS QQI LEVEL 4

This class is free and will be running in Ballymote FRC Thursday mornings, starting in September. For further details visit www.fetchcourses.ie or contact Paula Dufficy on 071-9138412.

NEW COMMUNITIES INCLUSION WORKER

For communities new to the Ballymote area assistance with local services for health, education, employment and well-being is available. Please phone Michelle Lally on 087-4708651 to make an appointment.

FAMILY SUPPORT SERVICE

We offer in home family support to families in Ballymote and the surrounding areas. Our family support worker is trained to offer advice and help. Please contact Maura on 087-3348567 or email fswballymotefrc@gmail.com for more information.

Water Projects at Cranmore Community Co-operative Society

After winning an AONTAS Star Award for our Biodiversity Garden Programme last year, we have continued to enhance our community garden, both for people and for wildlife. We have paid particular attention to water, how we use it, how important it is and what we can do to ensure good water quality.

If you'd like to see our new Biodiversity Trail, you can do so on Wednesday mornings when our **Café** is open from 10:30am.

We are also open for **Culture Night on 22nd September** from 5:30pm to 7pm with an Art & Craft Exhibition.



Rainwater Harvesting

We collect the rainwater off the roof of the community workshop to water the polytunnel with it. We save huge amounts of water that way. And also rainwater is much better for the plants than tap water!



Rain Water Planter

We have built our first rain water planter. This planter takes the water off the roof above our pizza oven and it gets diverted through the planter instead of going directly into the sewer network.



Wetland Area

In June our community gardeners and members of Abbeyquarter Men's Group built a small wetland area. In only two months it has developed into a thriving habitat for wildlife.



Workshops

We've held science and art workshops, like the popular Watercolour Workshop 'Life of the Garavogue'. Some of our art class participants have also contributed to the new signage in our garden.



@CranmoreCoop



info@cranmore.ie



F91 XCW0



CRANMORE
COMMUNITY
CO-OPERATIVE
SOCIETY LIMITED



Connecting
Communities
Through
Knitting

Knitting Natters

Every Wednesday
(starting 6th Sept)
11:00 am – 1:00 pm
Sligo Presbyterian
Hall, Church St.

for
charity

Meet New
Friends!

Knitting Natters are a group who began knitting for charity in March.

If you can knit or would like to learn to knit, and make new friends then come along in September!



Sligo
Volunteer Centre

Ionad d'Obair Dheonach Sligeach

For mor info contact
info@volunteersligo.ie
071-911 1042

M→PACT[®]

Moving Parents And Children Together

New Programme Tuesday 24th Oct' 2023

YOU DON'T HAVE TO BE ADDICTED TO SUFFER FROM ADDICTION

A free programme for families affected by parental alcohol or other drug misuse. Providing friendly, professional support to improve recovery, understanding and communication whilst encouraging positive change for all.

**Help is available,
just reach out!**



Contact to find out more

07191 50578 / 085 8759313

sligoleitrim@alcoholforum.org

www.alcoholforum.org

M-PACT is an initiative of Alcohol Forum Ireland

M→PACT[®]
Moving Parents And Children Together



**Alcohol
Forum
Ireland**

CRA NO 20067120

**YOU DONT HAVE TO BE ADDICTED
TO SUFFER FROM ADDICTION!**

5 Step Support

**FREE, ONE TO ONE SUPPORT
FOR ANY ADULT AFFECTED BY THE MISUSE OF ALCOHOL
OR OTHER DRUG BY ANOTHER INDIVIDUAL**

**FREE one-to-one
consultations
with a dedicated
Support Worker**

**It's Okay
to look for help
when you
need it**

**Your needs first
reducing stress &
helping to focus on
all the options**

**Knowledge to
improve your
coping skills &
build resilience**



**Guidance to
build on your
strengths & improve
your emotional
wellbeing**

**CONTACT FOR MORE INFORMATION:
SLIGOLEITRIM@ALCOHOLFORUM.ORG
07191 50578 / 085 8759313**



Reg Charity No: 20067120





Ballintogher, 25TH Annual



Traditional Festival, Co. Sligo

Commemorating John Egan, Flute Player

Oct / Nov - 2023

Tue. 17th Oct - Irish Night 8.30pm, Moran's Lounge

Sun 29th Oct - 45th Annual Feis

Music, Dancing, Singing / Story

Fri. 10th Nov -8pm - Official Opening

**Trad. Concert, Ceol na nÓg Group,
Seoid, CCE Musicians & Friends**

Sat 11th Nov. 9pm - Set Ceili, Duntally C. Band

Faillte Roimh Gach Einne 

Community Centre (Eir F 91 XW 71)

(Full Programme details later)

Enq -Fest/ Feis 087 6645509 / 0876787342/

Feis Dancing 071 91 64463

Web -ballintogherfest.ie / fredfinn .ie



An Bóthar Eile, Ollscoile,
Broghuigheanach, Tuath na nÓg
Department of Arts, Heritage,
Regional, Rural and Community Affairs



The European Agricultural Fund
for Rural Development
(EAFRD) 2014-2020



COMHALTAS

Coleman Music Centre

DONAL O' CONNOR
WITH SPECIAL GUEST MATTEO CULLEN

**COLEMAN
MUSIC
CENTRE**
Gurteen Co Sligo
F56 TF88



Sat Sept 9th 8pm

☎ 071 9182589 www.colemanirishmusic.com Adm €15

 **OX MOUNTAIN
QUARTET**



— — — — —

**SIOBHAN O' DONNELL - DAVID DOOCEY
PATRICK DOOCEY - STEPHEN DOHERTY**

COLEMAN MUSIC CENTRE
 Gurteen Co. Sligo F56 TF88

SEPT 16TH 8PM

TICKETS €15
WWW.COLEMANIRISHMUSIC.COM
☎ 071 9182589

**COUNTRY
MUSIC NIGHT**
COLEMAN MUSIC CENTRE
GURTEEN CO SLIGO F56 TF88



JOHN GLENN



CARMEL MC LOUGHLIN



SUCK FLAVIN

**Thurs
Sept
21st**



DECLAN O'HARE



BRIAN KERRIGAN

Special guest on the night Maureen O'Dowd

8pm Adm €25

TICKETS 071 9182589 • WWW.COLEMANIRISHMUSIC.COM

MATT KEANE

IN CONCERT



8PM

Coleman Music Centre
Gurteen Co. Sligo

SAT OCT 7TH

Admission €15

www.colemanirishmusic.com ☎ 071 9182599

PJ MURRIHY & SEAMUS SHANNON



Adm €15

**OCTOBER 28TH 8PM
COLEMAN MUSIC CENTRE**

GURTEEN CO SLIGO F56 TF88



☎ 071 9182599 www.colemanirishmusic.com



[{:en}]Coleman Traditional Irish Music, Visitor Centre and Online Store[:]

{:en}Coleman Traditional Irish Music & Visitor Centre is a celebration of Irish Music, Culture and Heritage centre based i...



Coleman Irish Music Centre

www.colemanirishmusic.com



CHARITY *Art* AUCTION

FRIDAY 22ND SEPTEMBER
VIEWING 5-6PM // AUCTION 6-7PM



'REACHING FOR THE LIGHT,' DEBBIE BERINE

FEATURING WORK BY:

TINA BROOKS

ANDREW CSAPLAR

DAVE GAVIN

LISA HUGHES

REBECCA MASSEY

BRIAN MCDONAGH

NIALL RHATIGAN

EMMA STROUDE

ALEXANDRA VAN TUYLL

JAMES WADE

ANNIE WEST

...AND MANY MORE!

BUY AN ORIGINAL PIECE OF ART AND SUPPORT SRCC



**WE
ACT**

KEMPTEN HOUSE,
KEMPTEN PROMENADE,
SLIGO TOWN
(LOOK OUT FOR THE
ORANGE BALLOONS)



VIEW ALL
ARTWORKS HERE

SLIGO RAPE CRISIS CENTRE UPDATES

Charity Art Auction – Culture Night

SRCC will be hosting a Charity Art Auction on Culture Night, Friday September 22nd. All proceeds from the event will go directly towards funding SRCC's essential frontline services supporting survivors of rape, sexual assault and sexual abuse across Sligo, Leitrim and Cavan.



The art auction will be held in Kempton House, on Kempton Promenade in the centre of Sligo town. All artwork available for auction can be viewed in Kempton House between 5 and 6pm, with the auction beginning at 6pm.

We are inviting everyone to come along to our centre, enjoy a glass of wine, and bid on some beautiful pieces of art kindly donated by artists and supporters of SRCC.

Artwork available to purchase at the auction can be viewed before the event on the SRCC website: srcc.ie. The auction will feature work by artists known both locally and nationally, including pieces from Brian McDonagh, Emma Stroude, Alexandra van Tuyl, Annie West and many more. Each euro raised will allow us to continue our important work supporting survivors on their journey towards healing from the trauma of sexual violence.

SRCC Podcast – New Episodes

Would you like to learn more about the supports and services available for survivors of sexual violence in the region? The most recent episodes of the SRCC Podcast feature interviews with staff from Letterkenny Sexual Assault Treatment Unit and An Garda Síochána. These discussions include very useful information and are not to be missed!



WE ARE HAPPY TO INVITE
FRIENDS & FAMILY
TO:

A book Launch:
"A TRAUMATIZED ORPHAN."



By Chris Akon Burume

**An Eclectic Feast of international
food provided by Haven.**

&

Sligo Gospel Choir Concert

The evening promises to be a feast for body and soul,
not to be missed!!



Friday | 22 Sept, 2023 | At 7 pm

Sligo Presbyterian
Church Hall, Church
Street, F91EY8K



SLIGO PRESBYTERIAN CHURCH

HARVEST

Festival



Friday 15th - Sunday 17th September '23

OPENING HOURS

Friday 15th Sept: 5pm - 8pm

Saturday 16th Sept: 11am - 7pm

Sunday 17th Sept: 2pm - 6pm

CLOSING HARVEST SONGS OF PRAISE

Sunday 17th Sept @ 7pm

**Come along to view the wonderful arrangements throughout the church located on
Church St, Sligo, F91 A312**

Refreshments served in church hall
For group bookings **contact Fiona** on **087 101 4058**
All proceeds to Sligo Social Services

The Model

Press Release for immediate publication

Emma Talbot; The Age / L'Età

Sat. 23 Sep. – Sun. 26 Nov. 2023

Opening Friday 22 Sep. 6pm with an artist's led tour of the exhibition.

The Model is delighted to present Emma Talbot's *The Age / L'Età*. Talbot, who was born in Stourbridge, UK in 1969, won the eighth edition of the Max Mara Art Prize for Women in 2021, and was one of the highlights of The Milk of Dreams at the Venice Biennale, 2022.

The Age / L'Età comprises animation, free-hanging painted silk panels, three-dimensional work and drawings. The new work explores themes of representation and ageing, power and governance, and attitudes towards nature. Talbot imagines a future environment where humankind encounters the disastrous consequences of late capitalism and must look towards more ancient and holistic ways of crafting and belonging – that rethink power structures and celebrate the natural world – in order to survive.

The Age / L'Età takes Gustav Klimt's painting *Three Ages of Woman*, 1905, as its starting point. Klimt depicts an elderly woman holding her head in an expression of apparent shame. In her new work, Talbot reimagines this elderly figure as a woman with agency who must overcome a series of trials similar to *The Twelve Labours of Hercules*. Rather than overcoming the trials through destruction, theft, deceit and murder (as did Hercules), the protagonist employs productive, care-centred and practical solutions, inspired by the twelve principles of permaculture, a practice which offers an ethical, sustainable way of living with the land. Through her modern-day trials, the protagonist has the potential to reconstruct contemporary society, countering prevalent negative attitudes to ageing, power and the climate crisis.

Emma Talbot will be in conversation with distinguished art critic and writer Jennifer Higgie at The Model to mark the end of the exhibition in November (exact date TBC).

Culture Night 2023 at The Model

Fri. 22 September

Culture Night 2023 at The Model promises to be another colourful night of creativity, art and music. This year we will start off with the opening of 'The Age / L'Età' by acclaimed UK artist and winner of the Max Mara Prize Emma Talbot, in what is her first ever Irish solo exhibition.

Talbot will lead a Gallery Tour of her work, and this will be followed by Drinks Reception at 7pm. Sligo Global Kitchen will serve delicious food from around the world at 7.30pm and a selection of the finest contemporary DJs will keep the crowds entertained from 9pm until 1pm on two separate dance floors. The line-up for this very special late night culture fest includes DJ Kelly-Anne Byrne, with support from Tara B, while GASH Collective will play an eclectic mix of dance and electronic music by DJs Hewan Mulugeta, Laurence Kapinga and ANIMWAL.

We invite everybody to join us for a night full of fun and culture. All events at Culture Night at The Model are free of charge and there is no need to book in advance.

6pm Exhibition Opening – Emma Talbot; *The Age / L'Età*
 Artist-led Gallery Tour of *The Age / L'Età*

7pm Drinks Reception

7.30pm Sligo Global Kitchen

9pm-1am Djs 'Til Late

* All galleries will be open to the public until 7pm.



Training, Grants and Information



Becoming literacy friendly

Becoming literacy friendly course now available for free on Learn with NALA.

The Becoming literacy friendly course is a free, one-hour, self-directed course.

In the course you will;

- Hear from people who have made changes in their workplace to make it more literacy friendly;
- Find out what the benefits are from both the staff and service user perspective; and
- Hear about practical tips on how to communicate more effectively and learn about using plain English.

As workers and volunteers in the community and voluntary sector, we all know people who may not feel confident in their literacy skills.

Some people find form filling overwhelming. Others shy away from taking part in groups or short courses. They might be afraid of being asked to read out loud or to write something. Others are uncomfortable asking questions. This means important questions about health and other important issues are left unanswered.

https://www.learnwithnala.ie/product?catalog=Becoming-literacy-friendly&mc_cid=91d90cc998&mc_eid=54ce41a54b



Garda Vetting Training

Sligo Volunteer Centre provides garda vetting training for Sligo Non-profits who do not have access to the National Vetting Bureau.

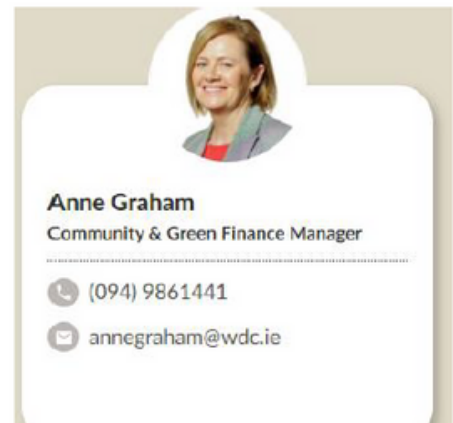
Cost: €50 for sign up and training

Western Development Commission & Community Loans

Anne Graham is the new Community & Green Finance Manager with Western Development Commission. Anne provides Community Loan advice to all counties in the West & Northwest. Western Development Commission provide Bridging Loans for LEADER Projects only @3%, and Term Loans@3% for a variety of different types of Community Led Projects such as Community Childcare, Sport, Family Resource Centres, Arts & Heritage, Tidy Towns, Community Education, and Community Environment Projects. We also hope to motivate and support Communities to take on Green Themed Projects and these can include Community Gardens, Tidy Towns, Green Infrastructure, Waste Reduction & Recycling Programmes, Energy Efficiency Projects, Green Energy Initiatives, Community based Conservation, and Green Building Projects. Please feel free to get in touch -**Mobile Number 087- 266 3711** or email Anne on annegraham@wdc.ie or place your enquiry here <https://western.smartsimple.ie/s/Login.jsp>. It is never too early to start a conversation about funding your future community led project!



**WESTERN
DEVELOPMENT
COMMISSION**



Back to Education Initiative (BTEI) Free* Part Time Courses September Sligo



PLSS CODE	COURSE TITLE	LOCATION
391298	<u>Stage One Advanced Certificate in Early Learning and Care (Level 5)</u> Mon 10-1pm, Wed 10am – 3.30pm & Thurs 10am-2.30pm	Sligo Town
392069	<u>Introduction to Business Administration QQI L4</u> (Mon & Tues 10am -1pm)	Sligo Town
391302	Environmental Sustainability Awareness L4 (Mon 2-4.30pm)	Sligo Town
392087	Word Processing ICT QQI Level 4 (Wed 2-5pm)	Sligo Town
391271	ICT QQI L4 Information Technology Skills (Mon.& Fri)	Sligo Town
392074	ICT Components, Word processing Level 3, (Tues 2-5pm)	Sligo Town
391284	Desktop Publishing QQI Level 4 (Wed. 10am - 1pm)	Sligo Town
392434	Pathways to Health Care Level 5 - Tues 2-5pm	Sligo Town
391293	ICT QQI Level 3 Computer Literacy (Tues and Thurs 10am-1pm)	Sligo Town
391313	Digital Photography QQI Level 5 (Thurs 6-9pm)	Sligo Town
391314	<u>Environmental Sustainability Awareness QQI L4 - (Thurs 10am - 1pm)</u>	Ballymote
392060	<u>Health and Fitness QQI Level 3 (Friday 2-4.30pm)</u>	Sligo Town
391303	<u>Introduction to Social Media and podcasting QQI L4 Component (Friday 10am-1pm)</u>	Sligo Town
391270	ICT L4 Information Technology Skills - Tues 6-9pm	Sligo Town
390758	Health Service Skills component L5 (Tues 6.30pm - 9.30pm)	Easkey

Contact info:

Paula Dufficy, BTEI Coordinator
Tel: 0719138412
Email: pauladufficy@msletb.ie

Emma Gray, BTEI Administrator
Tel: 071 9141251
Email: emmagray@msletb.ie

Website: www.fetchcourses.ie

Please Note: Timetables are subject to change. Courses will run subject to sufficient level of enrolment. *Courses are free for all eligible participants.



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

SOLAS
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An tAon Bheithneachais agus An tAonachas
Toghtha, Heilteacha agus Eolaithe
Department of Further and Higher Education,
Research, Innovation and Skills

Kilian na hÉireann
Government of Ireland



Further education and training courses are co-funded by the Government of Ireland and the European Union



Back to Education Initiative (BTEI) Sligo Free* Environmental Sustainability Awareness Course



Monday Afternoon, Sligo Town
Starting September
PLSS Code 391302



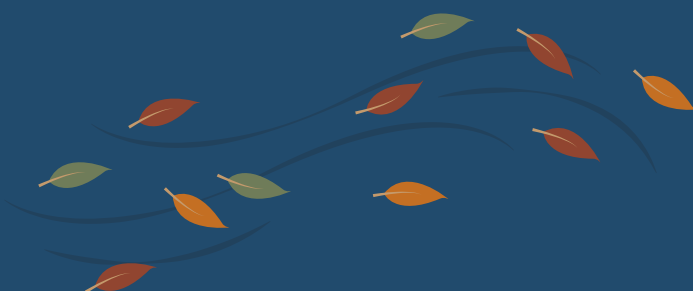
Apply online today via www.fetchcourses.ie

For Further Information:

Emma Gray, BTEI Administrator ✉ emmagray@msletb.ie ☎ 071 9141251
Paula Dufficy, BTEI Coordinator ✉ pauladufficy@msletb.ie ☎ 071 9138412

Please Note: Timetables are subject to change. Courses will run
subject to sufficient level of enrolment.

*Courses are free for all eligible participants



Back to Education Initiative (BTEI) Sligo Free* Environmental Sustainability Awareness Course



Thursday Mornings, Ballymote FRC,
Starting September
PLSS Code 391314



Apply online today via www.fetchcourses.ie

For Further Information:

Emma Gray, BTEI Administrator ✉ emmagray@msletb.ie ☎ 071 9141251
Paula Dufficy, BTEI Coordinator ✉ pauladufficy@msletb.ie ☎ 071 9138412

Please Note: Timetables are subject to change. Courses will run
subject to sufficient level of enrolment.

*Courses are free for all eligible participants

Community Climate Action Fund

The Community Climate Action Programme aims to support small and large, rural and urban communities to take climate action. The overall objective of the programme is to empower communities to shape and build low carbon, sustainable communities and to contribute to national climate and energy targets.

In conjunction with the Department of the Environment, Climate and Communications, Sligo County Council, will assist in the scale up of community climate action. A new Community Climate Action Fund will be available to support relevant climate action projects across a number of themes.

There are two strands of funding available:

Strand 1: Building Low Carbon Communities focuses on direct climate action in County Sligo.

Strand 1a: Shared Island Community Climate Action enables communities and Local Authorities to carry out a cross-border project in partnership with organisations in Northern Ireland.

<https://www.sligococo.ie/Environment/ClimateAction/CommunityClimateActionProgramme/>

How will the Programme work?

Projects should seek to reduce greenhouse gas emissions, assist the transition to low carbon and sustainable economy and increase climate resilience. Funding will be allocated to community organisations based on an appraisal of Expression of Interest forms submitted to Sligo County Council and approval of the Minister.

Projects should address at least one, preferably several of the following themes:

Energy, sustainable travel, shopping & recycling, food & waste, and climate action.

— PUBLIC INFORMATION SESSION —

CLIMATE ACTION AND COMMUNITY SUPPORTS



Introducing :

Power to Change

ATU Sligo & Sligo PPN

&

Community Climate Action Fund

Sligo County Council

It is increasingly important for all of society to take positive action in addressing climate change.

We are working together to support the community sector in Sligo to access the supports and information they need to be part of the solution.

**Clayton Hotel, Tuesday 12th September,
6.30pm**



Public Participation
Network **Sligo**



SLIGO
COUNTY COUNCIL
COMHAILLE CHONTAE SHLIGIGH

Sligo.



Oliscoll
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

**SUSTAINABLE
DEVELOPMENT
GOALS**



**Rialtas
na hÉireann
Government
of Ireland**

AGENDA

- Welcome & Introductions
- Community Climate Action Fund overview
- Sligo LEADER Partnership Clg - funding overview
- Clann Credo Community Finance - available Supports
- Western Forestry Co-Op - Forest & woodland Grants
- Case studies of Community-led Climate Action projects

Short break
Q & A session
Time to mingle



Public Participation
Network **Sligo**



Finger food and refreshments provided

Clayton Hotel, Tuesday 12th September,

6.30-8.30pm

Open to All



Duty of Care Reforms

On the 31st July 2023, the Minister for Justice Helen McEntee changed the law, introducing a significant number of changes to the duty of care in this country.

For these purposes, the duty of care relates to the duty owed by occupiers (business owners, sports clubs and charities etc) to those that come onto their property whether as guests, visitors or trespasser

The following is not intended to be viewed as legal advice but as a basic introduction to where all our responsibilities now lie. These changes will likely be challenged in the courts over the coming years also.

- The new law does not do away with your duty of care where you have been negligent about the health and safety of others. So, for example, if you created or know there exists a potential hazard on your premises and you acted with “reckless disregard” about whether someone might be injured by this, then you will likely be liable for any harm that results.
- The new law makes it much harder for trespassers to bring a successful claim against your organisation. They can only do so where a court determines it is “in the interests of justice” that they can.
- The new law requires people to exercise a greater degree of personal responsibility for their health and safety. If they take chances, shortcuts or engage in inappropriate, risky behaviour, it will be more difficult for them to bring a claim.
- A court will also need to consider the probability of an injury occurring, the significance of the harm that might be caused and the cost of removing the potential hazard.
- The new law allows for more ways people can take part in activities that have a higher degree of risk without exposing the occupier/business to liability. This will be particularly useful in sports, recreation and adventure sectors.

- How does the new Duty of Care legislation assist in defending slips, trips and fall cases?

The legislation should help businesses by placing much greater responsibility on individuals to take care for their own safety. While it will come down to the individual circumstances, Minister Carroll MacNeill said: “The recently enacted legislation to reform the ‘duty of care’ is expected to significantly impact claims in this sector, especially the issue of ‘slips, trips and falls’. This in turn should generate benefits for businesses....”



Halloween Festival / Events Masterclass

With nearly each of Ireland's 800 neighbourhoods, towns and villages clamouring to have their own unique Halloween event – the Association of Irish Festival Events are hosting a Masterclass for those thinking of creating a Halloween event or remodelling a current one.

The Community Organiser - Halloween Masterclass facilitated by Executive Director Colm Croffy will take place by Zoom on Wed 19th of July at 10.00 am to 1.30 pm. It is Free to A.O.I.F.E. members and €50 for non-members.

The five elements of the Masterclass will include –

- *New ways of delivering elements of Samhain for your community, Redesigning traditional presentation of Halloween narrative for a more inclusive community.
- *Fundraising for the Event or using elements of the Halloween Story to fundraise for your community -
- * Public relations - communications social media reach, building a new engagement story for your community event create FOMO and connect with a newer Audience.
- * Getting and Sustaining Volunteers Helpers to make the Halloween project work.
- * Protecting Ourselves From Harm – Health & Safety, Insurance issues.

Followed by an Open Mike discussion session – on prompts or issues that you may have.

To register please do so here - <https://vu.fr/QVqh>

Or https://docs.google.com/forms/d/e/1FAIpQLScdXzviMKutl-O8gfuPTTt_lwZB_I5iZEhlamcbjVbykvHbfg/viewform?usp=sharing

In conjunction with the stand alone zoom class A.O.I.F.E. are offering on a first come, first served basis some 8 online, real time coaching, mentoring, advice sessions on Halloween Events at the reduced rate of €75 per 45mins.

These Zoom mentoring session can be completed over any day from during office and non-office hours from 10.00 am to 9.00 pm. throughout July, August . You need to register payment in advance directly with Tanya @ info@aoifeonline.com

In advance of the session with our Executive Director Colm Croffy - you would need to have sent through a copy of last year's programme, budget and an outline programme for this year plus a list of 5 topics that you and your team need advice on. If there are grant aid forms that you need filled in or assistance with please send those along as well.

The Mentoring fee can also be used towards the cost of your full annual AOIFE membership package of €200 per year.

**Do you know a
volunteer who
deserves an
award?**

Volunteer Ireland Awards

**Nominations now
open for 2023!**

**Closing Date
Sunday, 8th October**



Pension Promise Campaign

The Southern Hotel Sligo @ 11am

Friday 1st September

The Pension Promise Campaign is calling on the Government to honour the promise of a state pension rate of at least 34% of average earnings, and we are asking for your support for this call.

Just like the Stop67 Campaign, the Pension Promise Campaign is part of a wider demand for fair and flexible pensions for all. The Pensions Promise Campaign is led by SIPTU, Age Action, the National Women's Council, the Irish Senior Citizen's Parliament and Active Retirement Ireland.

The Pension Promise Campaign was successfully launched in June with a number of successful visits to counties all around Ireland. We will continue to hold a series of townhall meetings to raise awareness and build support for the campaign. We invite you to join us in Sligo's meeting to listen and respond to our panellists.

Speakers will include representatives of the campaign organisations and constituency T.D.s and audience members are encouraged to raise questions.

Why Now?

Poverty and deprivation are rising for older adults due to high price inflation, with risk of poverty having doubled and consistent poverty more than tripled since 2020. Older people deserve adequate and secure incomes. It's no more than they have earned after a lifetime of working, paying taxes and contributing to their communities.

It is 25 years since the National Pensions Policy Initiative proposed a benchmark of 34% of gross average industrial earnings for the contributory State Pension. Under the Roadmap for Pensions Reform 2018-2023, the Department of Social Protection was asked to develop proposals for a formal benchmark of 34% and to institute a process where future changes in pension rates would be indexed to changes in consumer prices and average wages. The Roadmap for Social Inclusion 2020-2025, which the current programme for government has committed to implement rigorously, states that "this Government has committed to the introduction of a system of benchmarking rates of pension payment both to average wages and to inflation." Benchmarking is also a recommendation of the Report of the Commission on Pensions.

The Pension Promise Campaign demands that the Government honours its commitment to a state pension rate of 34% of average earnings.

Coming soon...



THIS YEAR'S THEME:

'Mental Health is a Universal Human Right'

Mental Health Ireland is organising a full programme for World Mental Health Month this October 2023.

Here are some of the ways you can get involved...

Courageous Conversations



A face-to-face event to highlight how **Mental Health is a Universal Human Right**

Fundraising



There will be lots of ways to fundraise throughout October

Local Events



There will be an **Interactive Map** to show events in your area

Self-directed Learning



Training for workplaces

Connect Cafés



A downloadable toolkit and resources to encourage groups to run Connect Cafés

Merchandise & Resources



A full suite of resources including a shop with merchandise and downloadables

Galway Conference



Galway Mental Health Association celebrates mental health associations and volunteers

Menopause Booklet Launch



A booklet for people going through menopause and their supporters

For information please contact: Alessia@mentalhealthireland.ie

Mental Health Ireland are delighted to let you know that our World Mental Health Month Website is now live

Feel free to browse around it to get ideas on how to get involved or Five Ways to Fundraise this year.

We are inviting community groups and organisations to host a Connect Cafe in your community or workplace.

There will be an online Info Session about
How to Host your own Connect Café
on Sept 12 @ 2.30pm

You can Register at

<https://www.eventbrite.ie/e/world-mental-health-month-connect-cafe-information-session-tickets-704550017067>

connect café

Mental Health Ireland

Mental Health Ireland
World
Mental Health
Month

30 min

**Join us for a
Connect Café
Information Session**

What is a Connect Cafe? Why host one this October?
What resources do I need for Connect Cafe? Some tips for
hosting an event and your questions answered.

**REGISTER
NOW!**

Register
here

More
Info



AMBER REFUGE
*One Million Stars
to End Violence*
IRELAND

One Million Stars to End Violence Sligo Leitrim

Weaving Communities of Courage Against Violence

Join us for a

'Festival of Stars'

Nov 25th – Dec 10th

Marking International Day to End Violence against Women & Children and 16 Days of Activism

Star Weaving workshops, Star Displays and other exciting events
Across Sligo & Leitrim



To get involved

please email miffy@mentalhealthireland.ie or phone 0870918586

For confidential advice & support about domestic, sexual or gender-based violence

please contact:

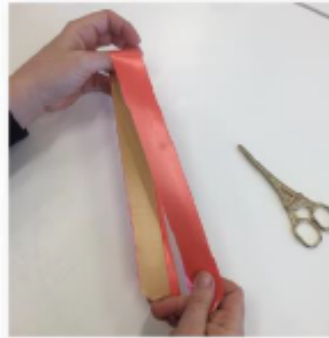
DVAS Domestic Violence Advocacy Service – 071 914 1515 or

Sligo Rape Crisis Centre – 1800 750 780

How to weave a star



Cut 4 pieces of ribbon, approximately 50cm each



Fold all 4 ribbons in half together and crease tightly. Place 2 pieces of ribbon on the table and one in each of your hands



Place the ribbon in your right hand and loop it over the ribbon in your left hand to create an 'L' shape



Pick up a 3rd ribbon and loop it up over your 2nd ribbon to create a 'U' shape



Using your 4th ribbon, loop over your 3rd ribbon and pass both ends through the centre of your first ribbon. Flip your star over and place on table.



Working anti-clockwise, start by folding down one of each of the ribbons, creasing each time. With the last ribbon, fold it over and through to secure



This is the body of your star



Starting at the top right, fold your ribbon under and to the right



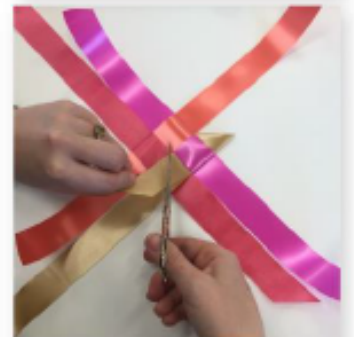
Fold to crease into a point



Using the same ribbon, fold down, leaving a small gap, to create a triangle



Fold the right side of the triangle over the left side and tuck the end of the ribbon into the pocket of the pink ribbon



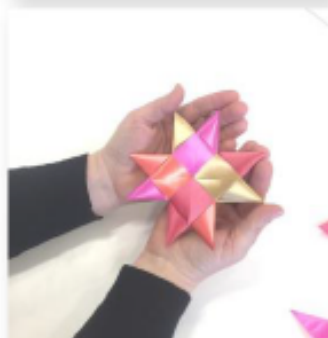
Trim the cut end of your tucked-in ribbon



Working on every second ribbon, repeat this process: Under and to the right, crease, fold down to make a triangle, crease, fold from right to left, crease and tuck



When you have folded all the top right ribbons down, flip over your star and repeat the process on the other side



You have now completed your star!



THE
One Million Stars
to End Violence
PROJECT

Join us at another event as we create 1,000,000 stars!
www.onemillionstars.net/
www.BrisStyle.com.au