



# **Laois Public Participation Network May 2020 Newsletter**

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# Mick Dowling Memorial Fund

Laois Public Participation Network in honour of the late Mick Dowling were honoured earlier this year to announce the Mick Dowling Memorial Fund.

Three groups (one from each Municipal District) will be awarded €1,000 each.

Application Forms can be downloaded at:  
<https://www.laoisppn.ie/wp-content/uploads/2020/01/Mick-Dowling-Memorial-Fund-Application-Form.docx>

Due to the COVID-19 pandemic, We have Extended the  
Deadline for Receipt of Applications  
until

Tuesday 30th June 2020 @ 5:00pm

For further information email [ppn@laoiscoco.ie](mailto:ppn@laoiscoco.ie)  
or call 057-8665661.

\*Terms and Conditions Apply



## Help is at hand for your emotional well-being and mental health during COVID-19



If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners.

You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT: <https://www.gov.ie/en/campaigns/together>

<b>EMERGENCY SERVICES</b> Ambulance / Fire / Gardaí	Emergency Support	CALL: 112 or 999
<b>HOSPITAL EMERGENCY DEPARTMENTS</b>	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364
<b>MI DOC - GP OUT OF HOURS SERVICES</b>	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	LOW CALL: 1850 302 702
<b>HSE INFORMATION</b>	Information and advice	CALLSAVE: 1850 241 850 / email: <a href="mailto:hselive@hse.ie">hselive@hse.ie</a>
<b>HSE PSYCHOLOGY SERVICE</b>	Emotional support and advice	email: <a href="mailto:mlmpsychosocial@hse.ie">mlmpsychosocial@hse.ie</a>
<b>SAMARITANS</b>	Emotional Support Service	FREEPHONE: 116 123 or email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
<b>AWARE HELPLINE</b>	Listening service for people with depression or those concerned about family or friends	CALL FREE: 1800 804 848 (10am-10pm) <a href="http://www.aware.ie">www.aware.ie</a>
<b>PIETA HOUSE</b>	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	CALL FREE: 1800 247 247 / Text HELP to 51444 <a href="http://www.pietahouse.ie">www.pietahouse.ie</a>
<b>CHILDLINE</b>	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / <a href="http://www.childline.ie">www.childline.ie</a>
<b>HSE - DRUG &amp; ALCOHOL LINE</b>	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
<b>SPUNOUT / YOUTH SERVICES</b>	Youth Information Website: 12-34yrs	CRISIS TEXT LINE: text Spunout to 086 180 0280
<b>JIGSAW / YOUTH SERVICES</b>	Young people's mental health	CALL: 057 935 2871 / email: <a href="mailto:offaly@jigsaw.ie">offaly@jigsaw.ie</a>
<b>BEREAVEMENT</b>	Information and support	Suicide Bereavement Liaison Officer (PIETA): 086 418 0088
<b>IRISH HOSPICE FOUNDATION</b>	Bereavement support	CALL: 076 680 5278
<b>ONLINE SUPPORT</b>	Peer support and counselling	<a href="http://www.turn2me.org">www.turn2me.org</a> / <a href="http://www.mymind.org">www.mymind.org</a> / <a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>
<b>MABS</b>	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) Or email: <a href="mailto:offaly@mabs.ie">offaly@mabs.ie</a> / <a href="mailto:portlaoise@mabs.ie">portlaoise@mabs.ie</a> / <a href="http://www.mabs.ie">www.mabs.ie</a>
<b>GROW</b>	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 <a href="http://www.grow.ie">www.grow.ie</a>
<b>SHINE</b>	Supporting people affected by mental health	email: <a href="mailto:midlands@shine.ie">midlands@shine.ie</a> / <a href="http://www.shine.ie">www.shine.ie</a>
<b>ALONE</b>	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
<b>WOMENS AID</b>	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / <a href="http://www.womensaid.ie">www.womensaid.ie</a>
<b>ANYMAN</b>	For men experiencing domestic abuse and violence	CALL: (01) 554 3811 / email: <a href="mailto:crisis@anyman.ie">crisis@anyman.ie</a>
<b>SEXUAL VIOLENCE HELPLINE</b>	For men and women - experiencing sexual violence	CALL FREE: 1800 778 888

For information on Covid-19 and managing your wellbeing at this time - [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus)



# JIGSAW

## Young People's Health in Mind

The Jigsaw Support Line is now up and running on Freephone  
**1800 Jigsaw (544 729)**

This new initiative was developed as part of their COVID-19 response. It will provide free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults who live in the Republic of Ireland. You can also get in touch with Jigsaw clinicians by text message or email and ask for a return support call.

### Contact Details and Opening Hours

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**1800 Jigsaw (544 729)**

**Monday to Friday, 1pm - 5pm**

•

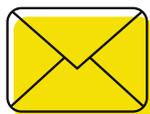
**Text 086 180 3880**

**Text "call me" with your preferred day and time for a call.**

**Monday to Friday, 9am to 5pm**



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**Email**

**[help@jigsaw.ie](mailto:help@jigsaw.ie)**

**You can email anytime, and clinicians will be responding from**

**Monday to Friday, 9am - 5pm**

### Jigsaw Online

**New articles, video and audio are being added to Jigsaw Online all the time to help you get through this challenging time, if you're a young person, a parent or working with young people.**





**Age &  
Opportunity**



**At Age & Opportunity we are continuing to provide opportunities for older people to be more active; more visible; more creative; more connected; more often, during these difficult times. We've gotten creative and transferred a number of our initiatives online to reach our audience who are following social-distancing and cocooning guidelines. For more information visit our website at**



**<https://ageandopportunity.ie/>**

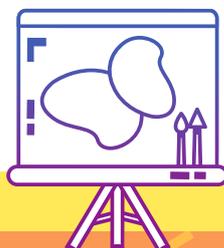
**or you can call**

**01 805 7709**



**We are also on Facebook at**

**[www.facebook.com/AgeandOpportunity](http://www.facebook.com/AgeandOpportunity)**





Community  
Bike Rides



The **AXA Community Bike Rides** programme is open and accessible to all adults 18yrs +. We are delighted to announce that with the slight ease in restrictions surrounding outdoor exercise, we are introducing **Virtual Solo Bike Rides**, which may be of interest as everyone looks for ways to keep active during this time.

**Virtual Bike Rides** are solo bike rides that you sign up to take part in on your own, within a 5 km radius of your home, which you will get credited for completing so you can earn rewards while you cycle!

Anyone who is a member of AXA Community Bike Rides can sign up to take part in a ride on their own at ANY time that suits them on that specific day. To get credited for completing the bike ride, they must submit a picture from their ride to



[axacommunitybikerides@cyclingireland.ie](mailto:axacommunitybikerides@cyclingireland.ie)



withing 24hrs of completing the ride or alternatively tag AXA Community Bike Rides in their picture on Facebook, so that we can then use these images to further promote on Social Media the opportunity to participate.

Although we can't ride together in our local communities, we can ride as individuals as part of this virtual community and look to stay connected during this time. For those who aren't members, they can simply join for FREE by registering their details on

<https://www.axacommunitybikerides.com/members/join>

# SeniorLine

## A programme of Third Age

Freephone 1800 80 45 91

Open 10am to 10pm every day.

Established 22 years ago, **SeniorLine** is the national peer-to-peer and confidential Freephone service offering a listening ear, befriending and guidance support to older people. Open 365 days a year, from 10am to 10pm, this cost effective service is provided by 179 professionally trained older volunteers.

People call for a variety of reasons including loneliness, anxiety, depression or other mental health issues, seeking information or guidance on practical matters, over family problems or financial concerns. As older people themselves, our volunteers are well placed to listen and understand these concerns, and provide reassurance, up to date information and referrals to our wide network of partners. External evaluations of **SeniorLine** have consistently confirmed its relevance and effectiveness, while quality is underpinned by continuous professional development of our volunteers.

During the COVID-19 crisis, **SeniorLine** has continued its broad range of work as well as preparing and supporting our volunteers to deal with the new and ongoing issues. Current callers are experiencing practical and emotional difficulties, and in some cases their mental health is being negatively impacted by the current situation. **SeniorLine** volunteers are supporting all to understand and adapt to a continuously changing situation and to take advantage of community supports and services. This work continues as we move into the future.

# National Council for the Blind of Ireland Helpline



## The current crisis can pose additional challenges to people with sight loss

If you depend on someone to guide you – how do you do that while social distancing?

If you use a long cane how do you know if you are social distancing?

These are just some of the challenges faced by people with vision loss

NCBI's Keyworkers continue to offer support, advice and information on how to overcome these challenges



**NCBI HELPLINE 1850 33 43 53**

Available Monday to Friday, 8am to 8pm

[info@ncbi.ie](mailto:info@ncbi.ie)

[www.ncbi.ie](http://www.ncbi.ie)



**NCBI**

Working for People with Sight Loss



**NCBI**

Working for People with Sight Loss



# Community Champion

**Paddy Buggy, Community Champion and Laois PPN Secretariat Member facilitating the HSE and Tusla to deliver the first remote session of Triple P training in County Laois from the Webmill Digital Hub in Mountmellick.**



**Pictured are Paddy Buggy, Community Champion and Laois PPN Secretariat Member; Sinead Higgins, Tusla; and Deirdre Dowling, HSE**



MLM CHO  
Psychosocial  
Response

# Virtual Drop-In Clinic

## HSE Psychology Service

Are you an adult experiencing stress, worry or anxiety about the impact of COVID19 on you or your loved ones?

*\*It's ok to ask for help!\**



**EMAIL:**

**[mlmpsychosocial@hse.ie](mailto:mlmpsychosocial@hse.ie)**

The virtual drop in clinic will offer you a call back from a HSE Psychologist to advise you on how to cope during this difficult time.

Please note that all information received is confidential.



An Initiative Of The  
Midlands Louth Meath  
CHO Psychosocial  
Management Team

Mental Wellbeing  
Matters





## Funding allocated for Agricultural Shows can be used in 2021

Mr Michael Ring TD, Minister for Rural and Community Development, has confirmed again today (Monday, 18 May) that funding which he allocated to support the running of Agricultural Shows throughout the country this year can be used in 2021 where shows have to be cancelled due to the impact of the COVID-19 virus.

The minister's comments come at the start of what would normally have been a very busy period for Shows around the country.

### Speaking today, Minister Ring stated:

"Late last year, I allocated €600,000 to the Irish Shows Association to support approximately 120 agricultural shows around the country that were due to take place during 2020.

"As a result of the COVID-19 emergency, the Irish Shows Association has recommended the cancellation of all shows until restrictions are lifted and public safety can be ensured.

"Due to the extraordinary circumstances that we are experiencing at this time, in cases where an affiliated show is cancelled, I have asked the Irish Shows Association to hold the funding allocated for that show in trust, so that it can be used in 2021 if the show goes ahead.

"Any agricultural shows that can safely take place later in 2020 as restrictions are lifted, and in line with public health advice, can continue to utilise the funding available to them in 2020.

"I want to thank the Irish Shows Association for working with my Department on this arrangement and for their on-going advice to their members during the COVID-19 crisis."

### Minister Ring added:

"Agricultural Shows are a great celebration of all that is good about rural Ireland. They provide a welcome boost for local economies and attract visitors to support our rural communities. Many shows have experienced disruptions before and have bounced back through the efforts and resilience of local organisers. I have no doubt that this will be the case again when the COVID-19 pandemic has passed and we can gather safely in our communities once more, in line with public health advice.

I hope the contribution which my department has made to the shows will be a help in this regard. Each qualifying show will receive a payment of approximately €5,000 to support their event.

In total since 2017, the Department of Rural and Community Development has allocated approximately €2 million to assist with the running costs of the Agricultural Shows.

## Castletown ICA

**Castletown ICA have really pulled together as a group to support each other at this time. As some of their members are cocooning and don't see many people, they have set up a WhatsApp group to stay connected. This group has been a saviour for many with messages from early morning with new craft project videos, recipes, help with fixing knitting and just everyday chat.**

**They took on the roll of helping with making face masks and scrub bags which they have supplied to Portlaoise hospital and have also posted across Ireland. They put them on their Facebook page, which just exploded with interest. The ICA ladies were delighted with the response.**



**Their baking recipes have been a big hit, with lots of people at home cooking for the whole family. They have posted lots of simple, wholesome food recipes and people are delighted and are asking questions and interacting with the group,**



**Castletown ICA**

**The Knitting Club would usually meet on a Tuesday evening for 2 hours, so now they are sharing patterns and their knits on Facebook. The ladies have knitted blankets for Mountmellick Hospital and the Cuisle Centre in Portlaoise, and also hats for the homeless.**



**The Mountmellick Lace class is very popular and would usually take place on Monday mornings from 10am to 12 noon. The ladies are very talented and produce brilliant work, which has been donated and gifted all around the world.**



**The ICA crafters are busy at home sharing projects on their group chat, with so many projects finally getting finished!!**

**For more information see:**

**Castletown ICA on**

**Facebook**

**or**

**phone**

**Castletown ICA President**

**Lucy Conroy**

**087 2597895**

## Minister Ring confirms availability of funding for TidyTowns Groups

Mr Michael Ring TD, Minister for Rural and Community Development, has confirmed today (Wednesday, 20 May) that funding which he allocated to support the TidyTowns groups throughout the country this year will still be available to them, even though the 2020 SuperValu TidyTowns competition has had to be cancelled due to public health considerations.

The Minister allocated €1.4 million to TidyTowns groups in September 2019 to assist them in their preparation for the 2020 competition. Notwithstanding the cancellation of the competition this year, Minister Ring is allowing any unspent funds to be used by TidyTowns groups.

### Making the announcement, Minister Ring said:

"I want to assure TidyTowns groups throughout the country that although the SuperValu TidyTowns competition has had to be cancelled for 2020, they will not lose out on funding which I earmarked for them this year. Any groups who have already spent the funds they received should retain their records of expenditure in the normal way.

"Any groups who have not yet spent the funding they received can continue to use this funding in the coming months to assist with activities they might undertake as the COVID-19 restrictions are eased, or in preparing for the 2021 competition."

### Minister Ring added:

"For over 60 years the work of the TidyTowns competition has been built around communities coming together and working together to improve their local area. Unfortunately, in the current circumstances, it would have been extremely difficult for groups around the country to work on their TidyTowns projects in the usual way. To do so could potentially have put the health of many people at risk."

### The Minister continued:

"I very much applaud our TidyTowns communities for the way they have adhered to the public health advice by staying at home and staying safe.

"Once the restrictions on gatherings are eased, and where possible withing public health guidelines, I look forward to the TidyTowns groups resuming their great work to continue to make our towns and villages attractive and welcoming.

"I have no doubt that the SuperValu TidyTowns competition will be back again, bigger and brighter than ever in 2021."

In total, the Department of Rural and Community Development has allocated over €4 million to the TidyTowns groups since 2017 to assist them with their TidyTowns projects and initiatives.





# Diagnosed with Cancer?

**We are here to support you and your family**

- Information and Support
- Phone Counselling
- Citizens Information & Advice



☎ **057 86 81492**

✉ **info@cuislecancersupportcentre.ie**

**Cuisle Cancer Support Centre**



May 2020

## Portlaoise ICA



### **Anne Payne, Laois ICA President presents scrubs to Portlaoise Hospital Staff with the help of Laois Civil Defence,**

**On Friday, May 8th, the Laois Federation ICA and Laois Civil Defence with Laois County Council formally presented the first batch of 43 sets of scrubs to Portlaoise Hospital.**

**They presented 23 sets of tunics and trousers to the Midlands Regional Hospital and a further 20 sets to the Maryborough Centre in the St. Fintan's Healthcare Campus.**

**The presentation followed a call-out by Laois ICA women's group, asking anyone in Laois with sewing skills to make up the scrubs from home. As part of a national project, the packs were put together by the ICA at their Dublin headquarters.**

**The response to the call-out was immense, with people from all over Ireland offering their services. Ms Payne undertook the massive task of answering all the emails (roughly 600) and organising as many kits as possible.**

**The kits were delivered to the doorsteps of the volunteer's homes, then collected on completion by the Laois Civil Defence Volunteers.**



## Portlaoise ICA

**Kristina Riauke, member of the Portlaoise ICA  
Guild  
sewing scrubs.**

**While Ms Payne requested 200 packs, Laois only got 51 to start, such was the response nationwide to the appeal. She expects more packs to follow in the coming weeks.**

**Each pack contained material, instructions and a diagram and tape for the trousers. The ICA also contributed towards the cost of the material, pooling funds from branches all over Ireland.**

**"They are HSE standard, they can be washed at 90 degrees. There was no point making clothes to be used just once", Ms Payne said.**

**"Without Laois Civil Defence we would not have been able to do this," she said.**

**Laois Civil Defence was supported by Laois County Council to transport the packs, with ten volunteers on the road carrying out deliveries all while obeying social distancing guidelines.**

**Liam Preston is Laois Officer.**

**"we were delighted to help them out, courtesy of the CEO John Mulholland and Director of Services, Simon Walton."**

**The Laois ICA Ladies have also dug deep for equipment for the hospital. They presented Portlaoise hospital staff with 10 new hospital thermometers worth €780. The association bought them using their own funds.**

**"We as a committee wanted to help so we asked the hospital what did they need. We wanted to give something that would be put to good use permanently," said Ms Payne.**

**Well Done to all involved!**



# Laois Africa Day 2020

Laois Africa Day 2020 is being celebrated virtually all week from the 25th May and finishing it off on the 30th May with live performances from the lined up acts.

Programme of Celebrations taking place  
virtually on 30th May 2020

**f LIVE**

**LAGG** **ORDER OF PROGRAM**  
30th May 2020

	<b>TOBI A.</b>	<b>2pm</b>		<b>ITZ DAVID (DANCE &amp; LEGWORK)</b>	<b>4:30pm</b>
	<b>TOYIN - TOTAL WELLBEING</b>	<b>2:30pm</b>		<b>RITA'S TRADITION DANCE</b>	<b>5pm</b>
	<b>ALINE (CULTURE FACT)</b>	<b>3pm</b>		<b>JENNIFER'S AFRICAN STORY</b>	<b>5:30pm</b>
	<b>ELIZABETH (AFRICAN FOOD)</b>	<b>3:30pm</b>		<b>DJ MATT</b>	<b>6pm</b>
	<b>JOE S MUSIC</b>	<b>4pm</b>	<b>LAOIS AFRICA DAY 2020</b>		

website: [www.laoisafrika.com](http://www.laoisafrika.com)    info@laoisafrika.com    0873880688

May 2020

# Laois Africa Day 2020

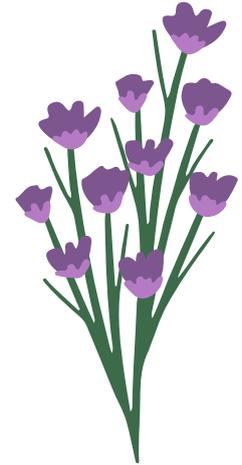


**Africa Day is the annual commemoration of the foundation of the African Union, which took place in Addis Ababa, Ethiopia on May 25th 1963. The day is celebrated around the world in locations such as London, New York, Sydney and Washington D.C. - as well as throughout Ireland and Laois! The day is an opportunity to appreciate and celebrate the continent's diverse history and heritage while acknowledging its cultural and economic potential.**

**Happy Africa Day to one and all !**



# Portlaoise Tidy Towns



**Portlaoise Tidy Towns Secretary and Laois PPN Secretariat Member, Vincent Booth highlights all the biodiversity areas in Portlaoise. We now have the largest biodiversity area in a town, in all of Ireland.**

**The community orchards and wildflower meadows are all part of our 'Town in a Garden' project. The area's included in these projects are: Borris Road, Aughnaharna, The People's Park, The Linear Park, Ballyfin Road, Kilminchy, Fairgreen, The Southern Link Road, the Ridge Road and the Leisure Centre.**

**Well Done to all involved!!**



# Hope For Laois

**Hope for Laois is a voluntary group, setup by local volunteers including Laois PPN Secretariat Member, Bolaji Adeyanju, to assist vulnerable families, the elderly and individuals in Laois during the COVID-19 pandemic.**



**Laois PPN Secretariat Member,  
Bolaji Adeyanju**

**Hope for Laois have a hub setup in Portlaoise where they collect and distribute donations. Hope for Laois currently support over 80 families on a weekly basis across Laois.**



**Keep up the great work!**

# CONTACT US

The Laois Public Participation Network Office is currently closed to the public but the team are still working hard behind the scenes.

You can contact Dan or Ailish by Email:



[ppn@laoiscoco.ie](mailto:ppn@laoiscoco.ie)



or by Phone:

Dan: 086 035 2107

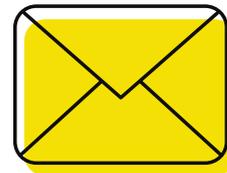


or by Post:

Laois Public Participation Network



JFL Avenue  
Lyster Square  
Portlaoise  
Co. Laois



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