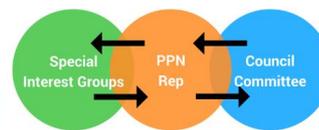


**From:** Suzanne O'Connor [soconnor@laoiscoco.ie]  
**Sent:** 28 August 2018 12:21  
**To:** O'Connor Suzanne  
**Subject:** September 2018 Newsletter



## September 2018 Edition



## Meet a Member Organisation



### The Thomas Hayes Trust (THT)

The Thomas Hayes Trust (THT) was established in February 2014 by Angela Hayes, her children, family and friends following the tragic loss of her son, Thomas to suicide (2010) on the anniversary of his dad's suicide.

The aim of the Thomas Hayes Trust is to provide support to individuals and families/friends who are affected by loss, through suicide, or those considering suicide and to contribute to the prevention of suicide in the community. The service centre "Teac Tom" is located in Stradbally and was opened because of the generosity and concerns of the people in Laois.

Services provided are:

- Emergency response to suicide
- Counselling & Psychotherapy
- Playtherapy
- 24hr listening service, 365 days per year
- School liaison service
- Work liaison service

[www.thethomashayestrust.com](http://www.thethomashayestrust.com)

email: [thethomashayestrust@gmail.com](mailto:thethomashayestrust@gmail.com)

# Laois PPN Submissions

## "Poster Free Zone"

Following the recent "Poster Free Zone" debate Laois PPN made a submission to the Draft Litter Management Plan 2018-2020 proposing that all towns and villages of Laois within the 50km speed limit are a "Poster Free Zone".

Copy of the submission can be viewed at <https://www.laoisppn.ie/wp-content/uploads/2018/08/Poster-Free-Zone-Submission-Final.pdf>

## "Be Winter Ready"

Laois PPN in consultation with Laois Fire Dept made a submission to the Dept of Rural and Community Development "Be Winter Ready" Leaflet. The leaflet is intended to provide helpful information about how to prepare for the winter in terms of community supports available (or that should be available) to the public during times of particularly severe weather.

A copy of the submission can be viewed at <https://www.laoisppn.ie/wp-content/uploads/2018/08/Be-Winter-Ready.pdf>

# Date for Your Diary

## Over 50's Information Afternoon

Laois Public Participation Network in association with Laois Older Peoples Forum will host an Over 50's Information Afternoon in the Midlands Park Hotel, Portlaoise on Tuesday 25th September. The event will include information stands from service providers, both local and national, and presentations by Laois PPN and Sgt Graham Kavanagh

Most importantly on the day, the older people of Laois will get a chance to gain some valuable information from the service providers and meet other older people in their county.

The aim of the event is to bring older people in Laois together and to allow them to access relevant information in one room.

**Date: Tuesday 25th September 2018**  
**Venue: Midlands Park Hotel, Portlaoise**  
**Time: 2:00 - 4:30pm**

**Please note that this is a FREE event. All welcome.**  
*Please pass information onto members of your organisation that may be interested in attending this event.*



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## Plenary

Laois PPN would like to invite all member organisations to attend our next plenary. We are delighted to have key note speaker John Lonergan in attendance.

John Lonergan spent 42 years working in the Irish Prison Service, 22 of those as Governor of Mountjoy Prison in Dublin, Ireland's best known prison, and four of them as Governor of the top security prison in Portlaoise. He entered the prison system in 1968 and through his career he saw human nature at its worst – and often, unexpectedly, at its best – and he developed a deep understanding of both human nature and Irish society. After over 20 years as the most senior prison officer in the country, John now shares the lessons he has learned through his long, fascinating life – from his idyllic childhood in rural Tipperary to coming face to face with the darkest aspects of Irish life.

John will be focusing on issues like:

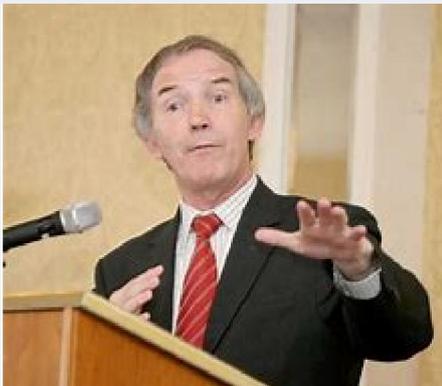
- making a difference to others,
- the importance of community,
- why we can't enforce change on others,
- drugs in our society,
- confronting bullying in our society,
- reducing the risks of suicides,
- balancing our lives between work, home and family,
- why sport is so important.

This will also be a great opportunity to meet and network with other member organisations in the area

**Date: Wednesday 3rd October 2018**  
**Venue: Killeshin Hotel, Portlaoise**  
**Time: Registration from 7:30 with**  
**Key Note Speaker Commencing at 8:00pm sharp.**

**Please note that this is a FREE event. All welcome.**  
*Please pass information onto members of your organisation that may be interested in attending this event.*

**To book your place please contact:**  
**Suzanne O'Connor, Laois PPN on 057-8665661 / 086-7782551**  
**or e-mail [ppn@laoiscoco.ie](mailto:ppn@laoiscoco.ie)**



**Laois Connects**  
"Promoting Health & Wellbeing"

**SOS: Suicide or Survive**



A Wellness Workshop is a day for you to take time out and learn a wide range of practical tools and tips that you can use in your everyday life to improve your own wellness. This one-day workshop aims to help you understand and take charge of your own mental health. The workshop is for anyone and everyone as we all have mental health!

The Wellness Workshop is in line with Strategic Goals 1 and 3 of Connecting for Life:

Goal 1: To improve the nation's understanding of, and attitudes to, suicidal behaviour, mental health and wellbeing;

Goal 3: To target approaches to reduce suicidal behaviour and improve mental health among priority groups. This programme is run to the highest standards of practice and service delivery and is underpinned by an evaluation framework as required by 'Connecting for Life'.

**Date: Monday 8th October**  
**Venue: Killeshin Hotel, portlaoise**  
**Time: 9:00am - 5:00pm**

**Please note that this is a FREE event.**

*Please pass information onto members of your organisation that may be interested in attending this event.*

**Booking Required as places are limited.**  
**Suzanne O'Connor, Laois PPN on 057-8665661**  
**/ 086-7782551**  
**or e-mail [ppn@laoiscoco.ie](mailto:ppn@laoiscoco.ie)**



## Grants / Funding

### **SEAI Better Energy Homes Grants 2018**

What home energy efficiency grants does the SEAI offer?

The SEAI offers five different grants for different home energy efficiency measures:

1. Insulation
2. Solar Thermal
3. Solar PV
4. Heating Controls
5. Heat Pump

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## 1. Insulation

- Heating your home accounts for around 60% of all home energy consumption.
- A home can lose 30% of its heat through poorly insulated walls and attics.
- The SEAI estimates that properly insulating the walls of the average home can save up to €600 per year on heating bills.

What types of insulation grants does the SEAI offer?

Insulation grants include cavity, internal and external wall insulation, as well as attic insulation grants.

Energy Efficiency Measures

Grant Value

Attic/rafter insulation €300

Cavity wall insulation €300

Apartment (any) OR Mid-terrace house (internal) €1,200

Apartment (any) OR Mid-terrace house (external) €2,750

Semi-detached OR end of terrace (internal) €1,800

Semi-detached OR end of terrace (external) €4,500

Detached house (internal) €2,400

Detached house (external) €6,000

For more information on these different insulation types to determine which is the best fit for your home, check out the SEAI's website.

All homeowners, including landlords, whose homes were built and occupied before 2006 can apply.

Homes built from 2006 onwards should have been constructed to the 2003 Building Regulations and should not need significant upgrades. This is defined as the date your electricity meter was installed.

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## 2. Solar thermal grant(Solar generated hot water)

- Hot water production accounts for around 20% of all of all home energy consumption.
- The SEAI says that solar thermal systems are designed to meet 50-60% of your overall hot water requirement over the year.
- The SEAI offers a €1,200 grant to households looking to install solar thermal systems.

All homeowners, including landlords, whose homes were built and occupied before 2011 can apply.

This is defined as the date your electricity meter was installed. Note that this is different to other grant measures where the home must be built before 2006.

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## 3. Solar PV Grant( Solar generated electricity)

- Electrical Consumption accounts for around 20% of all of all home energy consumption.
- On average, a solar PV system can save between €200-€300 per year on your domestic electricity bill.
- The SEAI offers €700 for every kWp up to a maximum of 4kWp.
- Please note any installation over 2kWp must install a battery. The SEAI also offers a separate grant of €1,000 for a battery storage system.

All owners of dwellings built and occupied before 2011 may apply.

Please see eligibility form for the solar PV scheme on the SEAI's website.

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## 4. Heating controls grant

Updating your heating controls you could reduce your annual energy usage by up to 20%.

There are three main benefits to updating your heating controls with the SEAI. These are:  
Remote Heating Control- Heat when you need it: You'll be able to control your heating remotely.

Up to 3 Heating Zones- Heat zones for extra efficiency:

- o Zone 1: Hot Water Heat your hot water without having to turn on your home heating.
- o Zone 2/3: Upstairs/Downstairs- You can also split upstairs and downstairs into heating zones for further efficiency.

Reduce your energy bills: you should see a reduction in energy usage by up to 20%.

§ The SEAI offers a €700 grant to households looking to update their home's heating controls.

All homeowners, including landlords, whose homes were built and occupied before 2006 can apply. Homes built from 2006 onwards should have been constructed to the 2003 Building Regulations and should not need significant upgrades. This is defined as the date your electricity meter was installed.

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## 5. Heat Pump grant

Benefits of installing a heat pump system?

- i.Reduction in energy bills
- ii. Increased home comfort levels
- iii. Reduce carbon emissions.

April 2018 saw the elimination of grants for fossil fuelled boilers and the introduction of heat pump grants.

The building must have low heat loss to be eligible for a heat pump grant. In fact Before applying for a heat pump grant the building must undergo a technical assessment by an independent SEAI-registered advisor, who will determine the suitability of a home for a heat pump system(For more details of what is required, check out the SEAI's website. )

- How can you improve the Heat Loss Indicator of a poorly performing home?
- SEAI recommendations may include:
- Improving the insulation of the walls, attic and possibly floors.
- It may also require the installation of high performance double or triple glazed windows and doors.

According to the SEAI; "Heat-pumps are electrical devices which convert energy from the air outside of your home into useful heat, in the same way a fridge extracts heat from its inside. In well-insulated houses they are very economical to run. They are an extremely efficient alternative to oil, gas, solid fuel and electric home heating systems.

There are three types of heat pump system.

1. Air source: These are the most popular heat pump systems. They extract heat from external air. Also tend to be cheaper and easier to install compared to other heat pump systems.
2. Ground source: A ground-source heat pump system uses the earth as a source of renewable heat. More expensive to install but greater efficiency.
3. Water source: Water source heat pump systems use open water, such as lakes, rivers or streams, as a heat source.

What types of heat pump system grants do the SEAI offer?

Below are the grants available from the SEAI for each different type of heat pump system.

Heat Pump System Type Grant Value

Air to Water €3,500  
Ground Source to Water €3,500  
Exhaust Air to Water €3,500  
Water to Water €3,500  
Air to Air €600

All homeowners, including landlords, whose homes were built and occupied before 2011 can apply so long as the house has first passed initial technical assessment.

Please note that a flat grant rate of €3,500 is applied to all heat pump types irrespective of efficiency or capital cost.

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For further information on all the above, check out the SEAL's website.

## Catch A Little Culture In Laois

On Friday September 21st hundreds of thousands of people across the country will lose themselves in their imagination and an explosion of creativity as the country comes alive for Culture Night, Ireland's annual nocturnal cultural extravaganza. Laois County Council is delighted to be once again taking part in Culture Night. The programme of activities in Laois is now available on [www.culturenight.ie](http://www.culturenight.ie) or [www.laois.ie](http://www.laois.ie) can be found in public venues around the county.

Culture is catching and each year Culture Night brings people together to create unique shared experiences and memories. All for FREE! From generations of families consuming and exploring new night-time adventures to groups of friends enjoying cultural genres they might never have before. Highlights of events taking place in Laois include:

- Circus Street Theatre performance and Circus Skills Workshop by Maria Corcoran and friends at the Plaza, County Hall 4.30-5.30.
  - Explore Cultural Connections at the Parish Centre Portlaoise with music, song and dance displays by intercultural groups from 6pm-8pm.
  - Exhibitions include 'A Painted Otherworld', focusing on the surreal at the Dunamais Arts Centre from 7pm and an exhibition by resident artists at Laois Arthouse Stradbally titled "The Stradbally Six" opening from 5pm-8pm.
  - Singer-songwriter James O'Connor and his band will appear at the Dunamais Arts Centre, for a show presented by Music Generation Laois.
  - Roundwood House, Mountrath visit a Pop Up Exhibition by artist Jen Donnery - 'Hidden Spaces' from 5pm – a free bus leaves County Hall at 4.30pm also.
  - 'Stories from the Past' at Heritage House, Abbeyleix where Local school children will read stories from the 1930's schools collection initiative as well as new stories.
  - An interactive visual arts event called 'Fold and Rise' at Castlewood Farm, Durrow from 7.30-9.30 with artist Maeve Collins - Bring a mixing bowl!
  - 'The Best of the Irish' at the Balcony Theatre, Mountmellick, where the great Irish writers of prose, poetry, drama, music and song come alive from 8pm.
  - Puppet Shows and Storytime by Julie Rose McCormick, in Portarlinton Library at 3.30 and in Stradbally Library at 6pm.
- Just some of the list of events happening in Laois for all the family to enjoy.

This year's Laois Culture Night Ambassador is Actor Emmet Byrne, a native of County Laois. He most recently starred as Sean Bourke in Cell Mates at The Hampstead Theatre, London and in RTÉ's Striking Out. Commenting on this year's programme of events Emmet says 'I am honoured to be the 2018 Laois Culture Night Laois ambassador. People being exposed to and engaging with the arts is absolutely vital to maintain Ireland's rich cultural heritage. Without that, we lose something essential to our identity as individuals and as a country. I hope people get out there and really enjoy the many cultural opportunities that will be on offer in Laois'

The full programme of events and participating venues for Culture Night 2018 is now available on [www.culturenight.ie](http://www.culturenight.ie).

Join the conversation online at [www.facebook.com/CultureNight](https://www.facebook.com/CultureNight), [www.twitter.com/CultureNight](https://www.twitter.com/CultureNight) and [www.instagram.com/CultureNight](https://www.instagram.com/CultureNight)

Contact: The Arts Office, Laois County Council, T: 057 8664033/13 or email: [artsoff@laoiscoco.ie](mailto:artsoff@laoiscoco.ie)



## Creativity & Change

Creativity & Change masterclass programme returns in September with two new workshops. Find more information and apply at this link <https://www.creativityandchange.ie/masterclass-programme-2018/>

September 15th/16th: 'Rich Learning Environments' is an exciting opportunity to work with Creativity & Change course coordinator Jessica Carson, exploring the value and potential of different environments in enriching learning experiences.

September 29th/30th: 'Theatre: From the Personal to the Public' brings back one of Creativity & Change's most popular guest facilitators, Peter Hussey, Artistic Director of Crooked House and Kildare Youth Theatre, in a weekend focused on how our personal stories can be developed into important commentaries on issues of local and global justice.

Masterclasses take place at Crawford College of Art & Design, Grand Parade campus from 9.30-5 each day and are subsidised by Irish Aid, costing just €40 per weekend



## Contact Us

Would you like your organisation included in next months newsletter or do you need to talk to your PPN coordinator. If so please do not hesitate to contact us.

Laois PPN A/Coordinator: Suzanne O'Connor  
Phone: 057-8665661 or 086-7782551  
E-mail [ppn@laoiscoco.ie](mailto:ppn@laoiscoco.ie)

Address: Lyster Square, Portlaoise, Co. Laois.

