

Laois Public Participation Network



NEW MEMBERS OF LAOIS PPN JUNE 2019.

WELCOME!!

Membership of Laois PPN grew by 9 in June, with the total number of groups registered now totalling 533. Laois PPN welcomes these groups to the network. We look forward to keeping you all informed and working with you all in 2019 and beyond.

- Happy Hearts Active Retirement Group
- Errill Cemetery Committee
- Stradbally Tidy Towns
- Portlaoise Musical Society
- Laois Mounted Games
- St. Coleman's NS Parents Association
- MakePort Matketspace
- The Swan NS Parents Association
- Stradbally Country Market

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"ACCESS FOR ALL" DISABILITY AWARENESS WORKSHOP REPORT LAUNCH



Laois Public Participation Network (PPN), in collaboration with the Disability Federation of Ireland (DFI), launched their "Access for All" Disability Awareness Workshop Report on Tuesday 21st May in the Midlands Park Hotel, Portlaoise. The report was based on a public consultation held in February last the purpose of which was to highlight, document and raise awareness of the challenges faced by people with disability in Laois.



The aim of the report is to highlight the needs of people with disabilities in Laois and propose responses to these needs.

The report is available to download at <https://www.laoisppn.ie/.../Disability-Workshop-Report-WEB.pdf>

or alternatively you can contact Laois PPN on 057-8665661 or ppn@laoiscoco.ie for hard copies of the report.





2019 COMMUNITY & VOLUNTARY AWARDS

The Cathaoirleach of Laois County Council, Mr John King, launched the 2019 Laois Community & Voluntary Awards.

The purpose of the awards is to acknowledge groups and individuals who, through their commitment to voluntary and community activities, have played a significant role in enhancing the quality of life in their communities.

Laois County Council in partnership with Laois Public Participation Network and Sponsored by People First Credit Union will celebrate the 10th Anniversary of the Laois Community and Voluntary Awards at a Gala Event in the Midlands Park Hotel on Friday 18th October 2019

The closing date for nominations for the Laois Community & Voluntary Awards 2019 is Friday 5th July.

<https://www.laoisppn.ie/wp-content/uploads/2019/06/Community-Awards-Nomination-Final.docx>

<https://www.laoisppn.ie/wp-content/uploads/2019/05/Unsung-Hero-Nomination.docx>





10TH ANNUAL COMMUNITY & VOLUNTARY AWARDS

Entry forms are now available for the 2019 Community & Voluntary Awards. This year's awards are brought to you by Laois County Council in partnership with Laois Public Participation Network and are proudly sponsored for the first time by People's First Credit Union. This year marks the 10th anniversary of the awards.

Nominations can be made under the following headings:

- Arts, Culture & Heritage
- Healthy & Active Community
- Children & Youth
- Environment
- Social Inclusion
- Age Friendly
- Unsung Hero

***CLOSING DATE FOR RECEIPT OF APPLICATIONS:
FRIDAY 5TH JULY, 2019.***

Applications are available on-line or in paper format via Laois County Council, Laois Public Participation Network or your local People's First Credit Union Branch.

For further information contact 057-8664150 or e-mail awards@laoiscoco.ie



PPN MEMBER ORGANISATIONS AND MIDLANDS ISL

Laois Public Participation Network was delighted to be in a position of offer 10 individuals from 10 different member organisations the opportunity to learn Basic Irish Sign Language with Midlands ISL.

This course was suited to complete beginners and to those with no previous knowledge of Irish Sign Language. The course gave a concise overview of ISL, basic signs and instructions.

It also taught some basic strategies that those with hearing can use when communicating with Deaf or Hard of Hearing people in a respectful and effective way.

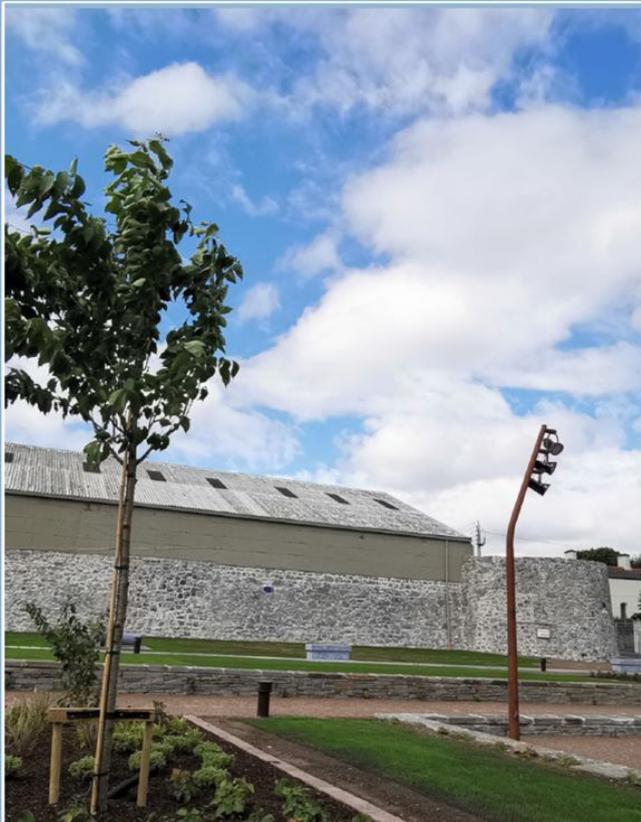


Attached please find an invitation to the formal opening of the Fort Protector Conservation Project and the Old Fort Festival, by Minister Charlie Flanagan, at 3.30pm on Friday 28th June 2019.

The opening will be followed by a guided tour of the Old Fort Stage, and light refreshments.

RSVP Catherine Casey, ccasey@laoiscoco.ie

The Old Fort Conservation Project has been funded by the Heritage Council and the Department of Culture, Heritage and the Gaeltacht under the Historic Towns Initiative and by Project Ireland 2040.



Fort Protector Conservation

Cathaoirleach of Laois County Council

Cllr Willie Aird

Cordially invites you to the formal opening of
Fort Protector Conservation Phase I & The Old Fort Festival
By Charlie Flanagan TD, Minister for Justice and Equality

On Friday 28th June at 3.30pm
at Fitzmaurice Place, Portlaoise

The opening will be followed by a
guided tour of the Old Fort Stage, and light refreshments.

RSVP Catherine Casey, ccasey@laoiscoco.ie





LAOIS COUNTY COUNCIL ARTS OFFICE AND MUSIC GENERATION LAOIS SUMMER ARTS PROGRAMME 2019

An array of arts and music workshops are available for young people to enjoy over the month of July and into August. Starting off with Circus Art Workshops hosted by circus artist Maria Corcoran at the MDA Mountmellick, running from Tues 9th to Thurs 11th July from 2pm-4pm for ages 7-12 years. Maria will give an introduction to juggling, hula hoop, balance, acrobatics and more. Circus is where sports meet arts and creativity and individualism is celebrated. Maria has been teaching youth circus for over 9 years around Ireland and internationally.

Children interested in art can join artist Jen Donnery at Laois Arthouse for workshops titled 'Art in our Environment'. Using materials around us to create a work of art; finding new uses for things we already have, to reduce waste and protect the planet! Running over 3 days from Tues 16th to Thurs 18th July, mornings from 11-1 and a second workshop in the afternoon from 2 to 4, for children aged 7-12.

A new addition to our programme this year is an innovative Portfolio Preparation Course for young people aged 15-18 with visual artist Mary Burke. Running from Mon 22th to Fri 26th July at Laois Music Centre, Church Ave, Portlaoise from 10am-4pm, this 5-day course is designed to help students prepare a portfolio for submission for Art and Design courses at 3rd level colleges. The week may also benefit students preparing for the Leaving Certificate Art Coursework by introducing them to research and drawing skills that could be useful when preparing their course workbook in school next year.

Through drawing, mixed media and colour studies students will be shown how to structure a comprehensive portfolio.

We also have a fun Dance programme hosted by dance tutor Marie Cashin at Laois Music Centre, Portlaoise running from Tue 30th July to Thurs 1st August. Marie will give an introduction to hip hop, jazz and free style in the mornings from 11-1 and a second workshop in the afternoon from 2 to 4, for children aged 7-12.

The summer programme also included an adult art course at Laois Arthouse titled 'Painting the portrait from life' with well know artist Una Sealy RHA. Course A June 4, 5 and Course B June 6, 7. Over the 2-day workshops, Una will lead the participants through the process of painting a portrait from life; from planning the composition, to completed work. This event was so popular that places booked up very quickly. This event also includes an exhibition of Una's work and work by artists attending the course that opened on Friday 7th June and will be on display at the Arthouse over the coming weeks.

The Music Generation Laois Summer programme

A Summer School of Rock and Pop runs from the 1st to the 5th July at the Dunamais Arts Centre Portlaoise for young people aged 10-18 from Mon-Thurs 11am-3:30pm; Fri 1-3pm & 4-7pm. Young people will develop confidence and stage presence in the weeklong camp that culminates with a concert in the Dunamais on the final day. A great team of tutors from the Music Generation Laois School of Rock and Pop; James O'Connor, Terry Byrne, Ros O'Meara and Denise Boyle will work with musicians and singers during the week and all instruments are welcome. Participants must already play an instrument or sing to participate. New this year is a very exciting option to study Jazz with Paul McIntyre (keys) and Dave Redmond (bass).

The Trad Summer School runs from the 17th to the 19th July in Portlaoise for ages 6 upwards from 11am-3pm (Wed, Thurs) 11am-4:30pm (Fri)

The talented list of tutors this year includes: Máire Ní Chathasaigh (Harp), Siobhan Buckley (Harp), Denise Boyle (Fiddle), Jesse Smith (Fiddle), Tommy Fitzharris (Flute), Sean Gavin (Flute), Paul Finn (Button Accordion), Joseph Byrne (Uilleann Pipes), David Power (Uilleann Pipes), Dale McKay (Bodhrán)...with more to be announced. Some experience is required to take part and students will be placed with tutors on Summer School tutors recommendations. A mixed juniors class is also available for recent beginners. Harps will also be made available. See musicgenerationlaois.ie or contact musicgenerationlaois@laoiscoco.ie or call 057 8664176 to book a place.

The Music Generation Laois summer programme also includes some wonderful concerts; including the Trad Summer School Opening Gala Concert which features performance by tutors from the Summer School, on Wednesday 17 July at Dunamais Arts Centre at 8pm.

Admission is €5. Booking box office is the Dunamais Arts Centre: 057 8663355/Dunamais.ie Free to students of the Summer School.

A Finale Student Concert takes place at the Portlaoise Further Education and Training Centre, Tower Hill, Portlaoise, on Fri 19 July at 3pm, showcasing students from the Summer School. Free admission, donations welcome.

Booking forms for the Summer Arts and Music Generation Laois Programme are available at all local libraries, schools or from the Arts Office. T: 057 8664033/13 .

E: artsoff@laoiscoco.ie Download from www.laois.ie.

NATIONAL SKIN CANCER PREVENTION PLAN 2019 – 2022

Skin cancer is the most common type of cancer in Ireland. Over 11,000 are diagnosed each year, this number is projected to over double by 2045. Yet most skin cancers could be prevented.

This first national Skin Cancer Prevention Plan is a landmark commitment, arising from our National Cancer Strategy 2017-2026, and aimed at tackling the most common type of cancer in Ireland.

Cancer prevention is a cornerstone of the National Cancer Strategy as it offers the most cost effective, long term approach for cancer control. Addressing this rising incidence of skin cancer, the strategy prioritises the need to develop and implement a national skin cancer prevention plan.

<https://health.gov.ie/wp-content/uploads/2019/05/Skin-cancer-prevention-Report-copy.pdf>

Skin Cancer Prevention

hi
Healthy Ireland

Skin cancer is the most common type of cancer in Ireland.

Over 11,000 cases are diagnosed each year, this number is projected to over double by 2045.

Yet most skin cancers could be prevented.

Most people living in Ireland have fair skin, the type which burns easily and tans poorly, so are at high risk of UV damage and skin cancer.

Exposure to UV radiation during childhood is particularly harmful, protecting skin during childhood is extremely important.

Protect your skin

- Know the UV index:** When the UV index is 3 or above you need to protect your skin. In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm
- Slip on clothing:** Cover skin as much as possible, wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.
- Slap on broad-spectrum (UVA/UVB) sunscreen.** Apply sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.
- Slap on a wide brimmed hat:** Protect your face, ears and neck.
- Seek shade:** Sit in cover of trees to avoid direct sunlight. Use a sunshade on your buggy or pram. **Keep babies and children out of direct sunlight.**
- Slide on sunglasses:** Guard your eyes from harm by wearing sunglasses with UV protection.
- Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.**

Mental Health Engagement

Committee Skills Training

*Open to People who use HSE Mental Health Services,
Family Members and Carers*

Topics include:

Meetings: why have them?	Roles on a committee	How to contribute	Communication skills (listening, positive body language, questioning,)
Minute Taking	Agenda Setting	Having your say in a meeting	

Training Details:

Venue: Annebrook House Hotel,
Austin Friars Street,
Mullingar, Co. Westmeath

Time: 10 a.m. – 3.30 p.m.

Date: Tuesday 23rd July 2019



For more information or to book a place please contact Duana
McArdle HSE Mental Health Engagement: mhengage.mlm@hse.ie
Tel: 0873761552

Training is free of charge. Lunch and refreshments are provided. Places are limited so booking is essential



HSE Mental Health Services



Green Dog Walker Programme

The Environment Section of Laois County Council are actively promoting the Green Dog Walker Programme which is a non confrontational, friendly way to change attitudes about dog fouling.

What we are asking people to do is to “take the pledge” to:

- Clean up after their dog
- Carry extra dog waste bags
- Gladly give you a dog waste bag to anyone in need on a walk.

If you wish to get involved please contact any member of the Environment Section, who can give you a pledge form to complete and in return receive your Green Dog Walkers Hi Vis Vest.

There has been a huge and positive response from the public so far, we have Tidy Towns Groups, Residents Associations and individuals who have registered.

If you are part of a group or know a group that would be interested we can provide a handbook on how to run the programme, pledge forms, hi vis vests and signage to assist.

For further information contact:

Siobhan Duff 057-8674330 or email sduff@laoiscoco.ie



Illegal Dumping

Judging for the National Tidy Towns Competition is underway at the moment.

Many areas are subject to indiscriminate dumping in all its forms – from large scale illegal dumping to “dashboard diners”.

The Environment Section of Laois County Council would like to urge us all to be extra vigilant in their areas. All information of litter offences including date, time, vehicle registration can be furnished to the Environment Section on our confidential freephone litter hotline 1800 32 32 30. Your continued support is greatly appreciated!



Laois Walks Festival 2019

Plans are in place for the roll out of the Annual Laois Walks Festival which is now in its 18th year. This year's programme, which runs for the full month of July, includes 27 walks that will suit all ages and abilities and showcases the wonderful range of walks that Laois has to offer.

WALKING FESTIVAL 2019

Mon 1st July - Grade B - 8km - 2 hours

ASHBYFITZ, KILLAMUCK BOG
This Fáilte Ireland approved loop features old bog tracks and peaceful wooded lanes.
Meet: Manor Hotel carpark. Grid Ref: S425841. 7.30pm

Tues 2nd July - Grade B - 8km - 2 hours

DUNSMORE WOOD, DUBROW
Along woodland paths returning by the banks of the river Noe.
Meet: Dunsmore Wood carpark. Grid Ref: S412787. 7.30pm

Wed 3rd July - Grade A - 12km - 3 1/2 hours

FOSSEY MOUNTAIN, TIMAHUE
This demanding walk goes up Fosse Mountain and back into the historic village of Timahoe.
Meet: The Goose Green, Trahanah. Grid Ref: S536895. 7.30pm

Thurs 4th July - Grade B - 8km - 2 hours

ESO COURT DEMESNE
A circuit of ESO Court Demesne (second largest walled park in Europe) passing forest plantations, fields and ESO Court gardens itself.
Meet: Community Centre, GAA carpark. Grid Ref: N330366. 7.30pm

Sat 6th July - Grade B - 10km - 2 1/2 hours

ROCK OF DUNAMAISE, PORTLAOISE
Take in the wonderful views from the Rock of Dunamaise and stroll along the woodland paths of Desert Wood.
Meet: Desert Wood carpark. Grid Ref: S522574. 2.30pm

Sun 7th July - Grade A - 12km - 3 hours

The Ballagh, DUBROW
Country lanes and roads, with views of Mount Leinster and Blackstairs Mountains. Walk along part of the old Blauvelt Coach Road.
Meet: St Peter's Church carpark. Grid Ref: S485770. 2.30pm

Mon 8th July - Grade B - 12 km - 3 hours

RICKETTS ROCKS, CLONASTEE
A mix of minor roads, stony roadways and forestry tracks up into the Slieve Bloom passing Ricketts Rocks waterfall.
Meet: The Heritage Centre. Grid Ref: N519706. 7.30pm

Thurs 25th July - Grade B - 8km - 2 1/2 hours

BALLYVILLICAVAN, STRADBALLY
Beautiful walk through one of Ireland's oldest preserved Heritage woodlands, fern fields, oak avenues, a hidden part of unspoilt Laois.
Meet: Farm entrance. Grid Ref: S503885. 7.30pm

Sat 27th July - Grade B - 9km - 2 1/2 hours

ERRILL BOG WALK
A lovely walk through taking in Monamona Bog with panoramic views of the Devil's Bit.
Meet: The Green, Errill. Grid Ref: S218708. 2.30pm

Sun 28th July - Grade A - 10km - 2 1/2 hours

OAKVALE WOODS, STRADBALLY
Explore the forest on the 'Cobbler's Walk', passing a Mass Rock, lime kilns and the gate of the Cobbler's Castle folly.
Meet: Oakvale Wood carpark, Stradbally. Grid Ref: S582951. 2.30pm

Mon 29th July - Grade B - 9km - 2 hours

THE DERRIS BALLYBERTAS
This walk through woodland by the lake following gentle forest tracks starting opposite Derris Church.
Meet: Forestry entrance at Derris Wood. Grid Ref: N582664. 7.30pm

Tues 30th July - Grade C - 7km - 1 1/2 hours

MOUNTBELICK FAMILY WALK
Enjoy a gentle stroll around quiet roads and streets of Mountbelick suitable for buggies and wheelchairs.
Meet: MDA Museum. Grid Ref: M44873. 7.30pm

Wed 31st July - Grade A - 10 km - 3 hours

DUBROW LEAFY LOOP WALK
The Leafy Loop brings you through woodland, farmland & riversbanks with a delightfully rich abundance of flora & fauna.
Meet: The Square, Dubrow. Grid Ref: S41237. 7.30pm

GRADES OF WALKS:
A = Strenuous
B = Difficult
C = Moderate
Grade C walks are suitable for buggies

Tues 9th July - Grade C - 8km - 2 1/2 hours

BALLACOLLA FAMILY WALK
Starting from the village of Ballacolla, take in the rolling countryside of South Laois along quiet country roads and green lanes.
Meet: Hoya's Shop, Ballacolla. Grid Ref: S327814. 7.30pm

Wed 10th July - Grade B - 10km - 2 1/2 hours

ROSSMORE, KILLESHEIN
This walk is a treat for the wonderful views of the Barrow valley, Dublin and Wicklow Mountains.
Meet: Dain Park. Grid Ref: S346693. 7.30pm

Thurs 11th July - Grade A - 10km - 2 1/2 hours

CULLAHEIL
Stunning panoramic views across several counties, taking you along old country lanes, forest tracks and open countryside.
Meet: Community Centre of 7.15. Grid Ref: S353742. 7.30pm

Sat 13th July - Grade A - 12km - 3 1/2 hours

RIDGE OF CAPART, ROSENALLIS
Enjoy a walk through Ireland's state-owned nature reserve as you watch for the Hen Harrier, a rare bird of prey.
Meet: Ridge of Capart carpark. Grid Ref: N363085. 2.30pm

Sun 14th July - Grade A - 12 km - 3 hours

Portlaurington Bog Walk
The Derrycour walk is a community owned walk around the picturesque Derrycour Lakes and bogland.
Meet: Housham Inn. Grid Ref: N534124. 2.30pm

Mon 15th July - Grade B - 10km - 2 hours

WOLFHILL
The 'hill of the howling wolves' on the Slieve Margy Ridge offers spectacular views of Slieve Mags and The Swan area.
Meet: Church carpark. Grid Ref: S585033. 7.30pm

Tues 16th July - Grade C - 8km - 2 hours

GRANTSTOWN FAMILY WALK
Quiet roads, lanesways, Grantstown lake and countryside views.
Meet: Gates of the lake. Grid Ref: S328795. 7.30pm

Wed 17th July - Grade A - 10km - 2 1/2 hours

SPRING
A challenging walk traversing the hills of the 16th century Cooper Estate with spectacular views of Laois, Carlow, Waterford, Kildare and Tipperary.
Meet: Knock Church, Spring. Grid Ref: S516636. 7.30pm

Thurs 18th July - Grade A - 10 km - 3 hours

GATTABAWN
Stroll along the Gattabawn loop which uses old farm lanes, open countryside and forest paths.
Meet: Mackey's Pub, Gattabawn. Grid Ref: S356685. 7.30pm

Sat 20th July - Grade B - 10km - 3 hours

MONCKIRNEW MOUNTAIN WALK, MOUNTRATH
Experience the natural views and the beauty of the Slieve Bloom mountains as you ramble along its woodland paths.
Meet: Monckirnew Recreational carpark. Grid Ref: N30715. 2.30pm

Sun 21st July - Grade B - 12km - 3 hours

CAPPINELLAN WOODS, DUBROW
Woodland walk through part of the Castle Dubrow estate once owned by Lord Ashbrooke.
Meet: Cappinellan Woods carpark. Grid Ref: S380764. 2.30pm

Mon 22nd July - Grade B - 10km - 2 1/2 hours

LUGGACURRILIN
This walk includes quiet winding country roads with great countryside views.
Meet: Community Centre. Grid Ref: S586888. 7.30pm

Tues 23rd July - Grade A - 13km - 3 hours

GRAND CANAL, FISHERSTOWN
Walk along the Grand Canal down the Barrow valley passing moored boats and grain stores to the village of VICKEROONS.
Meet: Fisherstown Inn. Grid Ref: S467890. 7.30pm

Wed 24th July - Grade C - 8km - 1 1/2 hours

BALLINAKILL-HEYWOOD FAMILY WALK
This walk starts from the historic gardens and skirts the Maslogh, passing the Heywood Estate.
Meet: Heywood Demesne entrance carpark. Grid Ref: S465912. 7.30pm

1st - 31st July 2019



18th Annual Laois Walks Festival

WALKERS PLEASE NOTE

REGISTRATION: takes place half an hour prior to each walk. €5 per person or €30 Festival Ticket.

- Wear comfortable walking boots/shoes
- Bring rain gear
- We walk as a group, please stay with Walk Leaders
- Walk routes may vary slightly to those listed due to weather conditions or walker numbers
- Bring sufficient food and water for the duration of the walk.

COUNTRYSIDE CODE:

- Leave no trace
- No dog allowed
- On country roads walk in single file on the right hand side
- Respect private property, farmland, wildlife and the rural environment.

FOR FURTHER INFORMATION:
On Laois Walks & Laois Walks Festival, please contact
Dominic Egan | Group Leader at 087 313 0504
Susan Lusk | Festival Co-ordinator at 087 257 4477
Laois Partnership at 051 766 1400
info@laoispartnership.ie
www.laoispartnership.ie/laois-walks-festival
Peter Maher | Rural Recreation Officer at 055 174 2217
peter.maher@laoispartnership.ie
Laois Tourism
www.laoistourism.ie

SPECIAL THANKS TO:
Members of Laois Walks Committee, Community Groups, the Local Development Associations, Coillte National Parks and Wildlife Service and Landowners
www.laoispartnership.ie

27 Walks 27 Locations

Climate Action Plan 2019

Climate disruption is already having diverse and wide ranging impacts on Ireland's environment, society, economic and natural resources. The Climate Action Plan sets out an ambitious course of action over the coming years to address this issue.

<https://www.gov.ie/en/publication/5350ae-climate-action-plan/>



Hands for Life CPR

If you were faced with a cardiac arrest would you know what to do? Everyday in Ireland 13 people die from Sudden Cardiac Death over 70% of these happen in the home. By starting CPR immediately, you can double their chances of surviving. By attending a simple course, you will become more confident in providing CPR. The Irish Heart Foundation is offering FREE community CPR training with the support of Abbott and ESB Networks. Through this programme, they aim to train 100,000 people in the life-saving skill of CPR.

If you are interested in attending the Hands for Life training programme you can contact handsforlife@irishheart.ie or contact Orla O Connor on 01 6685001.

Participants must be over 18 years of age to attend the programme.





*Laois Public Participation Network,
Lyster Square,
Portlaoise,
Co. Laois*

Phone: 057-8665661 or 086-7782551

E-Mail: ppn@laoiscoco.ie

www.laoisppn.ie

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