



Laois Public Participation Network March 2021 Newsletter



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Laois PPN Grant Writing Tips & Tricks Online Workshops

Laois PPN provide regular updates to our member groups of potential funding opportunities as grants become available. To assist member groups with preparing their grant applications, Laois PPN provided a free online workshop to PPN members - Grant Writing Tips & Tricks.



Dan Bergin, Laois PPN Resource Worker said " The "Grant Writing Tips & Tricks" workshop introduced participants to the fundamentals of grant writing, including practical steps you can take to prepare for success, analysing grant opportunities, the project development process, and tips on writing winning proposals."

The first workshop took place on Thursday, 4th March. Due to high demand, a second workshop was added on Tuesday, 16th March. Both workshops were fully booked with positive feedback from attendees. The workshops were facilitated by Emma Murtagh of The Wheel.





Laois PPN County Plenary



Laois PPN are required to hold two County Plenaries a year. Laois PPN held our first County Plenary of 2021 for our member groups on Tuesday 9th March. This was an online event, which was chaired by Laois PPN Secretariat Member, Ann Fleming.



**Ann Fleming, Laois PPN
Secretariat Member**

Emily Nelson of The Wheel was the guest speaker. She gave a presentation on EU Funding Opportunities for Community Groups including the recently launched Access Europe Programme which is a three year programme, led by The Wheel and funded by the Irish Department of Foreign Affairs.

**Laois PPN had the following items to be ratified at the
County Plenary**

- **Laois PPN Workplan 2021**
- **Budget 2021**
- **Online Election of Naeem Iqbal to LCDC**



Dan Bergin, Laois PPN Resource Worker said " Laois PPN wish to thank all members who attended our County Plenary. There was a large attendance from a wide variety of PPN member groups on the night. Laois PPN were delighted to have Emily Nelson of The Wheel as our guest speaker. Laois PPN are the first PPN in the country to receive a presentation on the Access Europe Programme by The Wheel.



**Dan Bergin, Laois PPN
Resource Worker**



To promote local businesses in a positive way, Laois PPN held a raffle for three €50 Laois Gift Cards.

Congratulations to the following winners:

- **Stella Moran -Cuisle Centre**
- **Lynda Scully -Portlaoise Panthers**
- **Johanna Steinkist - Camross Tidy Towns**





How to Become an Age Friendly Business - Online Workshop

On Thursday 4th March, an online workshop for Laois based businesses titled "**How to Become an Age Friendly Business**" was held. This workshop was facilitated by David Murphy, Age Friendly Officer for Laois County Council.

The focus of this workshop was on attracting the huge over-50's consumer base. More than one million people over 60 years of age live and shop in Ireland and those over the age of 50 account for 47% of local consumer spending.

David advised the attendees on how easy it would be to make their businesses age friendly. Most of the actions could be implemented at low to no cost. These include adjusting the lighting, reduce noise levels, priority queuing for older people or designating a parking space as age friendly.

During his presentation Mr. Murphy quoted Colin Ahearn, General Manager of the Kilkenny Ormonde Hotel who said: "We stopped guessing what the mature consumer wanted and started asking them. That allowed us to create a better service and without a doubt we have seen a marked increase in our business in this market."

Dan Bergin, Laois PPN Resource Worker said, "Laois PPN are delighted to promote the Age Friendly Business Recognition Scheme in partnership with Laois County Council, Laois Chamber and the Laois Enterprise Office. Laois PPN would encourage local businesses to join the Age Friendly Business Recognition Scheme. The Scheme will benefit both local businesses in Laois and the communities of Laois."

If your business in Laois wishes to join the scheme please contact Dan Bergin on **086 0352107** or email ppn@laoiscoco.ie or email David Murphy at damura@laoiscoco.ie

Laois Check - In Cards

Laois County Council is launching a new initiative 'Check - In' across the county as part of the "Keep Well" Community Resilience Campaign. The 'Check - in' initiative is a proactive response to **Staying Connected, one of the themes of the 'Keep Well' campaign. Staying connected with people is important to our wellbeing during this pandemic, support person - to - person connection and addressing, identifying and reaching out to those most at risk of isolation within our communities.**

During the current restrictions, neighbourly check - ins are even more important and the Laois 'Keep Well' Community 'Check - In' initiative is doing just that in an innovative and non-contact way with 'Check - In' cards that are postcard size. The card provides details of the Laois Community Call Helpline as well as a friendly message "I called today to check in and see how you are doing. If you need anything or even a chat, give me a call."

Cards have been distributed to Laois Public Participation Network (PPN) member groups who will carry out the local check - in activity. PPN members will only conduct check - ins within their own 5km radius. This collaborative action with Laois PPN member groups will enable check - ins on those older / vulnerable persons in the community, living alone or more isolated as part of the 'Keep Well' campaign in Laois.

The concept of the cards is that it is not intrusive to the vulnerable or isolated person, and gives them an invitation to connect, should they wish to do so - either with the local person who dropped off the card (dropping the card in the post box of the person - ensuring a non-contact check - in) or with Laois Community Helpline. As a security element, and reassurance to the recipient, the cards provide a space for the person leaving the card to identify how the recipient may know them - e.g. Mary from No 4, John from the local shop, etc...

Speaking of the initiative, Julie Scully, Healthy Ireland County Co-Ordinator said, "We are delighted to be collaborating with Laois PPN on this initiative. As a network with over 600 member groups across the county, they will ensure a broad reach. The hope is also that by linking with established groups, this may help to build community connections locally and therefore be a sustainable and resilient approach to offer support."

Dan Bergin, Laois PPN Co-Ordinator said, "Our member groups are delighted to be collaborating on this 'Check - In' initiative to ensure that older and vulnerable persons in our communities, living alone or more isolated are not forgotten during this pandemic. Laois PPN is made up of a broad range of member organisations including Tidy Towns Groups, Residents Associations, Sports Clubs, Community Councils, Youth Clubs, Environmental Groups and many more types of Social Inclusion and Community and Voluntary Groups.

These groups have extensive connections throughout the county and can work well together to reach out and conduct neighbourly check - ins."

'Check -In' is part of a range of local initiatives funded under the 'Keep Well' Community Resilience Campaign which also includes Laois Community Call Helpline. The Helpline can be accessed Monday to Friday on 1800 832 010 between the hours of 9am - 5pm, or by emailing covidsupport@laoiscoco.ie

It is for non-emergency and non-medical calls and this free and confidential service is focused on ensuring that vulnerable members of our community or those living alone can access deliveries of groceries, medicine and fuels, and social support and advice.

The Keep Well campaign is brought to you with thanks to Healthy Ireland, an initiative of the Government of Ireland with funding from the Healthy Ireland Fund and the Slaintecare Fund delivered by Pobal, administered by Laois County Council. For more information on the Keep Well campaign, go to laois.ie/Keep-well

#KeepWell



Laois County Council Cathaoirleach Cllr. Catherine Fitzgerald and Director of Services Donal Brennan launching the Keep Well 'Check - In' initiative at County Hall.



Public Consultation on the Climate Action Plan

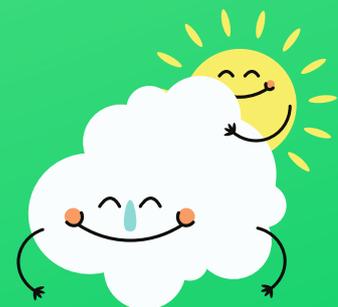


As you may be aware, the Government recently launched a public consultation process for the next Climate Action Plan. Laois PPN are circulating the link to all our PPN member groups in order to maximise engagement with this important process.

As part of this process, everyone has the opportunity to engage with an online Climate Conversations platform. This platform will seek people's opinions on various elements of Climate Action and particularly perspectives on actions at a local level. Government wants to hear from as many people as possible in order to ensure that a diverse range of perspectives and experiences inform the development of the next Climate Action Plan.

Please find the link to the platform below:

<https://climateconversations.citizenspace.com/decc/climateactionplan2021/>



Community Grants Scheme 2021

The Community Grants Scheme provides grant aid to Residents Associations, Community Groups and other groups / committees who are engaged in community amenity works in their own area. Each year applications are invited for amenity projects such as landscaping, purchase of equipment i.e. strimmers, lawnmowers, etc... and the maximum grant available is determined by the number of complete and valid applications received.

For more information Contact **Emma O'Connor -Community Section at **057 86 64150** or email:**

communitygrants@laoiscoco.ie



Closing date for receipt of applications is **Friday, 9th April 2021 at **12 noon.****



[Application Form](#)

See the link below:

<https://laois.ie/wp-content/uploads/Community-Grants-Scheme-Application-2021-Final.pdf>

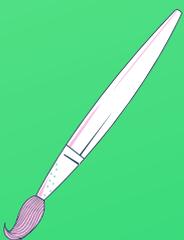
Artist in the Community Scheme



Increased Award Amounts and Timeframes, and Additional Support for Applicants

The Art Council's **Artist in the Community (AIC) Scheme, managed by Create, offers awards to enable artists and communities of place and / or interest to work together on projects. The aim of the **AIC** Scheme is to encourage meaningful collaboration between communities of place and / or interest and artists. Create is delighted to announce that with the support of the Arts Council, maximum award amounts will be increased in 2021 for all **Artist in the Community (AIC)** Scheme Research and Development awards. The maximum available timeframe has been increased from 5 months to 6.**

From 2021, we will no longer offer the specifically ring-fenced Research and Development Awards with Mentoring for an artist from a minority ethnic or migrant background. Rather, additional supports will be offered to all applicants, regardless of their individual background.



create national development agency for collaborative arts



We acknowledge the very particular challenges for some artists in applying for funding. From 2021, we will take action towards ensuring a more equitable application process through additional support to those with disabilities or access needs.

This will include a translation or transcription services ,or alternative modes of applying using audio or video format. In addition, this year we have introduced [online application forms.](#)

The online portal allows quick loading of support materials and other relevant documentation, and has a "save and continue later" function which allows applicants to revisit their application within 30 days of saving it.

Round one of the AIC Scheme closes on the **26th April 2021. Application forms are now live online. You can find further information on applying for the AIC Scheme on our website:**



<https://www.create-ireland.ie>



create national development
agency for collaborative arts

National Lottery Funding

Grants



Applications are now being invited by the HSE for National Lottery Funding Grants.

This funding is distributed by the HSE each year to community based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding.

All of the information required, including the application form, is available on www.hse.ie/lotterygrants



Closing date for applications is 12noon on Friday 16th April 2021. Applicants will be advised as to the outcome of their application by 30th July 2021.



Reimagine: Making Place Better - Call



The Irish Architecture Foundation has launched an open call for communities around Ireland to apply to their Reimagine placemaking programme.

Four successful projects will receive support from the Irish Architecture Foundation and its Reimagine Professional Panel, a multi-disciplinary group of architectural, placemaking, spatial and design professionals to develop projects which will improve the built environment of their local community.

Every person in Ireland should be able to feel safe, connected, healthy and at home in their built environment, and co-creating this sense of belonging is key to the work of Reimagine.

Reimagine matches architects with local partners and projects, enabling communities to play an active role in the development of their neighbourhoods, streetscapes, parks, villages and towns. It is vital that local insight and tacit knowledge are integral to the final design solutions, fostering a sense of agency, ownership and pride among communities.

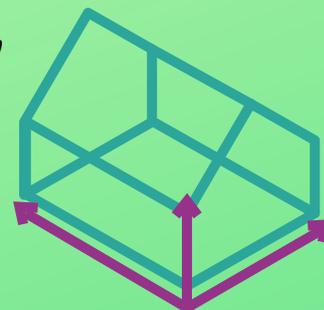
Projects may take the form of creative consultations, collaborative research, temporary installations, spatial interventions, tactical urbanism projects, or pilots for ambitious urban realm projects.



Project selection will aim to reflect a geographical range, as well as diversity in themes, groups and outcomes. We are especially interested in projects which connect with the

Following themes:

- **Town Centre Living**
- **Climate Change and Biodiversity**
- **Access & Inclusion**
- **Reuse, Renovation**
- **Public Realm**



This programme is open to applications from, but not limited to:

Voluntary and Community Organisations; Non-Profits; Cultural Organisations; Local Authorities; Public Bodies; project groups should have a demonstrated link to the location of the project.

Reimagine is made possible by the Creative Ireland Programmes National Creativity Fund and the Department of Housing, Local Government and Heritage. Reimagine is further supported by IAF Core Funders the Arts Council and the OPW.

You can find more information and the application form on our website:

<https://reimagineplace.ie/>

Deadline: May 16th, 2021



Artist and Youth Work Residency Scheme 2021

We are delighted to announce that the 2021 Artist and Youth Work Residency Scheme is open for application!

The deadline for applications is Tuesday 20th April 2021.

Do you have a good idea for a youth arts project in your youth group but need funding to work with an artist?



This long running scheme managed by NYCI (National Youth Council of Ireland) on behalf of the Arts Council and the Department of Children and Youth Affairs has been successfully bringing together artists and youth workers over the past number of years.

There are two strands to the artist and youth work residency scheme:

- **Youth Arts Explorer Grants** of up to €1,500 for those starting out and
- **Artist and Youth Work Residency Grant** of up to €5,000 for those with a little more experience.

Find out everything you need to know about this great initiative and how to apply.

<https://www.youth.ie/articles/artist-and-youth-work-residency-scheme/>

Open-Call Grant Round by The Ireland Funds: Heart of the Community Fund

The Ireland Funds, is a global philanthropic organisation which supports not-for-profits and charities across the island of Ireland. We are delighted to be launching a new, open-call grant round.

The Heart of the Community Fund is aimed at smaller organisations meeting direct needs in their local communities. It will provide critical and timely funding to a wide range of not-for-profit and community organisations across the Republic of Ireland and Northern Ireland.

For more information, visit the website:

www.irelandfunds.org

Link: <https://irelandfunds.org/grants/>



THE IRELAND FUNDS

EirGrid - Regional Consultations Events



Have Your Say - Shaping Our Electricity Future

Irish Rural Link are hosting a series of consultation workshops on EirGrid's Shaping Our Electricity Future Strategy. A new report that details innovative approaches to developing the grid to meet ambitious 2030 renewable energy targets. It must redevelop the grid to manage 70% of Ireland's electricity coming from renewable sources by 2030.

- 1.
- 2.
- 3.
- 4.



Generation - Led
Developer - Led
Technology - Led
Demand - Led



The workshop aims to get the thoughts of rural communities and individuals on the four approaches in order to reach the 2030 targets.

- **South West Region 15th April - 7pm - 9pm**
<https://us02web.zoom.us/meeting/register/tZUofuuhrijstGdL3rHtpXLxTeYzkukQX5PDx>
- **North West Region 27th April - 10am - 12pm**
<https://us02web.zoom.us/meeting/register/tZIsduqhbjMrG9Xtcz7-LGlpwlpUo6-g1yb>
- **North East Region 29th April - 7pm - 9pm**
https://us02web.zoom.us/meeting/register/tZErcuuspjMuGt1ZEF_KKFMIUdtiLVoRSWco
- **Midlands Region 5th May - 7pm - 9pm**
<https://us02web.zoom.us/meeting/register/tZIsfuqhqTktHNd4wDDwhRL8IYao6QREWtm>
- **Border Region 7th May - 10am - 12pm**
<https://us02web.zoom.us/meeting/register/tZwud-yrpjsHd2FXambDFXIPT7ieEI3KuyO>

For more information, [visit consult.eirgrid.ie](https://consult.eirgrid.ie)

Consultation with Children and Young People in Co Laois for Laois Cruinniu na nOg 2021



TELL US WHAT YOU'D LIKE TO DO, MAKE AND CREATE!
Children and young people in Laois are invited to tell us your ideas

Categories include:

- Arts & Crafts
- Design
- Architecture
- Heritage
- Nature
- Archeology
- Libraries & Archives
- Stories & Creative Writing
- Sound & Music
- Science
- Technology
- Climate Action etc.

Are you interested in?

- Workshops
- Events
- Competitions
- Videos
- Re-enactments
- Performances
- Concerts
- Installations
- Discovery Clubs
- Podcasting
- Challenges
- Foraging etc.

Get your ideas to us by **Tuesday April 6 2021** using the hashtag: **#CruinniuLaois2021** on Tiktok, Snapchat, Facebook, Instagram, & Twitter

OR

Use the **Creative Ireland chatbot** at creativeireland.gov.ie/en/cruinniu-feedback

To get more ideas to share with us, go to cruinniu.creativeireland.gov.ie

Cruinniu na nOg is a national day of creativity for children and young people (0-18) which celebrates and encourages participation in culture and creativity through 'doing', 'making', and 'creating'. Events are free, local and activity-based.



Tell us what you'd like to do, make and create for Cruinniu na nOg in Laois on Saturday June 12th, 2021.

The sky is the limit... get your ideas to us by **Tuesday April 6th 2021 by using the hashtag: **#CruinniuLaois2021****

on Tiktok, Snapchat, Facebook, Instagram, Twitter, etc...

Or

Use the Creative Ireland chatbox at creativeireland.gov.ie/en/cruinniu-feedback



Cruinniu na nOg on Saturday June 12th is a national day of creativity for children and young people (0-18) which celebrates and encourages participation in culture and creativity through 'doing', 'making', and 'creating' from visual and performing arts to workshops and adventures in heritage, culture, science, technology or climate action. Events are free, local and activity - based.

To get more ideas to share with us, go to:

cruinniu.creativeireland.gov.ie



The following information has been supplied by Transport for Ireland

Links to information on Wheelchair Accessible Taxis and Local Link Services.

- Here is a link to the **Wheelchair Accessible Vehicles (WAV) register** on the TFI website:

<https://www.transportforireland.ie/getting-around/by-taxi/wheelchair-accessible-vehicle-wav-register/>

It lists the wheelchair accessible vehicles in every county and the contact email / phone number.

If anyone wants to complain about a taxi not turning up or for anything else, there are 3 methods of making complaints.

- <http://transportforireland.i/taxi/taxi-compliments-complaints/>
- complaints@nationaltransport.ie
- Phone: 01 879 8300



Another form of rural transport is Local Link that has 15 units around the country. 90% of all Rural Transport Service trips for Local Link are defined as fully or partially wheelchair accessible and in 2020, it was conditioned that all new services tendered must be wheelchair accessible. They have scheduled routes, evening services, door - to - door routes, demand responsive routes.

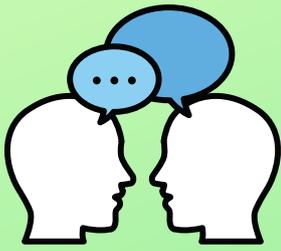
Their contact details and different timetables are linked below:

<https://www.locallink.ie/en/contact-us/>

<https://www.locallink.ie/en/timetables/>



Helpline Phone Numbers from the



HSE



NUMBERS IF YOU NEED THEM

If it's an emergency, Dial 999/112

SAMARITANS

TALK IT THROUGH, WE'RE HERE TO LISTEN

116 123

jo@samaritans.ie www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

your mental health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

text about it

TEXT HELLO 50808

A free 24/7 text service, providing support for people going through a mental health or emotional crisis – big or small.

www.text50808.ie

ISPCC Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat – www.childline.ie

SPUN OUT.ie

@SpunOut
SpunOutMedia

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE

MIDOC
1850 302 702

NEDOC
1850 777 911





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



Coronavirus
COVID-19
Public Health
Advice

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

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally and 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>

yourmentalhealth.ie
Information | Support | Services
1800 111 888

EMERGENCY SERVICES Ambulance / Fire / Gardaí	Emergency Support	CALL: 112 or 999
HOSPITAL EMERGENCY DEPARTMENTS	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364 Midland Regional Hospital Mullingar: (044) 934 0221 Our Lady's Hospital, Navan: (046) 907 8500 Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601
MIDOC / NEDOC GP OUT OF HOURS SERVICES	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	MIDOC: 1850 302 702 NEDOC: 1850 777 911
HSE INFORMATION	Information and advice	CALLSAVE: 1850 241 850 / email: hselive@hse.ie
HSE PSYCHOLOGY SERVICE	Emotional support and advice	email: mlmpsychosocial@hse.ie
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
CRISIS TEXT LINE	Free 24/7 text service providing support for people going through a mental health or emotional crisis	Text: YMH to 50808, anytime day or night Visit www.text50808.ie for more information
AWARE HELPLINE	Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
PIETA HOUSE	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 www.pietahouse.ie
CHILDLINE	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie
HSE - DRUG & ALCOHOL LINE	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
SPUNOUT / YOUTH SERVICES	Youth Information Website: 12-34yrs	www.spunout.ie
JIGSAW / YOUTH SERVICES	Young people's mental health	OFFALY: 057 935 2871 / email: offaly@jigsaw.ie MEATH: 046 907 1702 / email: meath@jigsaw.ie www.jigsawonline.ie - peer to peer content, supportive chats, etc.
BEREAVEMENT	Information and support	Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm) Suicide Bereavement Liaison Officer (PIETA): Midlands 086 418 0088 / Louth Meath 085 738 0444 www.bereaved.ie / www.childhoodbereavement.ie
ONLINE SUPPORT	Peer support and counselling	www.turn2me.org / www.mymind.org / www.suicideorsurvive.ie
MABS	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 www.grow.ie
SHINE	Supporting people affected by mental health	email: midlands@shine.ie / Louth Meath: northeast@shine.ie
ALONE	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
WOMENS AID	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
MEN'S AID	For men experiencing domestic abuse and violence	CALL: (01) 554 3811 / email: crisis@anyman.ie Male Advice Line: Freephone number: 1800 816 588
SEXUAL VIOLENCE HELPLINE	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

For an updated list of Mental Health Services during Covid-19 please visit:
<https://www.hse.ie/eng/services/list/4/mental-health-services/>



Sairbhís Stáinte
Níós Fearr
& Forbairt
Building a
Better Health
Service



Midlands Louth Meath CHO Recovery Education

FREE Online Workshops

Wednesday 14th and 21st April 2pm-4pm

Mindfulness and Self Compassion

2 week course

Part 1 - 14th April, Part 2 - 21st April
with Jacqueline Feely of Swallow Hill

Wednesday 28th April 2pm-4pm

Emotional Intelligence

Register on Eventbrite

<http://mimrecovered.eventbrite.com>

or

Contact Tara Gibbons at

email: tara.gibbons1@hse.ie ph: 087-0528058



HSE Mental Health Services



Swallowbill



Mental Health
Ireland

Contact Us

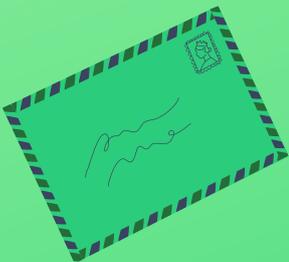
In line with the current Level 5 restrictions, the Public Participation Network (PPN) Office is closed. The team are continuing to work remotely and are contactable during office hours.

Email: ppn@laoiscoco.ie



Phone: 086 035 2107 (Dan)

**Postal Address: Laois Public Participation Network
JFL Avenue, Lyster Square,
Portlaoise, Co. Laois**



If there is anything you would like us to include in our next newsletter, please let us know.

Follow us on:

facebook



Instagram