



Dear WPPN Member

We at WPPN hope that this newsletter finds you and your families well.

WPPN are preparing for the forthcoming Municipal District budget allocations for 2023. We began the process by asking our PPN members to consult with their group and asking them to priorities their issue of concern for their area or group and to propose a solution to the identified issue. WPPN held two PPN Municipal District Meetings in September and elected 8 delegates to the Athlone Moate Municipal District PPN and 9 delegates to the Mullingar Kinnegad Municipal District PPN. Both of these committees will examine submissions received by community and voluntary groups in Westmeath and bring the issues to the relevant Municipal Districts for implementation. Big thank you to Municipal Districts of Athlone/Moate & Mullingar /Kinnegad for supporting and facilitating these submissions, it is very much appreciated.

Thank you as always to all the groups which have contributed to this month's newsletter. We would love to hear and to share your good news stories and initiatives through our PPN network of over 800-member groups. Please let us know if there is anything you want us to share to: info@westmeathppn.ie

WPPN wishes to express sincere gratitude and respect for the never-ending and vitally important work that WPPN member groups do and the contribution you all make to people, families, communities and society. As a volunteer – you are part of the amazing and precious national asset — our community and voluntary groups, and social enterprises. Volunteers, do what they do because they hope, believe and make a difference. WPPN will continue to champion your work where it matters.

Please remember Westmeath PPN website is updated almost daily; keep in touch and up to date www.westmeathppn.ie

There are three main objectives for Westmeath PPN :

Informing

- Provide information relevant to the environmental, social inclusion, community & voluntary sector and acts as a hub around which information is distributed & received.

Developing

Strengthen the capacity of communities and of the environmental, social inclusion, community & voluntary groups to contribute positively to the community in which they reside/participate.

Representing

- Facilitate the participation and representation of communities in a fair, equitable and transparent manner through the environmental, social inclusion, community and voluntary sectors on decision making bodies.

Westmeath PPN is co-funded by the Department of Rural & Community Development (DRCD) & Westmeath County Council.





Seeking WPPN Group Submissions to Municipal Districts, Closing date 12th September 2022

WPPN are compiling reports on the formal process of making and receiving feedback to issues raised by community and voluntary groups in Westmeath to the two municipals, of Athlone/Moate Municipal District and Mullingar/Kinnegad Municipal District.

Both Mullingar/Kinnegad and Athlone/Moate Public Participation Network submissions were positively received and many of the issues and proposals in the documents were supported and have either been implemented or will be implemented before the end of the year. Reports will be available on www.westmeathppn.ie (Resources) by end of August (2021 submissions for 2022 budgets reports.)

With the 2021/22 process almost complete, WPPN are starting to prepare for the forthcoming Municipal District budget allocations for 2023. **WPPN are asking you to consult with your group and ask them to prioritise their issue of concern for their area or group and to also propose a solution to the identified issue.**

WPPN have sent out a request for formal group submissions to Municipal Districts and the closing date for returning these submissions is 12th September 2022.

If you have any questions or clarifications, please contact Laura or Ursula on 044 9332157 or by email info@westmeathppn.ie

WPPN Linkage Groups

PPN Linkage/Thematic Groups

Next meetings September 2022

The primary role of WPPN elected reps on committees/Structures is to consult with WPPN members and to represent the views of the entire PPN membership on the committee/board; the easiest way for this to be done is via Linkage Groups.

Similarly, the PPN Linkage Groups will be there to support and assist the WPPN reps, by peer learning and support, discussion, and letting them know the concerns and issues of WPPN Membership groups.

The PPN Linkage Group members will be expected to work in a spirit of collaboration, showing due respect to other opinions and

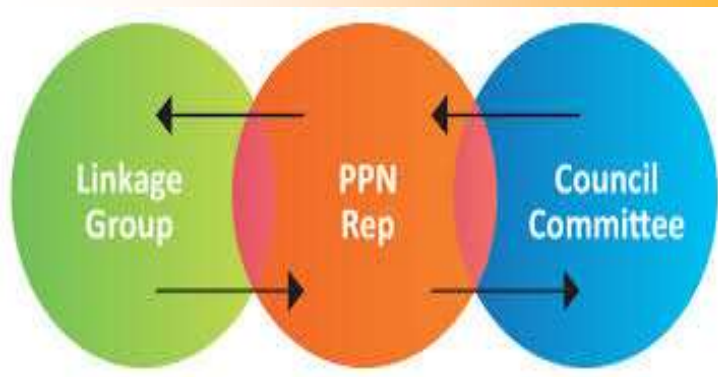
views and will be facilitated to come to decisions through consensus where possible.

Please note that a WPPN Rep/Member can be part of as many Linkage Groups as they have an interest in.

The basic Agenda for Linkage Group meetings will be as follows:

- Welcome/ Introductions/Facilitator
- Guest Speaker
- Minutes of previous meeting
- Discussion
- Date of next meeting

Please see below the dates for the next linkage group meetings which will take place in September 2022.



Social Inclusion, Rural Development, Youth and Enterprise

Location— TBA

Date - TBA

Community Safety, Crime and Policing

Location—TBA

Date—TBA

Arts, Community, Heritage and Sports

Location—TBA

Date—TBA

Housing, Planning and Transport

Location—TBA

Date—TBA

Climate Change, Environment & Water

Location—TBA

Date—TBA

For further information or book to attend please email : info@westmeathppn.ie

ABLE Training

Training Practitioners to Build Relationships and Manage Boundaries: Early Intervention and Prevention

Fully funded by the 'What Works- Sharing Knowledge' fund.

Upcoming dates:

November 15th, 29th and 30th 2022

Online via Zoom

To book your place please contact Fern at: fern.higgins@relationshipspractice.ie or call 087 1751259



An Roinn Leanaí, Comhionannais,
Míchumais, Lághairtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth



Relationships in Practice

Session Overview

Relationships matter. Our ABLE training is an approved, evidence-informed programme designed to help frontline workers understand the impact relationships have on every aspect of a person's life. It aims to give practitioners the skills and knowledge to respond effectively and engage with people who turn to them for help, often in times of distress.

Learning Outcomes

- Use the skills of the ABLE brief intervention model in day-to-day practice.
- Identify the challenges service users may have in building supportive relationships.
- Incorporate reflective practice-based skills into your work.

Skills & Knowledge

- Learn how to Adopt, Build, Listen and Empower using the ABLE model.
- Develop your reflective capacity.
- Learn to manage boundaries.
- Gain insights into factors that help to build and maintain quality relationships.
- Explore the contribution of relationships to health and wellbeing as both a risk and protective factor throughout the life cycle.

Testimonials

"I am now more mindful of myself. I can step back, calm down and be careful with myself. The training provided a very supportive tool to help to me to look after myself, which is very important if I want to look after others."

"The course gave me invaluable skills to use in my practice and a reflective space to think about my work."

Relationships in Practice is a collaboration between the Ag Eisteacht Foundation and the Social and Health Education Project (SHEP). SHEP is an Irish Charity (Registration No. 20025120).

WPPN SWAP SHOP

Have you Stuff that is in good condition, that might be of use to another Community Group?



Following on from a Linkage Group discussion, we are including this section in PPN Newsletter which will allow a space for PPN member groups to swap or simply re-home items that they do not need, but

which might be useful to other groups—everything from filing cabinets, to tools and maybe even plants— anything that could be reused or repurposed—let us know and we will include in Swap Shop.

If you are looking for a particular item that you group would like to rehome Please send us details and we will put a call out to all our members via this page.

This month we have 2 items available to any group that is able to collect them.

WANTED

Office Furniture in good condition

- Desk
- Filing Cabinet
- Office Chair

For community group in Rochfortbridge—call 087 6157052





Community Law & Mediation

FREE LEGAL ADVICE CLINICS

Available by Phone

01 847 7804
Dublin

061 536 100
Limerick



Please call us to set-up
an appointment

Environmental Rights Webinar Series 2022

- Why is access to environmental information a critically important right?
- What does public participation in environmental decision-making actually mean?
- When is it necessary to bring legal cases to protect environmental rights – and who gets to go to Court?

Join [Community Law and Mediation](#) and guest speakers for a webinar series on environmental rights – specifically, on what is known as “the Aarhus Convention.” Legal experts, journalists, and activists will explain why environmental rights matter and how individuals and organisations can benefit from exercising these rights.

Oct 4, 2022 09:30 -10:30 AM – Access to Information on the Environment

Oct 11, 2022 09:30 - 10:30 AM – Public Participation in Environmental Decision-Making

Oct 18, 2022 09:30 -10:30 AM – Access to Justice on Environmental Matters

Register for free here: https://us02web.zoom.us/webinar/register/WN_tBoadChSSRCf-VpfdpIysw

Who is this webinar useful for?

This webinar series is free and open to all. However, we would strongly encourage those with no prior knowledge of environmental rights or the Aarhus Convention to join, as well as those working with organisations or grassroots groups on issues related to health, housing, social inclusion, poverty, anti-discrimination, or equality. Environmental rights are fundamentally connected to these issues, and may provide new perspectives in thinking about how such issues can be addressed.

We are grateful to the [Community Foundation for Ireland](#) for

funding this training series.

Event Details:

Tuesday October 4th from 9.30-10.30am: Access to Information on the Environment

- Eoin Brady, Fred Logue Solicitors : what AIE is, what type of information can be requested, case law examples

Niall Sargent, Noteworthy : how AIE is used in practice, how a person can make an AIE request, what to do if an AIE is refused

Tuesday October 11th from 9.30-10.30am: Public participation in Environmental Decision-Making

- Dr. Alison Hough BL: an overview of what public participation means: eg what participation can look like, different ways of participating (eg public consultations, campaigning, lobbying) at the national level down to the local, and relevant case law for public participation in the Irish context.

Sarah Clancy, Clare Public Participation Network : the Clare PPN as a site of networking and community organisation and education, the need for PPNs to be fully independent of local authorities, and the need for PPNs to be adequately resourced, and the need for local authorities to be trained to effectively and constructively engage with PPNs.

Tuesday October 18th from 9.30-10.30am: Access to Justice on Environmental Matters

- Rose Wall, CLM: barriers in accessing justice in environmental matters in Ireland, particularly for those most vulnerable to environmental harm, and the need to protect access to justice in Ireland.

ClientEarth speaker – **unconfirmed**: experience in bringing a case, and perspective on using the law as a tool for social change - what it means for movements and communities.

Where To Now?

Personal Development Programme

'WhereToNow?' is a personal development programme for women which will take place from October to December 2022.

Programme aims:

- Enhance self-esteem
- Develop personal strengths
- Enhance quality of life

Programme Details:

October - December 2022
Athlone

For more information:
Contact **Athlone Community
Services Council CLG**
0906 472174/ 087 1149449

Kindly supported by HSE National Lottery funding and Westmeath Co. Council

FREE stop smoking service and FREE medication for HSE Staff

Stop smoking for 28 days and you are 5 times more likely to stop for good.



For support, or to find out more contact your local advisor

QUIT.IE FREE PHONE 1800 201 203





LAUNCH OF QUESTIONNAIRE TO GATHER BASELINE DATA ABOUT SOCIAL ENTERPRISE IN IRE- LAND

As you will have read in August's SE-News, a **baseline social enterprise research**

project is being delivered on behalf of the Department of Rural and Community

Development by Amárach Research, in partnership with Social Enterprise Republic

of Ireland (SERI) and the Irish Local Development Network (ILDN).

An online questionnaire is launching today. All social enterprises are encouraged

to complete the questionnaire which will be distributed by network and support

organisations. If you have not received your link yet, then you can access the

questionnaire using the link below:

<https://panel.amarachsveys.ie/S2/s>

to access the questionnaire

This is the first national opportunity for social enterprises to provide evidence from

the sector that will better inform all stakeholders. This exercise will identify key

data such as the total number of social enterprises in Ireland, their regional spread,

the primary sectors they are active in, their staffing levels and traded income.

This research will ensure the Department is in a much better position to support the sector and develop social enterprise policy, with a strong and robust evidence base.



Don't forget to drop into Kilbeggan Library during October- we have lots of events going on including a wonderful exhibition of local illustrator Eileen Coghlan.

Keep up to date with what is happening at

Westmeath.spydus.ie

**Longford Westmeath
CYPSC
Youth Forum's**

Recruiting new members now!

In YOUR hands to create YOUR futures!

Contact your local forum for details:

Athlone 085 842 3738

Ballinacarrigy 044 937 3060

Ballymahon 085 255 1555

Granard 043 666 0977

Or drop in to your local FRC for details



Contact: Killian Collins
Phone: 086 084 7679
Email: manager@deancrowetheatre.com
Website: www.deancrowetheatre.com

FOR IMMEDIATE RELEASE
Wednesday, 28th September, 2022

DEAN CROWE SESSIONS LAUNCHED

4 free music gigs announced for Dean Crowe Bar

Athlone. 28.09.2022 – The Dean Crowe Theatre today launched its new gig series **Dean Crowe Sessions**.

Building on the success of the Local Music Platform earlier this year, **Dean Crowe Sessions** is a series of intimate live music gigs featuring independent artists hosted at The Dean Crowe Bar.

The Autumn series will see four artists with growing national reputations featuring in these free gigs in Athlone.

Peter Doran – Friday 7th October

Ultan Conlon – Saturday 29th October

Shane Hennessy – Sunday 27th November

Siomha – Thursday 15th December

Peter Doran is an independent Irish singer, songwriter and musician from Mullingar. "Every Little Thing" from his 2012 album "Overhead the Stars" has been played over 1.3 million times on Spotify. Peter has headlined shows in Holland, Germany, England, Ireland, Belgium and New York and opened shows for Mick Flannery, The Lone Bellow, Declan O'Rourke, Fionn Regan and Duke Special. In 2014 Peter released his fourth studio album "Outlines" to critical acclaim. John Creedon remarked "This guy is bound for glory if he's not careful".

Ultan Conlon has shared the stage with the likes of Jackson Browne, Shelby Lynne, John Fogerty, Mavis Staples, Bryan Ferry, John Grant, Eddi Reader, Patty Griffin and Richard Hawley. Ultan has also performed duets with Glen Hansard and John Martyn, and Martyn recorded Ultan's song "Really Gone" in 2005. Many of Ultan's lauded songs have received extensive airplay in Ireland and the UK. Marty Whelan and Eve Blair both deemed "There's a Waltz" as their recommended Album of the Week. Ultan's "clear, melodic vocal brings Roy Orbison to mind" (Americana UK) and his writer's voice brings forth original songs that combine depths of feeling, introspection and modesty.

Virtuoso guitarist **Shane Hennessy** has established himself as one of the leading guitarists on the world stage, known widely for his fingerstyle, flatpicking, and percussive guitar-playing approaches. His energetic live performances and his cinematically-vivid compositions tie in influences from Bach to Billie Eilish – and everything in between. With a unique style of solo guitar playing that encompasses the range of a whole band – covering drums, bass, rhythm and lead lines – Shane builds a complete sonic world entirely on his own, drawing comparisons to virtuosos Chris Thile and Tommy Emmanuel. Shane has sold out a solo concert in the National Concert Hall in Dublin, released four highly-praised albums and has done extensive international touring across Europe, USA and Russia.

Independent Irish singer and guitarist **Siomha** dances the line between folk, jazz and neo-soul effortlessly taking audiences on an unexpected and unforgettable journey with her soulful melodies. Her debut album 'Infinite Space'

– described by The Irish Times as “a seriously accomplished and self-confident debut” – is a collection of songs in both Irish and English. Siomha has toured with Paul Brady, Wyvern Lingo, Moxie, Joey Dosik (Vulfpeck), Notify and has performed at festivals such as Electric Picnic, Celtic Connections (Glasgow) and Fête de la Musique at Centre Culturel Irlandais in Paris.

Theatre Manager Killian Collins said “the team at The Dean Crowe have put great work into developing this series. The feedback from audiences throughout the year has been very positive and encouraging. It's really turning into a cool little venue with high quality music, a nice atmosphere, supportive audience and a very easy-going vibe. It's a simple and satisfying night out.”

Peter Doran and Ultan Conlon's gigs are kindly supported by **Westmeath County Council** and **The Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media** as part of Phase 4 of the **Local Live Performance Programming Scheme**. In October 2021, Minister Catherine Martin announced an additional fund to the €50m suite of COVID-19 measures to support the commercial live performance sector earlier in the year. This project is designed to support those working in the professional arts and culture sectors by developing events that engage the services of local professional artists, musicians, technicians, producers, and other professional practitioners involved in live performances. The Westmeath LLPPS has proven extremely successful, supporting numerous artists and arts workers through multiple live performance events across the county throughout the year with Phase 4 events running until the end of October. More information on the Westmeath Local Live Performance Facebook page.

All four gigs are free admission. Doors 7pm. Gig 8pm. Information for all Dean Crowe events is available through the theatre website www.deancrowetheatre.com.



LUAN GALLERY



Luan Gallery invites you to the opening of two exhibitions on
Saturday 1st October

NIGHTSCAPES by Ugo Ricciardi and MIDDEN by Sarah Edmondson, Mary Martin & Niamh McGuinne



Dark Skies and Light Windows 2018. Photo by Ugo Ricciardi. Photo by Ugo Ricciardi.

LUAN GALLERY invites you to the opening of

NIGHTSCAPES UGO RICCIARDI

on Saturday 1 October at 2.30pm

The exhibition will be officially introduced by **Ilaria Sonda**,
Curator/Writer

Gallery Opening Times:
Tue - Sat 12.00 - 17.00 Sun 12.00 - 17.00

Black Road, Athlone, Co. Wick. tuck
08704402155



Portrait of a Man 2017. Photo by Sarah Edmondson.



Portrait of a Man 2017. Photo by Sarah Edmondson.



Portrait of a Man 2017. Photo by Sarah Edmondson.

LUAN GALLERY invites you to the opening of

MIDDEN

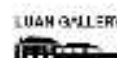
Sarah Edmondson | Mary Martin | Niamh McGuinne

on Saturday 1 October at 2.30pm

The exhibition will be officially introduced by **Nicki Elliott**, Artist,
Curator/Writer and Arts Consultant

Gallery Opening Times:
Tue - Sat 12.00 - 17.00 Sun 12.00 - 17.00

Black Road, Athlone, Co. Wick. tuck
08704402155



Luan Gallery invites you to the opening of two exhibitions on Saturday 1st October at
2.30pm.

NIGHTSCAPES is an exhibition by Swiss-Italian photographer **Ugo Ricciardi** featuring
photography and video. These images were shot throughout Ireland and worldwide as part
of his ongoing Nightscapes project, which explores his fascination with symbolic locations
and architecture. The exhibition will be introduced by **Ilaria Sonda**, Curator/Writer.

MIDDEN is an exhibition by artists **Sarah Edmondson, Mary Martin, and Niamh McGuinne**, working collaboratively as MIDDEN collective. The exhibition presents new and existing works in painting, print, paper, sculpture, installation, and projection. Midden focuses on the interpretation of evidence; of decidedly unscientific work made in response to a critique of geo/human-centric time, measurements, and purported experiences, combining fact with fiction to create new narratives. The exhibition will be introduced by **Neva Elliot**, Artist, Curator, Writer and Arts Consultant.

The exhibitions will open at 2.30pm on **Saturday 1st October**, all are welcome to attend. The exhibitions will run concurrently until Sunday 20th November 2022.

LUAN GALLERY



Clár Éire Ildánach
Creative Ireland
Programme
2017 - 2022



Minister Joe O'Brien announces the continuation of the Community Services Programme Support Fund in 2022 with additional funding of almost €1 million



**An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development**

Minister of State at the Department of Rural and Community Development, Joe O'Brien T.D., has announced funding of almost €1 million for the Community Services Programme 2022 Support Fund.

The funding is being provided to support Community Services Programme (CSP) organizations in a weak financial position, pending the transitioning of CSP supported organizations to the redesigned programme in January 2023.

Announcing the 2022 support funding, the Minister said: *"While all CSP supported organizations are now open following the COVID-19 pandemic, many organizations remain in financial need. As a result, I am delighted to be in a position to announce this additional funding to continue the CSP Support Fund in 2022 to support these organizations so that they, in turn, can continue to provide access to their facilities and services across our communities. The Support*

Fund will provide an additional contribution of €1,500 per full-time equivalent position."

The Minister continued: *"This funding will help alleviate some of the financial challenges faced by CSP supported organisations with limited earning potential, and maintain their viability, pending the planned introduction of revised funding arrangements in 2023, following approval of the CSP redesign in July this year."*

The Minister concluded: *"I am very pleased to continue to support the valuable work of community organizations' in delivering vital services to the most vulnerable in our communities. The continuation of the CSP Support Fund, in addition to other funding streams made available through my Department including the Stability Fund, Community Activities Fund under the Community Enhancement Programme and the most recently launched €15 million Community Centers Investment fund, will continue to provide necessary and essential supports to these organizations."*

This extension of the CSP Support Fund will be administered over the coming weeks by Pobal, who manage the Programme on behalf of the Department.

Can We Help?



Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, we would support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie.

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109

Age Action in Dublin: 01 4756989

Age Action in Cork: 021 2067399

Age Action in Galway: 091 527831

Email: careandrepair@ageaction.ie

AgeAction
Age Equality

care+
repair



Building a sensory toolkit- Athlone and Castlepollard

The return of school means the return of routine, however it can also lead to big feelings for some kids. Empower yourself with the knowledge and tools you need to support your child in this big transition, and future challenges which may arise. When children are struggling with their big feelings, it can be difficult to witness them in distress. Arming yourself with some tools to support them can feel empowering for you and comforting for your child.

Building a sensory tool-kit will allow adults to learn how to support children when they are getting dysregulated, and how to bring calm to chaos. This talk will walk you through the sensory system, and how your child's individual sensory needs impact their ability to self-regulate and manage stressful situations. After covering the basics, we will look at specific strategies which are rooted in sensory and connection. These strategies will help to prepare children for transitions in and out of school/activities, and can also be used to calm and soothe in times of distress. Finally, we will look at how you can utilise your local library's sensory room/space as a tool in your sensory toolkit!

Registration essential:

<https://westmeath.spydus.ie/cgi-bin/spydus.exe/ENQ/WPAC/EVSESENQ?SETLVL=&RNI=4314343>



Childminding Development Grant 2022

The poster for the Childminding Development Grant 2022 features a green header with the Government of Ireland logo and the National Action Plan for Childminding 2021-2028. The main text is in white on a green background, asking if you are childminding in your home and stating that €1,000 funding is available to purchase safety items, childcare equipment, indoor & outdoor play items, and IT equipment. At the bottom, it says application forms are available from the local City/County Childcare Committee, accompanied by an image of a red toy truck on a wooden track.

CHILD MINDING DEVELOPMENT GRANT 2022

Are you childminding in your home?
Avail of €1,000 funding* to purchase:

- Safety items
- Childcare equipment
- Indoor & outdoor play items
- IT equipment

Application forms available from your local City / County Childcare Committee

*Terms and Conditions apply

CMDG grant was launched on Friday last week, please find attached link to press release gov.ie - Minister O'Gorman Launches the 2022 Childminder Development Grant (www.gov.ie)

Application forms are up on the webpage gov.ie - National Action Plan for Childminding 2021 - 2028 (www.gov.ie) & are up on the Pobal Portal

Attached is a poster to aid you in the promotion of the grant, this is also up on the NAPC Facebook page([National Action Plan for Childminding 2021-2028 | Facebook](https://www.facebook.com/napc))

If you could share this poster far and wide with your local contacts, obviously the childminders but also other agencies e.g., CYPSC Networks, parenting hubs, parent and toddler groups, etc.



WEBINAR INVITATION

**World Mental
Health Day**

**Making the
Connections**

Date 10th October 2022

Time 12.30 – 1.30



yourmentalhealth.ie
Information | Support | Services
1800 111 888

World Mental Health Day Webinar: Making the Connections

You are invited to the World Mental Health Day Webinar: Making the Connections on Monday 10th October at 12:30.

This webinar is co-hosted between the HSE Health and Wellbeing Mental Health Programme and HSE Mental Health Operations.

This webinar will include an overview of the new HSE's Mental Health Literacy Campaign which is being launched on World Mental Health Day. The campaign helps people make the connection between common mental health difficulties like ongoing stress, sleep, anxiety or low mood that they or others in their life may be experiencing and highlights the different levels of support that can help.

An expert panel will host an open conversation on the topics covered in the new mental health literacy campaign, the HSE's FREE resources and supports available on yourmentalhealth.ie and those of the HSE's partners.

Speakers

- Dr. Aisling Sheehan - National Lead HSE Alcohol and Mental Health and Wellbeing Programmes, HSE Health and Wellbeing
- Derek Chambers - General Manager (Policy Implementation), National Mental Health Operations

Panel

- Clare Gormley - Director of Psychology, Galway P.C.C.C., HSE Psychology
- Karen McHale - Peer Educator with Mayo Recovery College
- Mark Smyth - Senior Clinical Psychologist CAMHS (Child & Adolescent Mental Health Services)
- Emer Clarke - Senior Project Manager, Mental Health Operations
- Teresa McElhinney - HSE Senior Health Promotion Officer – Mental Health, Health Promotion and Improvement, Cork Kerry Community Healthcare
- Aleisha Clarke - Programme Manager Mental Health and Wellbeing Programme, HSE Health and Wellbeing

Time

Oct 10, 2022 12:30 PM in [Dublin](#)



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Diabetes Ireland: Diabetes and Kidney Disease

Diabetes Ireland is running a campaign to highlight the need for people living with Diabetes to be aware of their kidney health. The campaign will be launched to mark World Kidney Day on March 10th in collaboration with the Irish Kidney Association.

Chronic kidney disease (CKD) is a potential complication of diabetes, screening for kidney disease is a routine part of your diabetes care with your GP/diabetes team. Screening for chronic kidney disease is essential as in the early stages there are no symptoms so it can potentially go undiagnosed.

Therefore, it is essential that you:

Check Kidney Function

Know your Kidney Numbers*

Discuss with your Doctor or Nurse

*Kidney blood test GFR and urine test ACR, both tests are a routine part of diabetes check-ups with GP/diabetes team.

Discuss with your Doctor or Nurse

It is essential that as part of your routine diabetes check-ups with your GP or Diabetes team that you discuss your kidney health and ensure you are taking all the necessary steps to help your kidneys remain as healthy as possible.

FOR FURTHER INFORMATION VISIT:

<https://www.diabetes.ie/diabetes-and-kidney-disease/>



Overeaters Anonymous (OA) Ireland

Having problems with overeating, under eating or binge eating?

Preoccupied or obsessed about your weight, size or shape?

Over exercising or otherwise excessively trying to control your weight?

Always resolving to go on a diet?

Maybe OA can help.

For further information contact:

083 4349572 (Leinster, Connaught)

086 3526467 (Munster)

+44 7925 7211 35 (Northern Ireland)

Website:

www.overeatersanonymous.ie



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

Rural Future: New Voucher Scheme for Remote Working Hubs goes Our live

- At least 10,000 hot desk days to be provided free of charge
- Register for your vouchers at ConnectedHubs.ie

The Minister for Rural and Community Development, Heather Humphreys TD, has today announced that the Connected Hubs Voucher Scheme has gone live.

At least 10,000 hot desk working days will be provided free of charge over the course of the Scheme, which is aimed at both existing hub users, as well as those accessing hub facilities for the first time.

It is intended that the scheme will run over two phases. Phase one will run from now until August 31st with the second phase starting in September and expected to run into early 2023.

Initially, the first phase sees three vouchers been credited to the accounts of all registered ConnectedHubs.ie users, with each voucher redeemable for a day's hot-desk working in participating hubs.

Anybody wishing to register for their free vouchers can do so online at www.connectedhubs.ie or via the ConnectedHubs mobile app.

The 2022 Champion Changemakers Weekend

CEAI is supporting a number of its member locations to host 'hackathon' type events later this year, bringing local communities together to solve real world, everyday societal or economic challenges in ways that will positively impact our ever-changing world.

Hosted as Champion Changemakers™, individuals of all ages as well as local groups, special interest organisations, societies and networks are invited to take part in these weekends across a number of locations from September 23rd – 25th next.

During the weekend, ideas generated and agreed on as offering opportunities to be transformed into viable products or services will be concept-tested, validated and developed out for commercial suitability, possibly even leading to the setting up of sustainable non-profit business.

Individuals, community organisations, networks or special interest groups are all encouraged to take part. There is no charge for participating and you simply register your interest for your preferred location [here](https://www.surveymonkey.com/r/ChampionChangemakers). (<https://www.surveymonkey.com/r/ChampionChangemakers>)

Ideas will be classified under one of three key themes which are all encompassing:



Environment and Climate Action

Economic Inequality

Human Wellbeing.

Teams will be shortlisted to participate in a national event with ideas considered to be viable and offering a real social enterprise opportunity judged at a national pitching session on October 20th, hosted at the Innovate Communities Social Innovation Hub, Dublin 11.

The chosen overall winning team will benefit from a bursary of supports to set them on their founder journey towards the establishment of a sustainable, successful and impact-driven social enterprise.

Start from the Heart Parenting Support Ballymahon:

The next Start from the Heart Parenting Programme, supported by Longford Westmeath CYPSC and the Healthy Ireland Fund will be delivered in Bridgeways Family Resource Centre, Ballymahon every Tuesday for 10 weeks commencing Tuesday 13th September (10:15am – 12:15pm).

Start from the Heart introduces the latest research on neuroscience, brain development, attachment, and the impact of childhood trauma. It explores how stress, relationships and early experiences affect us, as we journey through parenting.

To book, please contact: Grace – 085 8668062 or Emer – 085 2551555 or via Bridgeways FRC social media pages.

BRIDGEWAYS
FAMILY RESOURCE CENTRE

"Start from the Heart"

Come along to this **free, life changing, heart centered** parenting programme for parents of children and young people of all ages.

When: Every Tuesday for 10 weeks starting 13th Sept, 10.15am - 12.15pm.

Where: Bridgeways Family Resource Centre

What: Support, tips, tools & resources to support your parenting journey.

Facilitated by Bridgeways FRC Staff Grace & Emer

To book, please contact:
Grace on 085-8668062
Emer on 085-2551555
or via social media.

Connected for life

For further details please contact: <https://www.bridgewaysfrc.ie>

hi CYPSC

Mullingar Parent and Toddler Group:

Westmeath Community Mothers in conjunction with Women's Community Projects are hosting a new Parent and Toddler group for the Mullingar area.

The group meet every Thursday in the Parish Community Centre, Mullingar from 10am to 11:30am.

For further details please contact Carol – 087 931 0848 or Claire – 087 688 0441 or contact Women's Community Projects Mullingar on 044 93 34827

Courses Starting Soon in the Mullingar Congress Centre

Payroll , Manual & Computerised QQI Level 5 (5N1546) €300

Starting on Wednesday the 12th of October and running one morning a week 10am - 1pm for 10 weeks

This module is designed to enable the learner to understand the principles and practice of maintaining financial records and to develop an awareness of the skills necessary to use both manual and computerised payroll systems

Reception & Front-line Office Skills QQI Level 5 (5N1407) €250

Starting on Wednesday the 12th of October and running one afternoon a week 2pm - 5pm for 10 weeks. The aim of the programme is to enable the learner to develop the knowledge, skills and competence required to carry out reception-related tasks and operations as a frontline representative in a range of organisations and apply a range of general administrative skills within the reception and or front office context

Please note these are class room based courses with a full time tutor so places are limited and reserved on a first-come, first-reserved basis.

Please ring 044 9345060 for more details or email mullingarcongresscentre@gmail.com — at [Friars Mill Road](#)

Stronger Together: The HSE Mental Health Promotion Plan 2022-2027

On April 6th “Stronger Together: The HSE Mental Health Promotion Plan 2022-2027” was launched. Stronger Together is a five year plan, and includes action areas focused on promoting positive mental health across the population and among HSE staff.

The Plan takes a life course approach and includes actions of relevance to the general population. It considers the needs of specific population groups such as children and young people, the working aged population, older people and other priority groups and also specifically takes into account how the reach of this Plan can be extended beyond the Health Service.

The Mental Health and Wellbeing Programme led on the development of the Plan with the support of a wide range of internal and external partners. A national implementation oversight group will be convened to oversee the implementation of the plan.

The recording of the launch is available [HERE](#) which include a range of panellists and experts in the area of mental health promotion.



PUBLIC CONSULTATION ON DIGITAL PUBLIC SERVICES

HAVE YOUR SAY!



An Roinn Caiteachais
Phoiblí agus Athchóirithe
Department of Public
Expenditure and Reform

Quick Survey - Improvement of digital public services - Have your say!

We are looking for your help on how we can improve Irish public services by making it easier for you to use public services digitally.

Do you have ideas for improving public services as we put them online?

Are there reasons you don't use public services online?

Are there public services you think should be available online?

If so, then this consultation is for you!

Rather than making assumptions about your experiences and preferences, this consultation aims to understand what your priorities are

in terms of what services should be put online first and what features, supports or assistance you would like to make digital public services easier and more efficient to use.

We want to hear your views on how you access and engage with public services - these can include services that are already available in person at an office, online, by paper-based application, over the phone, etc.

The questions will take 10 - 15 minutes to answer.

The consultation is now open and due to close at the end of September 2022.

[Click now to go straight to the consultation or](#)

Ta Leagan Gaeilge ar fáil [anseo](#)

Local Live Performances in the Library

Athlone Library are delighted to support Music in the Library with performances by the fantastic Athlone a Cappella on 13th October at 6.30pm. In addition, on 20th October Niall Mannion and Andrew Yau will be holding a violin and piano performance at 6.30pm. All are welcome.



LEGENDS is a non-fiction book with stories from some of Ireland's greatest sports stars. The stories are written in plain English for new and emerging adult readers.

The inspiring stories are drawn from bestselling autobiographies and other first-hand accounts from well-known sporting legends across a range of sports. These include Ireland's first female rally car driver to Olympic winners to GAA, rugby, horseracing and athletics stars across the country. It was jointly funded by the Department of Rural and Community Development, and the Department for Further and Higher Education, Research, Innovation and Science.

Individuals and groups are welcome to borrow this fantastic resource from their local library.



CALLING ALL COMMUNITY GROUPS

We are looking for Community Groups interested in hosting the Men on the Move

**Required use of space-
Pitch, astro, hall**

If your community group would be interested please get in touch with Martina.OBrien@westmeathcoco.ie



PARENTS RAISING BI-LINGUAL CHILDREN IN IRELAND



WHY DO SOME BILINGUAL CHILDREN PREFER ONE LANGUAGE OVER THE OTHER?
IS IT TRUE THAT BILINGUAL CHILDREN START SPEAKING LATE?
HOW CAN I HELP MY CHILD TO DEVELOP TWO LANGUAGES AT THE SAME TIME?
HOW LONG WILL IT TAKE FOR MY CHILD TO START SPEAKING THE SCHOOL
LANGUAGE? IS IT TOO LATE TO START SPEAKING MY MOTHER TONGUE TO MY
CHILD?

THESE AND OTHER QUESTIONS WILL BE ADDRESSED IN THIS INFORMATIVE TALK.
PARENTS WILL LEARN ABOUT BILINGUAL LANGUAGE DEVELOPMENT AND ABOUT
SOME OF THE MOST COMMON STRATEGIES TO SUPPORT THEIR CHILD'S
LINGUISTIC DEVELOPMENT THROUGHOUT CHILDHOOD. PARENTS WILL ALSO FIND
OUT MORE ABOUT THE COGNITIVE, SOCIAL AND EDUCATIONAL BENEFITS OF
BILINGUALISM ACROSS THE LIFESPAN.

- ONE ONLINE SESSION FOR PARENTS ON THE 28TH OF SEPTEMBER-10-11 AM
ON ZOOM *PARENTS HAVE TO REGISTER IN ADVANCE
ZOOM LINK: WHEN: SEP 28, 2022 10:00 DUBLIN
REGISTER IN ADVANCE FOR THIS MEETING:

[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMUCEQTRTITGTN03GA2V0
GMRQIJFRTQPQRPZ](https://us06web.zoom.us/meeting/register/tzmuceqtrtitgtN03GA2V0GMRQIJFRTQPQRPZ)

AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING
INFORMATION ABOUT JOINING THE MEETING.



Westmeath Community Development

FREE Disability Awareness Workshop

Are you a member of a local community group?

Would you like to learn more about “What is **Disability**” and the challenges people face in their daily lives. Find out how you can support and include people in your community?

If so—you are invited to take part in a 1-day Workshop

Date	Time	Venue	Tick your venue choice
Weds 23 rd November	9.30-4.00pm	Bloomfield House Hotel Mullingar	
Mon 28 th November	9.30-4.00pm	Shamrock Lodge Hotel Athlone	

Please fill out the booking form below:

Name: _____

Community Group: _____

Tel No: _____

Email: _____ Please email return to reception@wcd.ie at Westmeath Community Development or post to: Linda-Jo Quinn WCD offices Unit 4 Rockdean Blyry Industrial estate Athlone Co Westmeath. OR **Telephone 044 93 48571** to speak to our WCD reception staff to book your place over the phone.

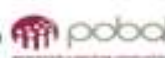
Places are limited and will be offered on a first come first served basis. SICAP group reps will be given priority

Closing date for receipt of applications is: Friday 11th November 2022

Teas / coffees and light lunch will be available on the day

Workshops are not accredited but delivered by very experienced Trainers

Come and Join us for a day of fun and learning



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020



Westmeath Community Development

FREE Training Workshops

Are you a member of a local community group?

Would you like to learn some more skills to help you in your role as a group rep?

If so—you are invited to sign up for our workshops,

Dates	Topic	Time	Venue	Tick venue you want
8.11.2022	Traveller Cultural Awareness	9.30-1.00pm	AnneBrook Hotel Mullingar	
10.11.2022	Traveller Cultural Awareness	9.30-1.00pm	St Kierans Community centre Athlone	
15.11.2022	Media skills	9.30-1.00pm	AnneBrook Hotel Mullingar	
17.11.2022	Media skills	9.30-1.00pm	St Kierans Community centre Athlone	
22.11.2022	Understanding Conflict	9.30-1.00pm	AnneBrook Hotel Mullingar	
24.11.2022	Understanding Conflict	9.30-1.00pm	St Kierans Community centre Athlone	
29.11.2022	Applying for Funding	9.30-4.00pm	Bloomfield Hotel Mullingar	
1.12.2022	Applying for Funding	9.30-4.00pm	St Kierans Community centre Athlone	

Please fill out the booking form below:

Name:-----

Community Group-----

Tel No-----

Email -----

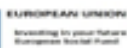
Please post to Brendan Campbell at : Westmeath Community Development WCD offices
Unit 4 Rockdean Blyry Industrial estate Athlone Co Westmeath. Or email to
reception@wcd.ie or **Telephone 044 93 48571**, if you want to book over the phone and
speak to WCD reception staff.

Places are limited and will be offered on a first come first served basis.

SICAP groups reps receive priority for a place

Closing date for receipt of applications is Thursday 3rd November

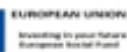
Workshops are not accredited but delivered by very experienced Trainers



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

Workshop Topic: Details

	Name	Learning Outcomes	Delivered by
1	Traveller Cultural Awareness	<ul style="list-style-type: none"> Participants will have a better understanding of Traveller Culture Will understand how Travellers are still discriminated against in 2022 despite all the equality legislation 	Westmeath Community Development Staff
2	Media skills	<ul style="list-style-type: none"> Participants will be able to put a press release together Participants will have more confidence in doing radio interviews Participants will learn how Facebook can help promote their groups activities 	Athlone Community Radio Staff
3	Understanding Conflict	<ul style="list-style-type: none"> Participants will have a better understanding of what is conflict Understand how conflict might be a good thing Become aware of how best to handle conflict in a community 	Westmeath Community Development Staff
4	Disability Awareness Training	<ul style="list-style-type: none"> Better understanding of what is "Disability?" Social model versus Medical model? Better awareness of how society can negatively impact on a person's quality of life 	Westmeath Community Development Staff
5	How to apply for funding	<ul style="list-style-type: none"> Participants will have a better understanding of the dos and don'ts of applying for funding Participants will be more knowledgeable on how to fill in applications and be successful 	Westmeath Community Development Staff



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020



Westmeath Libraries is delighted to provide a new literacy service.

LOTE for Kids is an online database of digital books. There are over 1750+ digital picture books in over 50 languages. The books can be accessed for free within your local Westmeath library or at home- all you need is an up to date library card. The stories are suitable for ages: 3+. The digital picture books are available in multiple languages and in English translation to help with reading and literacy development. Parents and children can sit back and watch, read and enjoy the magic of books in Languages Other Than English.

With new books and languages introduced each month, this service will help Westmeath Libraries engage with multilingual families in our communities. This service has been made available with support from Dormant Account Fund 2022.

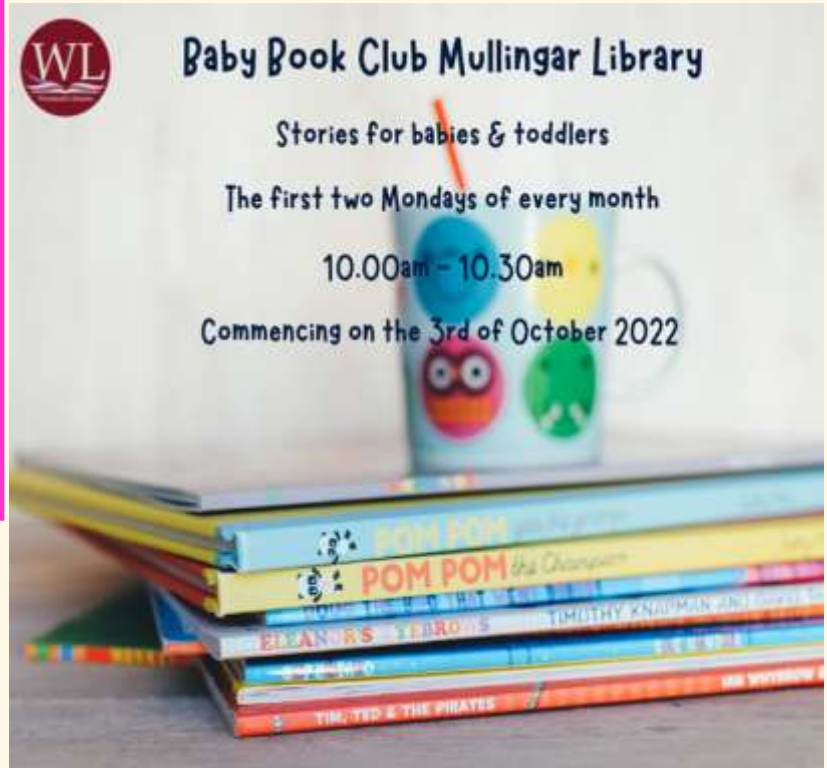


Westmeath Libraries is hosting a range of events for all ages and interests, helping to inspire you to create the space you want to live in.

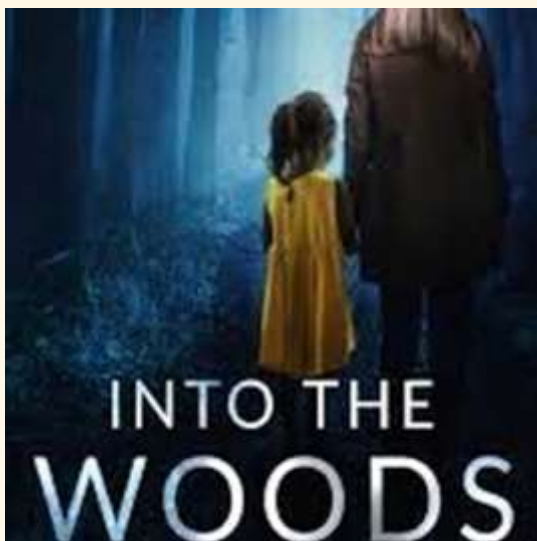
From arts and crafts, to gardening and sustainability, there is sure to be something to interest

you. Find out more by following us on social media. Funded by Creative Ireland.

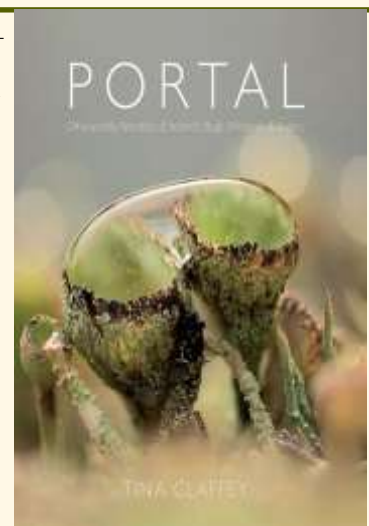
For more details, or to book view our events on our library catalogue - <https://westmeath.spydus.ie/>



Join author Lorraine Murphy in Mullingar Library on October 25th at 6.30-7.30 for a reading and conversation about her new bestseller *Into the Woods*. All welcome!



Tina Claffey, author *Portal* and *Tapstry of Light* will be in Athlone Library on 25th October 6.30pm for a book signing and illustrated talk. All welcome



Want to learn more about Irish Sign Language?

Join us for an information session followed
by a signed storytime for all the family
in Mullingar Library
on the following dates:

8th & 15th October,
5th & 12th November, 2022 at 10.30am.



Rialtas na hÉireann
Government of Ireland

ciste na
gcuntas diomhaoin
the dormant
accounts fund



ADVICE ON YOUR DEVICE

Moate Library
11.00am - 1.00pm
Every Tuesday

INFORMATION &
ADVICE ON HOW TO
DOWNLOAD & JOIN THE
FREE LIBRARY APPS
AVAILABLE TO YOU
WITH YOUR
WESTMEATH LIBRARIES
MEMBERSHIP AND
OTHER COMMON IT
PROBLEMS!



Moate Baby & Toddler Group

Tuesdays 10am-12pm
@Moate Library
Starting October 4th
No need to book just drop in



It's October and Westmeath Libraries are celebrating Children's Book Festival. Call into your local library and check-out author visits, storytimes and other events



Castlepollard Library



ICA

In Castlepollard Library we run regular knitting classes with the M4 knitting group, they meet every Thursday morning from 10.30am-12.30pm, all welcome, just drop in **to join. The ICA, Irish Countrywomen's Association meet** once a month, next meeting is October 9th from 10.30am – 12.45pm, drop in to join. On the last Thursday of every month there is the book club, again new members are welcome. They meet at 6.30pm – 7.45pm. Along with these regular meetings we run several once off events including exhibitions, talks, performances, and artists visits. Castlepollard Library is a My Open Library, meaning that once you have signed up for My Open Library you can access the library during unstaffed hours from 8am in the morning to 10pm at night. For further information also follow Westmeath Libraries on Facebook, Instagram and twitter

What is covered each week?

Week 1	<ul style="list-style-type: none"> Using your mind to manage symptoms Fatigue and getting a good night's sleep Introduction to action plans
Week 2	<ul style="list-style-type: none"> Dealing with difficult emotions Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none"> Decision making Pain management Healthy eating
Week 4	<ul style="list-style-type: none"> Better breathing Reading food labels Communication skills
Week 5	<ul style="list-style-type: none"> Medication management Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none"> Making informed treatment decisions Planning for the future

For more information visit:

www.hse.ie/LivingWell

If you think this programme could be for you, or have any questions, contact your local Co-ordinator (contact details at the back of this leaflet).

Living Well has been available in Ireland for many years. It has run under a variety of names including: 'Quality of Life' (Donegal), 'Self Care to Wellness' (Mayo & Roscommon), 'Better Health Better Living' (Beaumont Hospital), to name a few.

What have people said about the programme?

I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally

It made me aware of my habits and gave me the tools to make positive changes

My confidence has increased and I feel I am now able to manage my condition better

More information:

Please contact Aine McNamee
Living Well Programme Coordinator
aine.mcnamee@hse.ie
087 114 0371

You can also contact HSELive
Call: 1850 24 1850 Email: hselive@hse.ie

This project has received funding from the Government of Ireland's Statecraft Integration Fund 2018 under grant agreements SR, 78, 185, 218, 413, 419

Date of issue: July 2020



Your toolkit for better health



This is an SMRC Evidence Based Self Management Programme originally developed at Stanford University



Self-management is what a person does every day to manage their long-term health condition.

A long-term health condition is one which can be treated and managed but usually not cured.

Examples of long-term health conditions include (but are not limited to):

COPD, asthma, diabetes, heart conditions, stroke, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.

Learning how to manage your condition may help you feel better, stay active and live well. Having the right information and support can help you to do this.

What is the Living Well programme?

Living Well is a free group self-management programme for adults with long-term health conditions.

The programme supports you to develop skills which will help you to live well with a long-term health condition(s). These skills include how to:

- set goals to make changes in your life
- make plans to achieve these goals
- solve problems
- manage your medications
- cope with difficult emotions, low mood and feelings of depression
- communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.

Who is Living Well for?

Living Well is for adults 18 years and over. It is suitable for you, if you are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition(s)

What does Living Well involve?

It runs for six weeks. There is one workshop each week that lasts for 2.5 hours.

The programme is usually delivered in a classroom setting. However, during COVID-19 it is available online.

People taking part in the workshops may have the same health condition(s) as you. Others will have different health conditions.

The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. You can also share experiences of living with your condition(s). Each person who takes part gets a book about self-management.

Two trained facilitators or leaders run the workshops each week. At least one of the facilitators lives with a long-term health condition.



National Biodiversity Data Centre



A Heritage Council Programme

The preparation of a Conservation Management Plan for Belvedere House, Gardens and Park - a Heritage Week Talk by Conservation Architect Fergal McNamara, who is leading the project, watch it back at this link <https://youtu.be/TO0WX66yXXw>. The preparation of the Conservation Management Plan (CMP) is being funded by The Heritage Council as an action of the County Heritage Plan with support from Westmeath County Council.

The Birds of Lough Ree and Mid-Shannon Callows a Heritage Week Talk by National Parks and Wildlife Service (NPWS) Warden Owen Murphy: <https://www.youtube.com/watch?v=Rk0bnFVvny4>

Westmeath Field Names Recording Project a Heritage Week Talk by Dr Aengus Finnegan the project coordinator: <https://youtu.be/vpLuKuWqKuk>

Audit of Oral Heritage Recordings a Heritage Week Talk by Dr Tomas MacConmara: <https://www.youtube.com/watch?v=wuCluujPVSE>. **Athlone Canal Heritage Committee** Heritage Week event on **Athlone Canal Poetry** is available on their facebook page: <https://www.facebook.com/148250409210323/posts/pfbid02tui6TwKhWgaBgZrpimJt8MC-QuzQZkA2zBzND6FNdwNd8M9r78G7niCDgbd8ASsrkl/>

The **National Biodiversity Data Centre** have launched **Ireland's Biodiversity Learning Platform** which hosts online courses to support learning on Ireland's biodiversity. The long term goal of Ireland's Biodiversity Learning Platform is to increase the amount biodiversity learning material for both members of the public and professionals.

All Ireland Pollinator Plan Guide to collecting wildflower seeds; learn how to safely source, harvest and use native, local wildflower seed: <https://pollinators.ie/wordpress/wp-content/uploads/2018/04/How-to-guide-Seeds-2018-WEB.pdf>

Seed Scholars are inviting you to join an **illustrated series of stories and seed saving activity** plans in English and Irish that follow seeds' trails in Ireland. The project will be available for **free download** by mid-October. Perfect for home or school, for young people age 6-12. To receive it straight to your inbox, register your interest here: <https://forms.gle/CdtUsUQR2PpXX2ue6>

The latest **blog** by **Decade of Centenaries** Historian in Residence Ian Kenneally **'Tragedy and Shame: the death of Michael Collins'** explores the reactions of people in Westmeath to an event that stands as a singular moment in modern Irish history. <https://www.westmeathcoco.ie/.../tragedyandshamethedeatho...>

Save the date **Mon 24th Oct - conference** on the National Heritage Plan **Heritage Ireland 2030** for details see <https://www.gov.ie/en/publication/778b8-heritage-ireland-2030/>

Sun 2nd Oct National Monuments Service 5th annual archaeology conference, **Boyne and Beyond**, which will take place at **Dublin Castle** on the as an in-person event. The conference **will also be**

live streamed. Event being organised by Wordwell | Archaeology Ireland on behalf of the National Monuments Service (NMS), in partnership with the Office of Public Works. Conference will be a full day of presentations from eminent scholars and practitioners who will explore the following themes—*The Boyne Valley; People of the Bronze Age; Image in stone and gold and The prehistoric world*. Tickets for this conference are available at €35 / €25 (concession for students, seniors, and subscribers to *Archaeology Ireland*). Tea/coffee and a light lunch (soup and sandwich) is included. Tickets (€10) are also available for live streaming of the conference, the online registration fee includes a quarterly digital subscription to *Archaeology Ireland* via Exact Editions (value €7). For further details and booking see <https://boyneandbeyond2022.eventbrite.ie>.

Sat 8th Oct, 10am to 4pm Executive Lounge County Buildings Mullingar: Workshop organised by **Westmeath Archaeological and Historical Society** and delivered by Archaeologist Paul Gosling: **Acquiring the skills to create our own maps for Local Studies**. Bring your own laptop. Limited places, registration required. To book your place contact Seamus O'Brien: obriains@gmail.com Event supported by Creative Ireland Programme.

Sat 8th Oct - 10.30am - 3.30pm, Athlone Springs Hotel: Irish Environmental Network Hear about biodiversity in Ireland, the Citizens' Assembly on Biodiversity Loss, and meet others working on climate and biodiversity. Full agenda and information on speakers to follow. Event will be live streamed this event. **Public consultation** for Ireland's 4th **National Biodiversity Action Plan** is open - submissions are invited through www.gov.ie/biodiversityplan. The public consultation will close on **9 November** and the 4th NBAP will be published in early 2023.

Decade of Centenaries – Essay Competition Secondary Schools - Westmeath County Council, as part of its Decade of Centenaries programme, invites entries to a new essay competition open to all senior cycle students. The competition is focused on Westmeath during the War of Independence (1919-1921) and/or Civil War (1922-1923). Contributors are asked to write about any aspect of that period in Westmeath's history. Contributors may concentrate on a particular person, group, organisation, place or event. Apart from political and military topics, contributions on cultural, social and sporting topics are welcome. The **winning entry will be published** in local press. The deadline for entries is 5pm on **Thursday 3rd November** and the full competition details and details of **prizes** can be found at <http://www.westmeathcoco.ie/decadeofcentenaries>.

Art 2023 – Participation Award In response to the final phase of the Decade of Centenaries Programme 2012-2023, the Arts Council is working in partnership with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media to support the creation of a national programme, Art 2023. This award is for professional artists and arts organisations to collaborate with communities across Ireland to create ambitious works of impact. This award is a call to professional artists and arts organisations across all art-forms to create ambitious work in collaboration with communities of interest and/or place. The outcomes of this award will form a programme of work contributing to the final phase of the Decade of Centenaries 2012-2023.

Max Award: €150,000 **Deadline: 17:30, Thursday 13th October**, <https://www.artscouncil.ie/Funds/Art-2023-%E2%80%93-Participation-Award/>

Voting is now open for the **Farming for Nature Awards 2022** Westmeath farmer James Ham is among the 15 nominees. For details and to vote see: <https://www.farmingfornature.ie/awards/voting/> **deadline for voting 28th October**

Coffee Mornings for Parents of Children with Additional Needs - Westmeath

Airc Midlands coffee morning for parents of children with additional needs takes place the first Tuesday in every Month in the Annebrook hotel, Mullingar from 10am – 12pm .

This is a Free group for parents of children of all ages

To book your place email aircmidlands@gmail.com or phone 089 4708741



Connecting for Life
Midlands, Louth and Meath



Seirbhís Stáinte
Níós Fearr
á Forbairt

Building a
Better Health
Service

Safetalk Training Programme

SafeTALK (suicide alertness training) prepares attendees, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources that are available locally and nationally.

Participants learn how to provide practical help by using the 'suicide alertness skill' steps of TALK (Tell, Ask, Listen and Keepsafe) with the expectation that they will use them to help save lives and reduce suicide risk in their community.

There is no charge to host a programme and workbooks and other information and signposting material is provided.

Certificate of Attendance awarded on completion.

Contact: Josephine Rigney, Resource Officer for Suicide Prevention, HSE Midlands, (email: josephine.rigney@hse.ie / Mobile: 086 8157 850) to discuss re the potential delivery of a safeTALK for your workplace, community group, Club or organisation.

Discover EU



Discover EU Inclusion

DiscoverEU Inclusion is a new action under Erasmus+ supporting young people with fewer opportunities (who are aged 18) to explore and travel in Europe. Under the Discover EU Inclusion Action, organisations and informal groups of young people can receive support to carry out projects empowering young people with fewer opportunities to take part in exploring Europe by train from 1- 30 days. You can apply for inter-rail tickets for both individuals and groups of up to five young people. In addition, you can apply for grants for one or more adults to go with the young people, if it is necessary for the journey to be carried out.

For more information, please see our website: [DiscoverEU Inclusion](https://www.discovereu.eu) - [Léargas](https://www.leargas.ie) for more information.

HAVE YOUR
SAY
ABOUT THE FUTURE OF
PUBLIC LIBRARIES



Riadas na hÉireann
Government of Ireland



LGMA
Local Government
Management Agency



CCMA
Civil Service
Communications
Management Agency



DRIVE

Drug Related Intimidation & Violence Engagement

An interagency response in Ireland



DRIVE (Drug Related Intimidation & Violence Engagement) Roadshow – Tuesday 11th October in Shamrock Lodge Hotel, Athlone.

Please find invitation below to attend an information briefing on the DRIVE initiative and DRIVE framework report (please see copy of DRIVE report attached).

The development of the DRIVE framework was supported by funding allocated by the Drugs Policy Unit, Department of Health. The framework document was formally launched by Minister Frank Feighan, TD Minister of State with responsibility for Public Health, Wellbeing and the National Drugs Strategy in November 2021. The DRIVE Initiative is managed by a DRIVE Oversight Committee comprising of representation from Regional/Local Drug & Alcohol Task Forces, HSE Addiction Service, An Garda Síochána, Probation Service, Community/voluntary sector & family support services.

One of the key strategic priorities of the National Drugs Strategy 2021 – 2025 is to address the social determinants and consequences of drug use in disadvantaged communities. Drug related intimidation & violence is a serious and insidious problem that affects individuals, families and communities throughout the county. Addressing drug related intimidation and violence is a central concern in strengthening resilience in communities, supporting participation of individuals families and communities and developing evidence informed policies.

The DRIVE framework is a data driven intervention model using the best available information to respond effectively to drug-related intimidation and violence in communities in Ireland. This event for the midlands area (Laois, Offaly, Longford & Westmeath) is part of a National Roadshow Project and will be delivering by the National DRIVE Co-ordinator and member of the DRIVE Oversight Committee. The purpose of the event scheduled to take place on the 11th October is to inform those in attendance of the DRIVE framework and the planned roll out of the framework across the midlands area (Laois, Offaly, Longford & Westmeath). Looking forward to seeing you on the 11th. If you require any further information please do not hesitate to contact me.

Please RSVP by contacting Teresa Murphy, MRDATF Office, email: teresa.murphy8@hse.ie, Tel: 087-3755030 before Friday October 7th 2022. Refreshments & Lunch will be provided.

DRIVE ROADSHOW

DRUG RELATED INTIMIDATION & VIOLENCE ENGAGEMENT PROJECT

A data-driven intervention model to respond effectively to drug-related intimidation and violence engagement

DATE: Tuesday October 11th 2022

VENUE: Shamrock Lodge Hotel, Clonown Road, Athlone, Co. Westmeath, N37 CK73

TIME: 11am - 1:00pm

Please RSVP by contacting Teresa Murphy, MRDATF Office, email: teresa.murphy8@hse.ie, Tel: 087-3755030 before Friday October 7th 2022.

Refreshments & Lunch will be provided

Supported by Regional and Local Drug & Alcohol Task Force Networks
and the National Voluntary Drug & Alcohol Sector



Stop Loneliness Start Volunteering



Support young people facing loneliness and isolation with Volunteer Ireland

"Please help address the rising issue of loneliness, exclusion and isolation among young people by participating in this short consultation for a new Erasmus+ project 'Stop Loneliness -Start Volunteering'.

Aimed at volunteer involving organisations that engage youth volunteers and/or provide services or activities for youths, your response is important to us in demonstrating the importance of volunteering when it comes to helping reduce loneliness and isolation among youths.

[GIVE YOUR INPUT HERE](#) - (it'll be 10 mins of your time max.)

The main goals of this project include:

To raise awareness of how volunteering can prevent and help alleviate social isolation in youths.

Provide a way to empower volunteer involving organisations engaging youth volunteers and/or providing services or activities to youths.

Share the learning of effective practices (including digital volunteering) in reducing loneliness and isolation with youth organisations across Europe.

And more ...

By providing us with your input, you'll be instrumental in shaping the project going forward as at these initial stages, we need your experience, opinions and suggestions. "



ReelLife Science: Science Video Competition

ReelLife Science challenges young people to share their passion for all things STEM, by making a 1- 3 minute film or animation, in English or Irish on an element of Science, Technology, Engineering or Maths that interests them.

Prize of €1000 in the Youth Group Category.

All participants will receive a Certificate of Participation.

Closing date for ReelLife Science is 14th October 2022

Films are marked on the level of Science explained, Production of the film and X Factor.

Full details on <https://reellifescience.com/> and watch "What is ReelLife Science?" <https://youtu.be/nr4gTgvom7A>

ReelLife Science also offers free online training in video production/animation to youth workers. Please contact erika.king@foroige.ie for training dates and more information.



My Open Library – Moate and Castlepollard Branches

Library members in Moate and Castlepollard now have more time to visit their local libraries with the introduction of the My Open Library service that is now open for registered members.

Self Service access to facilities every day from 8am to 10pm.

Moate: Contact (090) 641888 to find out more or email moatelib@westmeathcoco.ie

Castlepollard: Contact (044) 9332199 to find out more or email cpdlib@westmeathcoco.ie

The libraries in the two towns are the first in the county where the My Open Library service will be rolled out. While the current opening hours with library staff will remain the same, library users will be able to take out and return books without assistance thanks to the installation of self-service facilities. They will also be able to access other library services such as Wi-Fi, self-service printing and photocopying and study facilities. More details coming soon, so stay tuned to our Social Media & website

Don't forget you can also drop into our Athlone, Mullingar, Kilbeggan, Moate and Castlepollard Branches on a Saturday morning where the staff will be willing to assist you with any queries between 9:40 am and 1:30 pm.

IT'S TIME TO FIND OUT MORE ABOUT WALKING FOOTBALL

No Running & No Contact

Created for players in later life to enjoy the game they love but without the stresses of running and physical contact



Men Over 50



Women Over 40

The core of Walking Football players will be men over 50 and women over 40. With players in all age groups up to and including people in their 70's and even 80's!



Small Sided Games

Games are six-a-side on small pitches with smaller goals, all with unlimited substitutions. Mixed gender games are common and are encouraged. You can play for fun or play competitively, it's totally up to you.



Quality Referees

Referees that understand the game and can help it flow in the right way make a huge difference, that's why we have trained over 300!

Walking Football is Inclusive

No matter your ability, gender or ethnicity, there is a place for you in the wonderful sport



Physical & Mental Health Benefits

The health benefits of Walking Football are amazing. Increased strength, mobility, motor functions, resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and reducing the risk of cardiovascular disease and stroke. The mental health benefits include high levels of personal reward and satisfaction with reduced levels of stress.



Social Benefits

Walking football also gives an often isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people

Now open to Men's Sheds and other groups in Dublin and Leinster

For further information please contact:

Paul Gallier: **E:** Paul.Gallier@ageandopportunity.ie **T:** 01 805 7705

Peter MacNulty: **E:** petermacnultysports@gmail.com **T:** 086 173 9692

*Infographic created by the Walking Football Association



Age & Opportunity



SPÓRT ÉIREANN
SPORT IRELAND

COMMUNITY

Health Management Institute: Leading Through Change – Achieve QQI Component Certificate Level 6



LEADING THROUGH CHANGE – ACHIEVE QQI COMPONENT CERTIFICATE LEVEL 6

Within a healthcare context, organizations need managers with the ability to lead in a coherent and strategic direction to the benefit of current and future service users. Aligning strategy, goals and organizational capability is a multi-layered and complex process which incorporates how we equip and support staff to adopt change to achieve success.

This new course is for managers who want to take their skills to the next level and move into a middle management role or become a project lead.

Leading Through Change will assist participants in:

- Understanding the complexities involved in strategic planning
- Using key tools to develop a strategic approach
- Developing a strategic mindset
- Developing an understanding of change management
- Developing their project management skills
- Broadening their communication and influencing skills.

This 5-day course will be delivered fully online via Zoom and leads to QQI Strategic Planning Component Certificate Level 6 (6N3673).

Course dates: 7th October, 21 October, 11 November, 18 November, 2nd December

Booking

You can book [online](#), call the office on 01 2974040 or email info@hmi.ie

Please do get in touch if you have any queries about this or any of our courses.

Diabetes Ireland **Free e-learning** programme for those with **Type 2 Diabetes**



Why?

Estimated
234,398
people living with
Type 2 diabetes in Ireland

OVER 90%
of GLOBAL DIABETES is
TYPE 2

**CAN BE
MANAGED**
through EDUCATION
LIFESTYLE +/- MEDICATION

What?

Section 1

What is
Diabetes

Section 2

Healthy
Eating

Section 3

Getting
Active

Section 4

Understanding
Blood Glucose Levels
& Medications

Section 5

Diabetes
& Illness

Section 6

Complications
Screening
& Prevention

How?



Log on to:
www.diabeteseducation.ie
Create an account
Access the
full FREE programme



For more information call us on 01 842 8118 or 021 427 4229
or email info@diabetes.ie

Diabetes
Ireland

General Information/ Updates/ Events:

Ireland's Response to the situation in Ukraine: A webpage on the whole-of-Government response to the situation in Ukraine is now available www.gov.ie/ukraine (and is updated regularly) which includes information on supports and services available to people arriving from Ukraine. You can find information below on the supports and services available:

[Реакція Ірландії на ситуацію в Україні](#)

[Реакция Ирландии на ситуацию в Украине](#)

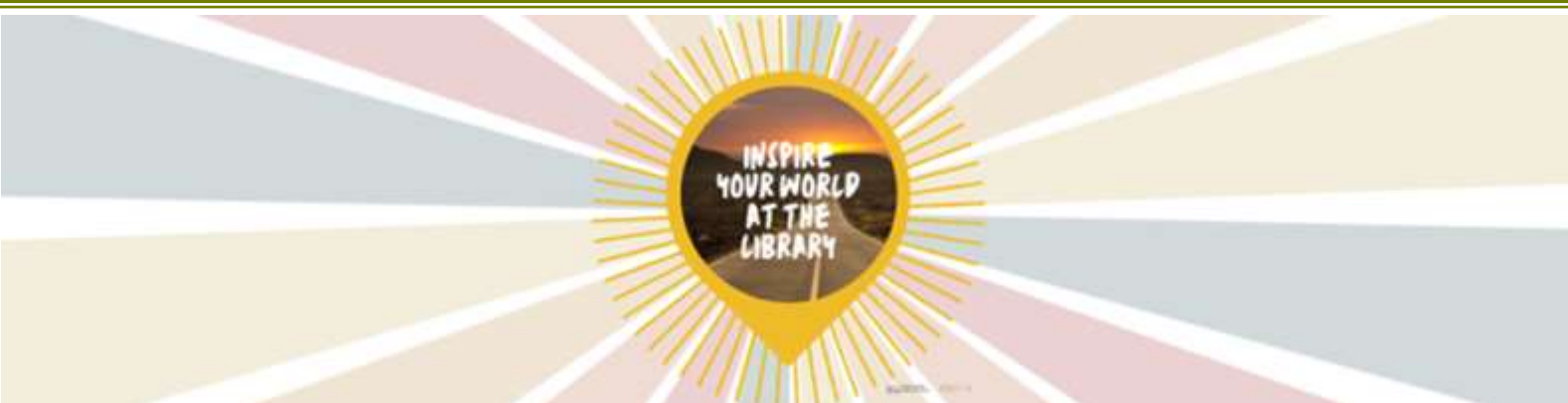
Community Response Forums have been established in every local authority area across the country to coordinate local responses to the Ukraine crisis. Local statutory, community and voluntary groups around the country have been mobilising in recent weeks to welcome into their communities people who are fleeing Ukraine. As the new arrivals begin to settle in, each local authority has established a Community Response Forum to provide a co-ordination point for the Ukraine response in their area. To contact your local Community Response Forum you can email:

Longford – Communityforum@longfordcoco.ie

Westmeath – ukrcommunityforum@westmeathcoco.ie



at



Westmeath Libraries is hosting a range of events for all ages and interests, helping to inspire you to create the space you want to live in.

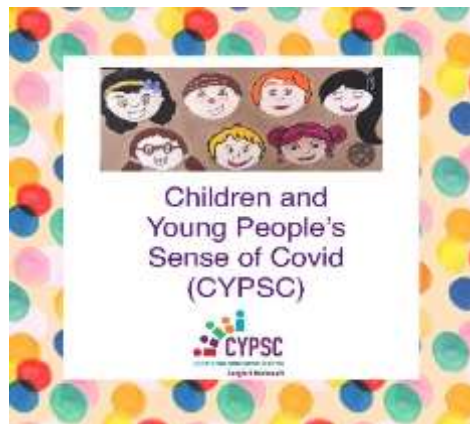
From arts and crafts, to gardening and sustainability, there is sure to be something to interest you. Find out more by following us on social media. Funded by Creative Ireland.

For more details, or to book view our events on our library catalogue - <https://westmeath.spydus.ie/>

Community

Longford Westmeath CYPSC – Children and Young People's Sense of Covid (CYPSC) Survey:

LW CYPSC are currently inviting children and young people to share their thoughts and views on Covid, looking at the benefits, the challenges and what supports young people feel are needed today and into the future.



This information will be collated and reviewed by the CYPSC and by the LW CYPSC Youth Forums and will inform the development of actions and projects for children and young people in the Longford Westmeath area.

If you would like to participate in this survey [CLICK HERE](#)



1,750+ Digital Books for Kids. in over 50+ Languages. with English translations

WATCH, LEARN AND ENJOY!

Westmeath Libraries is delighted to provide a new literacy service.

LOTE for Kids is an online database of digital books. There are over 1750+ digital picture books in over 50 languages. The books can be accessed for free within your local Westmeath library or at home- all you need is an up to date library card. The stories are suitable for ages: 3+. The digital picture books are available in multiple languages and in English translation to help with reading and literacy development. Parents and children can sit back and watch, read and enjoy the magic of books in Languages Other Than English.

With new books and languages introduced each month, this service will help Westmeath Libraries engage with multilingual families in our communities. This service has been made available with support from Dormant Account Fund 2022.

To find out more, visit westmeathculture.ie or www.lote4kids.com/uk-westmeath-county-council/

Toddler Storytime & Rhyme

Athlone
Library
@
11.00am

last
Friday of
every
month



Booking Required

Join us in Athlone Library on the last Friday of the every month for some Toddler storytime & rhyme

Mid West ARIES Online Workshops



Recovery from Mental Health
Challenges is Possible

Join us every month
online for a series of
Mental Health &
Wellbeing
Workshops

Mid West ARIES provides free, inclusive, transformative recovery education locally in the Mid West and nationally online to help you, or your loved one in their recovery journey.



Online Via Zoom

Book at:

<https://midwestaries.eventbrite.ie>

For more information contact:

Tel. 086 287 3526

Margaret Keane | margaret.keane@hse.ie



Research Project: Climate Change in Rural Ireland: Older People's Perspectives



Maynooth University
National University
of Ireland Maynooth

Are you aged over 55 years?

From a rural or agricultural background?

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:
Adrienne.mccann@mu.ie for further information

Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

National Age Friendly Ireland Programme
A Shared Service Function of Local
Government



Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.

If you wish to request a hardcopy of the survey please contact Adrienne at 087 335 4932



comhairle chontae na mi
meath county council

Irish Heart Foundation: Summer Snacks for Kids

School's out for summer! The summer holidays may prompt a change in a child's routine, but it's still important to keep up healthy eating habits, especially when offering snacks for the little ones.

Good eating habits formed in early life can last a lifetime.

Here are some tips to incorporate this summer:

First and foremost, consider if a snack is needed – if it's nearly time for lunch or dinner, you could offer a glass of milk or a small piece of fruit instead of a bigger snack.

Try to have regular meal and snack times for your child – like starting the day with a nutritious breakfast, offering snacks a few hours after one meal ends, and one or two hours before the next meal. This can ensure a healthy appetite at mealtimes. Our dietitian Orna O'Brien recommends limiting snacks, "they can be offered one to three times a day." Remember that snacks are just supposed to keep hunger at bay – they are not supposed to replace meals.

Snacking at the table, as opposed to on the go or in front of the TV can prevent overeating if distracted. Sitting down with family for a meal or snacks has lots of benefits.

It's also important to make sure that the snacks you're offering are nutritious. This not only helps improve your child's diet, but snacks rich in fibre and protein have the added benefit of being filling, keeping the little ones well fueled to enjoy activities throughout the day.

Of course, when many children think of summer snacks, they may immediately think of sugary treats. We recommend having a bowl of fruit on display in a prominent spot in the kitchen and keeping yogurts at the front of the fridge so that kids see the



Irish Heart Foundation

healthy options first. Try to set a good example by snacking on healthy foods yourself during the day. When it comes to less healthy snack options, out of sight is out of mind!

To sustain your kids for a summer of activity and fun, check out our smart snacking ideas:

- Wholegrain toast, nut butter, and fruit (peanut butter and banana toast is a personal favourite)
- Veggie sticks and hummus (carrots, cucumbers, and sugar snap peas all work well)
- Cheese cubes and grapes – you could even try freezing grapes for an extra-refreshing snack on warm days!
- Small pot of yoghurt, maybe with some chopped fruit or berries for a more filling snack.
- Frozen fruit ice lollies.
- Small handful of unsalted nuts.

If on the go, portable snack options like bananas, small boxes of raisins, and single portions of cheese work well.

Don't forget about hydration! A small reusable water bottle can be handy for your child to take around with them and helps them drink enough in the summer weather.

New Podcast Highlights Opportunities for Community Groups and Charities

Across Divides is a new podcast that explores shared challenges for communities and nonprofits across the island of Ireland.

In the first 12 episodes, hosts Suzie Kahn and Alex McMaster explore success stories and opportunities for collaboration in areas such as mental health, community-led climate action, social enterprise, rural connections, the digital divide, access to nature, the arts and more.

The podcast is part of iCommunity, a new programme from The Wheel and the Northern Ireland Council for Voluntary Action (NICVA) that connects nonprofits across the island of Ireland so they can share and learn from each other. <https://www.icommunityhub.org/>

You can listen to all 12 episodes of Across Divides online or on Spotify and Apple Podcasts. Subscribe to receive new episodes.

If you are not a podcast listener, you can watch the video series on Youtube. https://www.youtube.com/channel/UCeGuMyOByRQlf_mPbPcIPrg





Sláintecare.
**Healthy
Communities**



Youth Work Ireland
Midlands

Do you want to stop smoking?

We Can Quit is a free stop smoking programme, offering group support, one to one support and stop smoking medication.

**FREE Stop Smoking HSE
Approved Medication**

**Have you
tried to quit
before?**

**We Can
QUIT**

**Do you
want support
to quit?**

Make this stop your last stop

Further details

Type of group: Mixed Group Male & Female (7 week programme)

Where: Youth Work Ireland Midlands, Inis Óir, Athlone, N37 E2K7

When: Monday 12th September 2022 from 7pm - 8.30pm

For more information or to register your interest:

Phone: Eileen McArdle 087 791 7993

Email: wcq@youthworkmidlands.org

**Free
Refreshments**



Rialtas na hÉireann
Government of Ireland



Rialtas Áitiúil Éireann
Local Government Ireland

Irish Human Rights & Equality Commission Annual Report 2021 Published

Disability discrimination remains highest area of public contact representing 46% of contacts related to services and 36% of contacts related to employment. Public contacts up slightly from 2020.

Access to bank accounts and driving licences unlocked for refugees and asylum seekers.

Expanding powers in EU anti-trafficking role and Post-Brexit rights monitoring.

Record level of parliamentary appearances (10). Recommendations made to Government and Oireachtas on Mother and Baby Homes, on National Anti-Racism Plan and across key legislation affecting rights and equality.

Successful legal cases include challenges against age discrimination in the Gardaí and An Post, on disability discrimination against the Prison Service and an estate agent, and several cases against landlords for HAP related discrimination.

New Research delivered on the use of Ireland's Emergency Powers during the Covid-19 Pandemic, on Decent Work and provision of Adequate Housing.

The Irish Human Rights and Equality Commission has published its 2021 Annual Report to the Houses of the Oireachtas, marking its seventh full year of work as Ireland's national human rights and equality body. The report details a year of significant activity and impact for the Commission.

Sinéad Gibney, Chief Commissioner of the Irish Human Rights and Equality Commission stated:

"We've continued to witness a steady stream of rights and equality issues, which threaten people's individual dignity, open routes to discrimination, and stifle people's potential.

"As we emerge from the pandemic, the problems it partially masked rise again. These include the well-established issues of homelessness and housing provision, of gender-based violence, structural issues of care, historic wrongs, the rights of persons with disabilities, and how those coming here to seek asylum and refuge are treated."

THE ANNUAL REPORT 2021 HIGHLIGHTS INCLUDE:

Direct Public Queries to our Your Rights service

We received 1811 individual queries, compared to 1,732 in the previous year.

Of the public queries to us:

The top three public concerns related to the Equal Status Acts, focused on discrimination on the grounds of disability (46%), housing assistance (16%) and race (13%).

The top three public concerns under the Employment Equality Acts focused on discrimination in employment and job seeking on the grounds of disability (34%), gender (25%) and the race ground (14%).

The top three public concerns in relation to human rights focused on health and bodily integrity (28%), right to work and decent work (14%), and Asylum seekers/ Human Trafficking/ Immigration/Family Reunification/Right to Remain/Freedom of Movement (14%).

We launched a redeveloped 'Your Rights' section of our website ([ihrec.ie/your-rights/](https://www.ihrec.ie/your-rights/)) making it easier for people to access information on combatting discrimination. This is now the most visited individual section of our website, accounting for approxi-

mately 21% of all page views.

Legal interventions included:

For people seeking asylum and international protection two major obstacles blocking access to work were removed – being able to open bank accounts, secured in May, and apply for driving licences, secured in December.

We used our legal powers widely, including to contribute in the Courts to Mary Harney and Philomena Lee's

successful challenge of the Final Report of the Mother and Baby Homes Commission of Investigation.

We concluded an unprecedented 33 Equality Reviews, including 31 with all local authorities in the country on the provision of Traveller Specific Accommodation.

Growth in the Commission

We took on a new role as Ireland's Independent Rapporteur for Human Trafficking under EU law.

Work began as the new Dedicated Mechanism with Northern Ireland equality/rights bodies to tackle all-island rights and equality issues stemming from Brexit.

A year-on-year growth in staffing to 72 from 62.

Research Evidence for Policy Progress

We brought forward new research with TCD on Ireland's Emergency Powers During the Covid-19 Pandemic and 2 research reports published with the ESRI focused on provision of decent work and access to adequate housing.

Funding of €350,000 was provided through the 6th year of our Human Rights and Equality Grants Scheme to 28 projects nationally.

Challenging Racism through public awareness

We progressed public awareness work in our "All Human All Equal" #AllAgainstRacism campaign, and formed a striking partnership with Hot Press magazine to share the voices of 100 well-known people discussing racism, including Bob Geldof, Denise Chaila, Sinéad O'Connor and President Michael D Higgins.

Influencing Policy and Practice

We made ten parliamentary appearances before the Oireachtas and Northern Ireland Assembly covering a diverse range of topics, including online safety, direct provision, Mother & Baby Homes, cross-border rights post-Brexit, Traveller Accommodation provision and disability rights.

Irish Human Rights and Equality Commission Annual Report 2021

More information: <https://www.ihrec.ie/documents/annual-report-2021/>

Annual Report 2021



Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



October 2022



Tues. October 4th

2.00pm-4.00pm

Pt. 1 Exploring Anxiety



In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"

Weds. October 5th

10.00am-12.00pm

Pt. 2 Managing Anxiety



This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.



Tues. October 11th

2.00pm-4.00pm

Pt. 1 Exploring Self Care



In this workshop we explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.

Weds. October 12th

10.00am-12.00pm

Pt. 2 Building My Self Care Toolkit



In this second workshop we will explore how we can look after our **Physical** and **Emotional** health. Using worksheets as prompts we will start to build our own personalised Self Care Toolkit to fit our own unique needs and self care goals.



Thurs. October 13th

10.00am-12.00pm

Pt. 3 Building My Self Care Toolkit



In this final workshop we will explore how we can look after our **Social** and **Intellectual** health. By exploring these two wellness dimensions we will then complete our own personalised Self Care Toolkit.



Tues. October 18th

2.00pm-4.00pm

Family Recovery in Mental Health



During this workshop, we will discover the meaning of family recovery in mental health and what people can do to support themselves while supporting others. Especially beneficial for family members, carers and supporters.

Tues. October 25th

2.00pm-4.00pm

Let's Talk Resilience



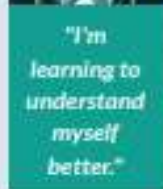
In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies that can help to develop and support our resilience now and in to the future.



"Taking part in this workshop was healing for me."



"Really love this! I feel less lonely."



"I'm learning to understand myself better."



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.



SCAN ME

BOOK NOW ON EVENTBRITE
<https://midwestaries.eventbrite.ie>

For More Information Contact:
Margaret Keane | margaret.keane9@hse.ie



The Community Foundation for Ireland

With the support of the Department of Housing, Local Government, and Heritage, The Community Foundation's Environment and Nature Fund has been devised to enhance biodiversity in communities throughout the country by combining the expertise of qualified ecologists with the skills, experience and enthusiasm of local community groups.

There are currently two grant rounds open to applications:

- To develop Community Biodiversity Action Plan and Projects (CBAPPs)
- To implement recommendations from a previous CBAPP

Organisations can apply once to one of the grant rounds above.

Through the first grant round, local organisations can apply for up to €10,000 to develop and produce a CBAPP in their local area with the help of an ecologist.

In the second grant round, local organisations can apply for up to €5,000 to implement the recommendations of a previous CBAPP.

The grant rounds are open for applications from Monday 12th September until Friday 7th October, and grants to successful applicants will be awarded before Christmas.

For more information, full criteria and the online application forms, please see: <https://www.communityfoundation.ie/grants/types-of-grants/community-biodiversity-grants>

Interested in becoming or improving your skills as a Trainer? Our Training Delivery and Evaluation Course is Launching in October!

Who are we?

Quality Matters are a not-for-profit working with organisations across Ireland to improve social service provision. We provide certified training on innovative practices and core skills for the not-for-profit sector.

Why choose to train with us?

Our Training Delivery and Evaluation course is unique as it is underpinned by research in behavioural psychology and neuroscience. This course will provide learners with an understanding of how people learn and how, as trainers, we can provide psychologically informed learner experiences that are memorable and effective. So, if you want to know why creating discordance matters, and how long people can comfortably listen to you, as well as what being considered authentic can do for learning outcomes, this is the programme for you!

Who is this course for?

Experienced Trainers, Consultants and those in HR and training roles, who wish to receive an approved National Qualification. Those already involved in training development or delivery and wish to receive an approved National Qualification.

Aim of the course:

This highly interactive training will equip participants with the knowledge, skill, and competence to deliver, assess and evaluate training and development interventions.

Learners who attend this course will:

Acquire knowledge of underlying principles and methodologies relating to training planning and delivery.

Gain practical experience of designing and delivering training module using training aids

Understand internal and external influences which may impact on the training...

Adapt a critical approach to assess own strengths and weaknesses

Acquire knowledge of comprehensive evaluation

Adapt a critical approach to assess own strengths and weaknesses

Our training will be delivered online, via zoom, over 6 half day sessions, from 9.30am to 1pm

Session 1 Thursday 13th October

Session 2 Thursday 20th October

Session 3 Thursday 27th October

Session 4 Thursday 3rd November

Session 5 Thursday 10th November

Session 6 Thursdays 1st or 8th December (learners will be allocated one of these dates and will be required to perform a skills demonstration in this session)

As well as attending these sessions, learners will be required to undertake a project and submit a learning journal. Those who successfully pass these elements will be awarded a level 6 certificate by QQI in Training Delivery and Evaluation.

Cost:

€495 which includes fees for QQI certification

To register your place on this training, please complete our online registration form here <https://forms.gle/v1Mqvhf6Kc8XpThH9>

For further information contact yvonne@qualitymatters.ie



STRESS

What's That For?

Join us for a conversation where we explore stress and how we can best manage it during these uncertain times.

FREE WEBINAR



Wednesday, 26th October 2022 2pm - 3pm



Mental Health
Ireland



HSE MID WEST
COMMUNITY HEALTHCARE

Join Us

PANEL DISCUSSION and Q&A

Join us for a panel discussion where we will discuss:

Is stress the thief of hope? Can I recognise stress?

Is it harming me physically and mentally?

Is there anything I can do that will help me manage stress?

Book Online at

<https://midwestaries.eventbrite.ie>

Margaret Keane | margaret.keane9@hse.ie

Mid West ARIES in partnership with
Mental Health Ireland



Caring with Confidence

A bespoke, FREE ONLINE introductory training programme to caring for family carers.



**BOOK YOUR FREE PLACE
ON THIS 8 WEEK COURSE!**

**Dates
to be
announced
SOON!**

Choose the day of the week that suits you best and that will be dedicated day each week for 8 weeks

Why would I do this course?

- An introductory training programme to support and guide you in your family caring role
- Identify *your* needs and develop an action plan to meet
- Learn baseline practical care skills for safe care delivery
- Explore and develop self-care practices

What will I be studying?

Course topics will cover:

- Rights, entitlements & supports for the family carer
- Introduction to Carer's Outcome Star Assessment
- Safety at Home
- Basic First Aid Skills
- Practical Care Skills
- Communication Skills
- Last Aid
- Self-Care Practices

Is there an entry requirement?

- No! You do not need to have any previous qualifications
- If you are interested, please contact us to find out more
- Please note this course is *solely for family carers and not home care workers*



DATES TO BE ANNOUNCED

Please only secure a place if you can attend.



**Family
Carers
Ireland**

No one should have to care alone

Welcome to DCU's Age-Friendly University Amateur Photo Competition!

DCU AFU Photo Competition Rules

This competition is open to people of all ages and abilities. We are looking to find rare gems of local talent from our communities to showcase intergenerational engagement throughout Ireland!

THE THEME

The photo competition theme is Positive ageing, so photos showing groups meeting in cafes, group outings, coffee mornings, sports activities, etc., are welcome. It would be even better if pictures could show older and younger people mixing. We want to see your photo showcasing ageing in a positive way.

So dust off your camera or whisk out your mobile and get snapping!!

Download this document, DCU AFU Photo Competition Rules.pdf to enter and for the full rules.

Prizes for the winner to be announced soon! <https://www.dcu.ie/sites/default/files/inline-files/DCU%20AFU%20Photo%20Competition%20Rules.pdf>





Emerald Lakes TTC Group: Since We rang in the new year of 2022, the year has been action packed, hectic, joyful, productive, and positive. Emerald Lakes TTC Group has evolved into a hugely productive group working on the group in our respective communities enhancing cultural experience through Music, Song, Dance & Film.



Emerald Lakes TTC Group at One Million Stars Event: A huge well done to all involved including our teen dancers, singers and musician's who gave their time for the One Million Stars event on Saturday 7th May at Belvedere to mark a Domestic Violence Campaign to which began in Australia. Emerald Lakes alongside singers Aine & Ciara Doyle entertained the crowds and Tourists at Belvedere. Well done to you all & thank you for giving back to our community. We wish to express our appreciation to Westmeath County Council and the team at Belvedere House & Gardens



Emerald Lakes TTC Group with the LauraLynn Foundation & Riverdance at the Gaelt: The impact of covid-19 has affected many charities & voluntary groups and as a voluntary group ourselves we partnered up with The LauraLynn Foundation to raise awareness in the Community. Emerald Lakes TTC Group were then selected by Riverdance to recognise our efforts of cultural work, awareness and our raising of funds for the LauraLynn Foundation. This enabled Emerald Lakes TTC Group to afford 70 members of our community a trip to Dublin to perform outside the Gaelt Theatre. Our Grass roots members of **Emerald Lakes TTC Group raised €2450 in our community to aid this important charity.** This was indeed a very proud day for Emerald Lakes were me bridge the gap between community group, charity & performance.



Croke Park Performance: Emerald Lakes TTC Group will perform in Croke Park in the Coming Weeks as part of an Event. As a recognised cultural group we are able to give a rounded exhibition of what County Westmeath can give to such events.



Culture Night: Emerald Lakes TTC Group have worked with the committee of Rochfortbridge Community Centre CLG to bring Culture Night to the local Community with performances from local Schools, Ukranian Community, Local Musicians, Film Makers, and dancers!



Creative Lives by Creative Places Project – Emerald Lakes was very proud to be part of the Creative Lives Project in Edenderry. This group reached out to us to try and mobilise local people to connect through Culture. We worked on this project for 6 weeks with a hugely positive outcome for the town of Edenderry. They now have various activities up and running to keep their Community Active but more importantly “Creative”

Fleadh Cheol Na hEireann – Mullingar: Another proud moment for our county, Mullingar and Emerald Lakes was our Volunteering work at the Fleadh. Our group members work daily to help assist the fleadh committee to fill the important boots of the Volunteer. We ensured our younger members were able to connect with visitors to the Fleadh to bring a level of Community to the event by help and encouraging visitors to take part and share in our cultural dance & music experience. One of our most memorable experiences was to perform on the GIG RIG at Blackhall place where over 70 Members of our group took to the stage to perform a 25min show piece. The performance attracted thousands of audience members. We are working hard locally to build on the enthusiasm & energy created by the Fleadh which will enable us to continue to connect more and more of our community through cultural activity & experience.



Farewell to Philip: Emerald Lakes TTC Group have a fantastic team in place as always but we would like to wish Philip Hynes the very best in his future as he moves to new projects in his home county and thank him for his contribution to the group. Our Volunteer Team of Kevin Lyster, Elaine Long, Marilyn Loran, Rachel Doyle, Ciara Doyle to name a few are working hard in brining “Cultural Connection” to all.



All Ireland Championships – Another hugely proud moment was our first attendance to the All Ireland Championships where our members took part in 2 days of fantastic feisanna at the The Victory Centre Arena in Tallaght, Dublin. We active all our members to compete with our members ranging with ages from 5 to 74 years of age. Blaithin Stenson & Rachel Doyle where both crowned All Ireland Champions with our Teams Groups coming in on the podiums as top 5 finishers. This adds to a hugely successful year where Zofia Bielicka was crowned World Irish Dance Champion in Germany this year.



Multyfarnham Pickleball

10

th

ANNIVERSARY

CELEBRATION

Fun Mixer Tournament

€5
Entry

Sat November 5th 10.30am-5pm

Text 0892355960 to enter

Everyone welcome

The MULTYFARNHAM PICKLEBALL CLUB and BMB ACTIVE Celebration to mark 10 years of PICKLEBALL in Multyfarnham

On Saturday, November 5th at 10:30 am

There a 10th birthday celebrations in Multyfarnham Community Centre.

BMB ACTIVE together with Multyfarnham Pickleball Club are hosting a Fun Mixer Tournament by way of celebrating 10 years of Pickleball playing in the area.

One of the founders, Marian Mooney describes how as a child she was never "sporty".

Marian recalls that when she retired she was advised to learn something new, so she began with Pickleball.

By her own admission, Marian states "at the start, I wasn't

very good...it was 6 weeks before I could hit the ball at all."

She was determined, and had the tenacity to keep with the game which is compelling, some would say "addictive", but as it happens, is the fastest growing sport in the world.

Marian Mooney has gone on nationally and internationally to encourage and inspire many enthusiasts to take up Pickleball. You too can join Pickleball on Monday Wednesday Friday and Saturday's at 10:30 and or on Tuesday and Thursday evenings at 7:00 in Multyfarnham Community Centre.

Help us celebrate 10 years of health, fitness and fun in Multyfarnham Community Centre on November 5.

Entries for completing are €5 per person, spectators are free. Everyone is welcome.



At the farewell salute to Maureen McCormack, Midlands Regional representative from BMB ACTIVE, who is returning to reside in the UK, with her husband Peter. Thank You Maureen and best wishes to you and your family on this new phase of life.

Pictured in Abbey Blooms Botanical Gardens are Theresa Bourke, Cyrian Connaughton, Brigid Doherty, Marian Mooney, Maureen Gaynor, Maureen McCormack, Elizabeth Hulme, Pauline Tormey, and Judith Campbell Ricketts.

OUR VISION OUR VOICE 2022

AN INTERGENERATIONAL PROJECT
EXPLORING THROUGH THE ARTS
THE LIVED EXPERIENCES OF MENTAL HEALTH
AND STRIVING TOWARDS RECOVERY IN THE
MIDLANDS OF 2022

EXHIBITION IN THE ATRIUM Co Buildings
Mullingar

From

10th October – 21st October

Official opening TUES 11th Oct at 5.45pm

By Minister for Arts & Culture

Catherine Martin

All are welcome



Our Vision Our Voice 2022 is a collaborative art project which has been running in the Midlands for the past five years.

This year the project seeks to explore through a variety of media, such as photography, painting, ceramics, writing and video, the recovery journey as a lived experience by mental health service users in the Midlands of Ireland in 2022, creating an artistic response to common agreed topics around Mental Health and Recovery.

This multigenerational project is the result of a collaboration between visual artist Rosaleen Heavin, Mullingar Mental Health Association and the HSE Occupational Therapy Services in the Westmeath/Longford Mental Health Service area. The project is funded this year by a Creative Ireland grant, through the Westmeath Co. Council Arts Office. Westmeath Arts have very kindly funded

this valuable project since its inception in 2018.

Through our exhibition this year we seek to explore Recovery in Mental Health. Over an eight-week period groups came together in Mullingar, Athlone and Longford to explore themes around recovery, self-curating their work into an exhibition which seeks to inform the viewers about the challenges and the positives experienced by the participants on their recovery journey.

This exhibition will run in The Atrium, Co. Buildings, Mullingar from October 10th to 21st.

The official opening will be held in The Atrium on Tuesday 11th October 2022 at 5.45 pm. The Minister for Arts and Culture Catherine Martin will officially open the exhibition. All are welcome to attend the opening or pop in and view the works over the two weeks.

SÍOLTA CHROÍ

A training on developing a local food hub

Aim of the training

- To support and guide people and communities across Ireland who want to get involved in creating a fair and regenerative food system in their community
- To build and support the work already done by the Open Food Network Ireland to create local resilient food systems all around Ireland



About The Course

This course is part of a 1 year European project between Siolta Chroi and Ecosystem restoration camps exploring Food, food hubs and direct selling as a tool to support ecosystem restoration .

A Food Hub is a community of farmers and local producers who join forces to sell their produce directly consumers. This training is to support communities across Ireland develop their own community food hub,

The course will involve a two day in person training at Siolta Chroi as well as 3 online webinars with global leaders exploring regenerative food systems.

SÍOLTA CHROÍ

Who is the training for

This training for anyone that wants to tackle social and environmental issues. For people that want to create a fairer local and global community. But specifically

- For farmers that want to get a fairer price for their produce and their work
- For families and community members that want access to food that is good for their families community and the planet
- For entrepreneurs that want to create a livelihood that focuses on environmental and social justice

Course details

Dates:

Online input for world leaders

6pm to 8 pm on

Monday 7th November; Wednesday 16th November; Monday 21st November

In person : 12th and 13th November 2022

Investment- €20

Location Siolta Chroi Aghacloghan Carrickmacross, Monaghan





A New Sense of Home: A study into Ireland's approach to the distribution and integration of asylum seekers after they leave the direct provision system

Asylum seekers looking for a “new sense of home” are stigmatised by many parts of society. Many fail to integrate successfully, often experiencing isolation, discrimination, and neglect. Consequently, despite the existence of an Office for Promotion of Migrant Integration (OPMI) at the Department of Justice, little is seen to be done to address this failure to integrate, suggesting that “out of sight, out of mind” is, perhaps, unofficial government policy. As over 64,000 people having passed through the Irish direct provision system since its creation in 1999, it is important to understand what life is like for people on the other side of structured institutional supports.

This research aims to understand the government policies, and personal motivations, influencing the choice of both place and practice referenced above, helping to explain why asylum seekers end up where they do. It is hoped that this understanding will allow us to establish connections and correlations between direct

provision centres and destination communities, facilitating the qualification and quantification of the disparate assimilation processes employed in different locations, and providing guidance as to whether the assimilation process employed in one part of Ireland is more effective than that employed in another.

The following link contains a survey which has the aim of finding where people most likely end up after leaving the Direct Provision System: https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_3qr9Oczog8bTohg

This research is carried out in conjunction with Trinity College Dublin and the Laidlaw Foundation

To access the survey please click on the link below:

https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_3qr9Oczog8bTohg?jfe=new



School and Diabetes

School time for parents, children and teachers can be a fantastic experience, but it has its challenges if a pupil has or has only recently been diagnosed with Type 1 diabetes. If you have a child with diabetes (or if there is a pupil with diabetes in your school or class) returning to school or joining a new class or school, in the beginning, it can be a bit stressful and busy.

Preparing for back to school means organising books, uniforms, school lunches and much more. For children living with diabetes, it also means managing or changing insulin regimes and thinking about blood glucose monitoring in school. There can be an added concern for parents, as well as for the teachers if a child with diabetes is starting school for the first time or changing to a new class with a teacher who may not be yet familiar with diabetes or even moving on to post-primary school.

Knowing that it can be an anxious time for parents and children, as well as for the school staff, we have prepared some tips and tools to help you with this challenge. It is important that parents/carers engage positively with the school, and ensure the teachers understand the condition and how they need to act, bearing in mind that they have other pupils to care for as well. Good written and verbal communication between parents and the school is key.

Click [HERE](#) for more information for parents and carers about raising a child with diabetes.



For all concerned: parents, diabetes teams and school staff, the recently launched document Meeting the Care Needs of Primary School Children with Type 1 Diabetes during School Hours might be of great help! Click on the other links below to find some useful tips that will help you get started.

School Info for [PARENTS/CARERS](#)

School Info for [TEACHERS/SCHOOL](#)

[Meeting the Care Needs of Primary School Children with Type 1 Diabetes during School Hours](#)

WhistleBlast: Open Call

WhistleBlast is presently working towards producing an inclusive and unique opera project. The project will be all inclusive and bring together mainstream and special needs multigenerational participants.

We are now launching an OPEN CALL for organisations who nurture and develop the arts for anybody with additional needs and who would love to participate in this programme-in any Irish location.

This phase of the project will start with on site visits by WhistleBlast director Mary Curran to introduce the project and the subject of opera to possible participants. There will then be a series of workshops with Mary and WhistleBlast pianist Conor Linehan plus Irish National Opera and professional opera performers, to experiment and create musical scripts and vocals led by the participants.

Please contact whistleblastquartet@gmail.com or telephone 087-2247643 to express your organization's interest and talk to Mary.

See www.whistleblastquartet.com for more details.

WhistleBlast is highly experienced in working with multi generational participants with additional needs.

The development of this project is presently being funded by the Arts Council of Ireland.

the WhistleBlast Quartet

OPEN CALL

LOOKING FOR PARTICIPANTS

UNIQUE AND INCLUSIVE OPERA PROJECT

**For all ages specifically
from organisations who
nurture the artistic
development of all with
additional needs**

For details see
www.whistleblastquartet.com



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in chomhairle
ealaíon

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SCAN TO DOWNLOAD

**Westmeath
PPN**



PUBLIC PARTICIPATION NETWORK
The Voice of the Community

**WPPN- Westmeath Public
Participation Network**
Community Development Section,
Westmeath County Council,
Áras an Chontae,
Mullingar, Co. Westmeath, N91 FH4N

Direct Line: 044 9332157
Email: info@westmeathppn.ie
Westmeath PPN website:
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