

# Laois PPN Newsletter October 2019



Laois Public Participation Network

Disability Special Interest Group  
**"ACCESS FOR ALL"** GET INVOLVED  
Where Do We Go From Here?

With Guest Speaker  
**SINEAD KANE**  
International Speaker, Blind Adventurer, Consultant

WEDNESDAY 11TH SEPTEMBER, 2019 @ 7:30PM  
THE MIDLANDS PARK HOTEL, PORTLAOISE  
Registration Required

Contact: Laois PPN on 057-8665661 or email ppn@laoiscoco.ie

This is a FREE event. All are welcome.



## INSIDE:

- Pages 2 & 3: Photo Gallery
- Pages 4: Laois PPN - Notice of Elections
- Page 5 : PPN Annual Report 2018
- Page 6 & 7: MRPPN Environmental Showcase Event
- Page 8: Laois CONNECTS
- Page 9: EPA Research
- Page 10: Rural Policy 2020 - Public Consultation Survey
- Page 11: The Next Phase of Rural Development - Policy For Ireland
- Page 12: Barrow Way Walk 2019
- Page 13: Charity Impact Awards 2019
- Page 14: Irish Heart Foundation "Escape your Chair"
- Page 15: Traveller Mental Health
- Page 16: Laois TASTE Month
- Page 17: Midland Art Group - Art Exhibition "Hidden Talents"
- Page 18: Contact Us



Keynote Speaker, Double PhD Doctorate, Double Guinness World Record Holder, Freelance Researcher, Visually Impaired Athlete, & Qualified Lawyer.

Sinead doesn't let her disability hold her back and is living life to the full. Within the space of three months Sinead Kane was awarded two PhD doctorates. In October 2017, she received an honorary PhD from the National University of Ireland. In December 2017, she was awarded her academic PhD from Dublin City University.

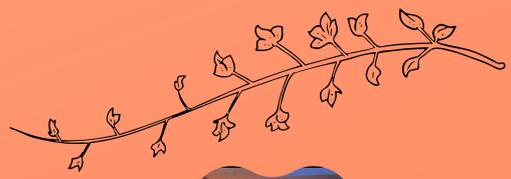
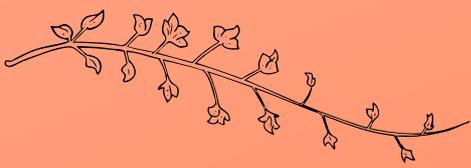
Sinead is a double Guinness World Record Holder. In February 2018 she broke the Guinness World Record for furthest distance for a female on a treadmill in 12 hours. Sinead is also the holder of a Guinness World Record for being the first blind person to complete a Marathon on each of the seven Continents, a feat which she completed in less than 7 days in January 2017. She is also the first Irish female to do the world marathon challenge. Sinead and her guide runner [John] completed their first Marathon of this challenge at Union Glacier, Antarctica followed by running a Marathon in Punta Arenas (South America), Miami (North America), Madrid (Europe), Marrakech (Africa), Dubai (Asia) and finally Sydney (Oceania). Sinead came joint-first in her marathon in Dubai. This is all remarkable given that Sinead only did her first marathon ever in October 2014 and only took up running in April 2012. The above achievements are admirable but are even more so when one considers that Sinead only has 5% vision and is registered as legally blind. Sinead has overcome a lot of adversity throughout her life and now wants to help others. Sinead proves how those who persist in spite of a disability can develop determination, motivation, and creativity.



October 2019

# Photo Gallery

## Disability Special Interest Group







## LAOIS PUBLIC PARTICIPATION NETWORK

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### Notice of Elections

Laois Public Participation Network gives notice of its intention to conduct elections from among its membership for the following positions which will become vacant.

#### SECRETARIAT VACANCIES

##### Borris-in-Ossary/Mountmellick MD

Area Secretariat x 1 Seat,

Community/Voluntary Rep x 1 Seat,

Environmental Rep x 1 Seat,

Social Inclusion Rep x 1 Seat

##### Graigecullen/Portarlinton MD

Area Secretariat x 1 Seat,

Community/Voluntary Rep x 1 Seat,

Environmental Rep x 1 Seat,

##### Portlaoise MD

Area Secretariat x 1 Seat,

Community/Voluntary Rep x 1 Seat,

Environmental Rep x 1



## Minister Canney launches Public Participation Networks 2018 Annual Report 16% increase in the number of groups registered with PPNs

Mr Seán Canney TD, the Minister of State for Community Development, Natural Resources and Digital Development, today (Wednesday, 25 September 2019) launched the 2018 Annual Report of the Public Participation Network (PPNs).

Minister Canney said:

“Public Participation Networks allow local authorities to connect with community groups around the country and this third annual report gives a good indication of their growth in recent years. It also illustrates the diverse range of activities, consultations, engagements and commitments they undertook on behalf of their members in 2018. Engagement and consultation are core principles of citizen participation in local government and are key components of the work undertaken by PPNs.”

The Minister further recognised the growth of the PPN's stating that:

“In 2018 there was a 16% increase in the number of groups registered with PPNs in comparison with 2017. Increasing membership reflects what is happening on the ground and the positive impacts PPNs are having for their communities in such a short space of time.”

The Minister went on to say:

“The fact that there are 14,846 member organisations is indicative of a real success story. With some 920 representatives across the country on boards and committees of local authorities, not only is the voice of the local community being heard but that voice is actually influencing decisions on behalf of citizens.”

Outside their normal engagement, PPNs are acting in partnership with local authorities, and collaborated on a host of events and initiatives in 2018. These include; age-friendly initiatives, sports partnerships, community awards, disability awareness, men's sheds, digital strategies and support of women's groups. PPNs are also actively engaged in raising the awareness of the Sustainable Development Goals (SDGs) and are influencing local policy aimed at delivering on these goals.

Minister Canney continued:

“This is just a flavour of the diversity displayed by PPNs which the report covers in more detail. The involvement of PPNs in so many ventures, clearly points to the impact that the network is having and also to the reliance and trust so many place in the Network today.

“There can be little doubt, that the value of citizen participation in local decision-making has been directly enhanced by the development of PPNs. The energy, drive and commitment shown by PPNs, their workers, secretariat members and member groups, as outlined in the 2018 Report, is testament to their commitment to enhancing their local communities.”

In concluding, Minister Canney re-iterated the Department of Rural and Community Development's commitment to the continued strengthening of PPN's. He also congratulated the National PPN Advisory Group for their work in both the preparation of the Annual Report and their work with the Department in the development of PPNs.

The report can be downloaded at

<https://www.laoisppn.ie/wp-content/uploads/2019/09/PPN-Annual-Report-2018.pdf>



# October 2019

## MRPPN ENVIRONMENTAL SHOWCASE EVENT

The Midlands Region Public Participation Networks (MRPPN), in association with the Irish Environmental Network, kindly invited us to an intriguing day of climate dialogue in the beautiful setting of Lullymore Heritage and Discovery Park.




# October 2019

## MRPPN ENVIRONMENTAL SHOWCASE

### EVENT



# October 2019



LAOIS  
**connects**

Laois Sports Partnership  
invites you to

## “Overcoming Adversity through Adventure”

An Evening with Adventurer  
**Nikki Bradley**

MON 7TH OCT

7.30PM

PARISH CENTRE  
PORTLAOISE

*FREE EVENT*



*Nikki Bradley is an adaptive adventurer, Portwest Ambassador and speaker who featured on RTE's "Operation Transformation" this year.*

*A diagnosis of a rare bone disease at age 16 (Ewings Sarcoma) changed the direction of Nikki's life. Nikki is the founder of fitness based awareness campaign "Fighting Fit for Ewings" and undertakes physical challenges, gruelling treks and record breaking climbs on - all on crutches.*

*An inspirational speaker, not to be missed. All Welcome!*

*For more info call 057 8671248 or email [info@laoissports.ie](mailto:info@laoissports.ie)*





## epa Research

### Climate - Water - Sustainability

*Identifying pressures • Informing policy • Developing solutions*

#### 2019-2020 BiodivERsA Joint Transnational Call on BIODIVERSITY AND CLIMATE CHANGE

The 2019-2020 BiodivERsA Joint Transnational Call on the theme of BIODIVERSITY AND CLIMATE CHANGE is now open.

This call will cover the following four non-exclusive themes:

- Consequences of climate change on biodiversity and nature's contributions to people
- Climate-biodiversity feedback processes
- Potential of nature-based solutions for mitigating and adapting to climate change
- Synergies and trade-offs between policies on biodiversity, climate and other relevant sectors, and the role of agents of change

34 funding organisations including the EPA with support from National Parks and Wildlife Service, from 26 countries are joining this call together with the European Commission (total budget €26 million). Research teams are invited to form transnational research consortia with eligible partners from minimum 3 countries participating in the call (including minimum two from EU Member States or EU Associated Countries).

#### Call Timeline:

- Launch of the call: Monday 02 September 2019
- Deadline for pre-proposals submission (mandatory): Tuesday 05 November 2019, 16:00 CET (local time in Brussels)
- Deadline for full-proposals submission: Tuesday 10 April 2020, 16:00 CEST (local time in Brussels)

For more information, please go to the [BiodivERsA 2019/20 Joint call webpage](#)



## biodiversa



Rialtas na hÉireann  
Government of Ireland



Roinn Cumarsáide, Gníomhaltha  
air son na hAeráide & Comhshaoil  
Department of Communications,  
Climate Action & Environment

The EPA Research Programme is a Government of Ireland initiative funded by the Department of Communications, Climate Action and Environment



## **\*\*Rural Policy 2020 - Public Consultation Survey\*\***

Mr Michael Ring TD has launched an online survey seeking the views of the public on key challenges and opportunities for rural Ireland over the coming five years.

The public are invited to have their say on issues impacting on rural Ireland, covering topics such as employment opportunities, Brexit, broadband connectivity, transport infrastructure and access to public services and facilities.

The survey is part of a consultation process being undertaken to inform the development of a new, whole-of-Government policy for rural Ireland for the period 2020-2025.

The survey will be open until 11 October 2019.

**Take the survey:**

**<https://scanmail.trustwave.com/?>**

**[c=17268&d=wbXy3ZOJSoE4YSaAhIbBP8dsug38mMXVltzRrpC2mw&s=379&u=https%3a%2f%2fwww%2esurveymonkey%2ecom%2fr%2fCTPVSHB](https://scanmail.trustwave.com/?c=17268&d=wbXy3ZOJSoE4YSaAhIbBP8dsug38mMXVltzRrpC2mw&s=379&u=https%3a%2f%2fwww%2esurveymonkey%2ecom%2fr%2fCTPVSHB)**



## The Next Phase Of Rural Development Policy For Ireland

The Department of Rural and Community Development is currently developing a new, whole-of-Government rural development policy for Ireland. This will follow on from the Action Plan for Rural Development which was published in January 2017 and reaches the end of its three-year timeframe in 2019.

The new rural policy will be forward-looking, with a 5-year timeframe, and will focus on strengthening our rural communities and economies. It will take account of emerging economic, societal and international developments. These include the increasing focus on climate change adaptation, diversification in the agri-food sector, the next version of the CAP and LEADER programmes, new ways of working and the changing nature of jobs, changing demographics within rural communities, and Brexit.

The Department has held a series of consultation events over the last number of months to obtain stakeholder views on the challenges and opportunities facing rural Ireland.

The Department is now holding two fuller public consultation events, in September and October, to inform the next phase of rural development policy for Ireland. These workshops will seek to obtain the views of people living and working in rural Ireland on the challenges and opportunities facing them and their communities over the next five years, and actions required to help rural Ireland realise its full potential.

These town hall meetings will be held from 7.00pm – 8.30pm and they will be conducted in a workshop format. As a consequence the numbers will be limited to approx. 80 people per evening. I've attached the links to their respective Eventbrite registration pages, if you could assist us with this please.

Mallow – Monday, 30 September 2019

<https://www.eventbrite.ie/e/drcd-public-consultation-mallow-co-cork-tickets-68603325393>

Portlaoise – Tuesday, 01 October 2019

<https://www.eventbrite.ie/e/drcd-public-consultation-portlaoise-co-laois-tickets-68604272225>

# October 2019



Friday morning, September 6th, 2019, saw the launch of the Barrow Way Walk take place on the Horse Bridge in Athy, Co Kildare. In attendance were representatives from Waterways Ireland, Sport Ireland, Get Ireland Walking, Carlow, Laois & Kildare County Councils respectively.

The key is in the name of the Barrow Way Walk, as in its essence it is a free event created to facilitate a large walk along the River Barrow in three counties simultaneously. The event is the brain child of Waterways Ireland and Get Ireland Walking who conceptualised the idea on the back of the Waterways for Health initiative.

In a brief summation, Waterways forHealth is a programme designed to help and encourage participants in rehabilitation services to engage in gentle exercise in and around Green and Blue spaces. With the emphasis placed on showing participants how to utilize the incredible scenery that Ireland is blessed to have in order to better their mental and physical health. The benefits seen and vocalised by participants were vast and instantaneous, and so, in a bid to engage with as many people and as many demographics as possible, the Barrow Way Walk was born.

After linking in with the identified county's Local Sports Partnerships; Carlow SP, Laois SP & Kildare SP, it was decided that the best time to host this event would be during the European Week of Sport, and, with the backing of Sport Ireland, it was confirmed that September 29th, 2019 would be the date that this mass participation event would take place.

In order to accommodate all levels of fitness, mobility and time constraints, there are approximately 5km / 10km / 18km routes available within each county. The advantage of these walks is that each route has a meeting point and time where a bus will collect participants and ferry them to the start point of their respective walk. Each person then simply walks back to their car, at their own pace with a walk leader, first aid support and sweeper on every route. There will also be a hydration station present before and after the walks to encourage a 'leave no trace' practice – NB there will be no plastic bottles available at any of the events.

Further to this, each registered participant will be given a draw-string bag with some goodies provide by the Local Sports Partnerships. Due to this, the bus service and the provision of tea/coffee after the event it is essential that each participant registers on [www.barrowwaywalk.ie](http://www.barrowwaywalk.ie) before the event as non-registered participants may not be catered for.

For more information on this event please see Carlow / Laois / Kildare Sports Partnerships' social media platforms or visit:[www.barrowwaywalk.ie](http://www.barrowwaywalk.ie)



October 2019

# Charity Impact Awards Open for Nominations



We are calling on all of Ireland's community and voluntary groups, charities and social enterprises to share positive stories about their impact in the community by entering the 2019 Charity Impact Awards.

The aim of the Charity Impact Awards is to highlight the positive impact of Ireland's nonprofit organisations and acts as a platform to promote and celebrating best practice, leadership and innovation in the sector.

We want you to nominate an organisation or individual who has an inspiring story to tell.

You can nominate in the following three categories:

Impact Award

This award celebrates the work of organisations that have brought about positive change in their communities.

In this category, there are three sub-categories:

Small Organisations (no paid staff)

Medium-sized Organisations (with paid staff & annual turnover of up to €1m)

Large Organisations (with paid staff & annual turnover of over €1m).

Trustee of the Year Award

This award aims to shine a light on voluntary trustees who have made an extraordinary contribution to an organisation.

Social Enterprises of the Year

This award recognises the impact of social enterprises. Social enterprises are social-mission focused organisations that engage in trading activity in a way to achieve their social mission, or to generate a contribution to the cost of delivering their mission.

More Info

The Wheel received an overwhelming response last year, with over 104 organisations nominated for the Charity Impact Awards and over 33,000 people visiting the Charity Impact Awards website to learn about the work of these organisations.

Nominations for the Charity Impact awards can be submitted online from 2 September at [www.charityimpactawards.ie](http://www.charityimpactawards.ie)



October 2019



# Irish Heart Foundation: Escape Your Chair



**Escape Your Chair**

**Move More. Sit Less**



Did you know that sitting for long periods of time increases your risk of heart disease and stroke?

It is recommended that we get 30 minutes of moderate intensity activity at least five days a week. However, this does not cancel out the damage caused to our health by sitting for long periods of time.

A recent survey by the Irish Heart Foundation revealed that the average person in Ireland sits down for 7.3 hours a day.

Calculate your own sitting time using our sitting time calculator below.

**Calculate your sitting time**

**<https://irishheart.ie/campaigns/escape-your-chair/calculator/>**

Our campaign 'Escape your Chair,' which will run throughout the month of September, aims to inform and advise about the dangers of sitting too much and provide useful resources to help reduce your sitting time by making your working day, commute and leisure time more active.

Our aim is simple: to help you Escape Your Chair and move more to reduce your risk of heart disease and stroke.

**Escape Your Chair Throughout The Day**



October 2019

**Be active in  
improving your  
local HSE Mental  
Health Services.**



## **Let's Talk... Traveller Mental Health**

Open to: Travellers & People working with Travellers who have  
experience with Mental Health Services

**Venue: Mullingar Park Hotel, Mullingar**

**Time: 10.15 am – 1.00 pm**

**Dates: Thursday 3<sup>rd</sup> October 2019**

**Lunch will be provided**

For more information contact Petra Daly,  
Traveller Mental Health Service Co-ordinator :  
(Booking required) [petra.daly@hse.ie](mailto:petra.daly@hse.ie)

**Tel: 0873814988**



HSE Mental Health Services

***Supported by HSE Mental Health  
Engagement***



Fidhmeantacht na Seirbhíse Sláinte  
Health Service Executive

# October 2019



October has been designated Laois TASTE Month with a range of events organised to showcase what we have to offer. You are invited to sample the tastes, meet the makers, network, make connections and celebrate.

Laois County Council's Business Support Unit in collaboration with the Local Enterprise Office, Laois Partnership and Laois TASTE invite you to join them in celebrating the tastes of Laois.

A full list of the events can be viewed at [www.connect2laois.ie](http://www.connect2laois.ie) or Laois County Council's facebook page



# FOOD!!!

October 2019

The Gallery @ Mountmellick Library  
Exhibition runs from 1st Oct - 30th Oct 2019

## Midlands Art Group

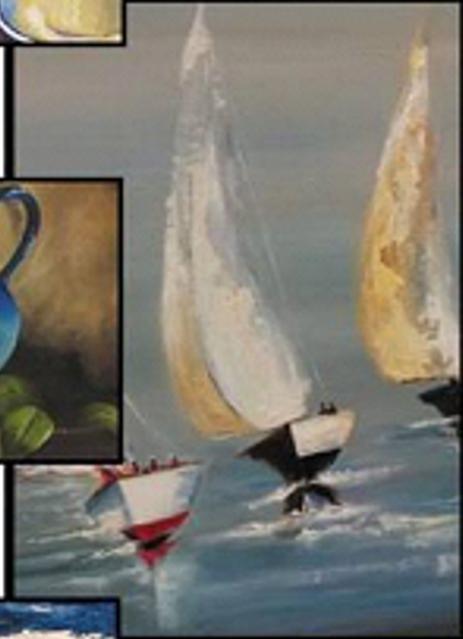
UNDER THE GUIDANCE OF ARTIST OLIVE CUSKELLY

*invites you to our...*

# ART EXHIBITION HIDDEN TALENTS

OPENING TUESDAY 1ST OCTOBER 2019 at 6.30PM

*all welcome*



October 2019

# CONTACT US

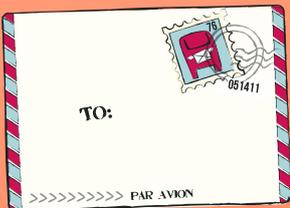


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Don't forget to follow us on

