

Clare PPN Newsletter October 2020

Dear Clare PPN member,

Welcome to our October newsletter.

While the offices of Clare PPN are still closed, we have been very busy in our core work of ensuring that the public's voice is represented at the decision-making level. This includes supporting our representatives and making submissions with the input of our member groups.

The process of creating a 'Vision for Community Wellbeing' moved to its next stage, with the completion of our online survey, which brought hundreds of ideas, demands and aspirations for the future of Clare.

In this month's busy newsletter, we have news of courses and programmes for older people, young people, people with disabilities, migrants and charity trustees. Read on also for details of heritage schemes and funding opportunities.

Feel free to contact us with any items you would like to see included in future.

Sarah Clancy, Sarah Ferrigan & William Hederman

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Vision for Community Wellbeing

Our Vision for Community Wellbeing Survey closed in early October, following a great response, which provides an intriguing picture of the kind of community and county people want for future generations. We presented preliminary findings at our recent Plenary, and members of our three colleges discussed the findings. We then held eight online workshops, two for each Municipal District, where there was further input from Clare PPN member groups. Based on the survey responses and discussions, Clare PPN staff will now draft a Wellbeing Vision Statement for each MD and one for all of Clare. There will be further opportunity for input in the coming weeks. You can see a preliminary overview of survey responses at this link:

http://clareppn.ie/wp-content/uploads/2020/10/ClarePPN-Wellbeing-survey_preliminaryOverview.pdf



Fishbowl Youth wins €500 survey prize



The top prize of €500 in our Wellbeing Survey draw was won by Fishbowl Youth, an initiative created by young people in Scariff who wanted a place away from home and school where they could hang out together. Fishbowl was nominated by one of the people who took our survey and was drawn from a hat by Mary Howard, Cathaoirleach of Clare County Council. A big thank you to Mary! She also picked winners of four €100 vouchers, one in each Municipal District: Kay Murphy (Shannon), Bonnie Boyle (Killaloe), Claire O'Meara (Ennis), Louise Mitchell (West Clare). In the interests of full transparency ;-) a video of Mary Howard selecting the winners can be viewed here: <https://fb.watch/1pbTwP6Wil/>

Clare PPN Plenary Meeting

A big thank you to everyone who attended our online Plenary Meeting on October 12th. Following elections during the summer, the Plenary ratified four new members of the Secretariat, which oversees the running of Clare PPN: Elaine D'Alton and Dermot Hayes, both representing the Social Inclusion College; Monica McKenna (Community and Voluntary College) and Kay Murphy (Shannon MD). Two new representatives were ratified as members of the Local Community Development Committee (LCDC): Cornelia Wahli, representing the Environment College, and Dermot Hayes, representing Social Inclusion. To read about everything else that happened at the Plenary, see our Report & Minutes at this link: <http://clareppn.ie/minutes-and-report-on-clare-ppns-plenary-meeting-october-12th-2020/>



Clare Covid-19 Community Response Helpline

This community support help desk continues to respond to the needs of vulnerable members of our community. The helpline puts people in touch with local volunteers who can assist with delivering basic needs such as shopping, medicine, fuel, etc. to those who need it. The helpline is open seven days a week from 8am to 8pm.

Freephone 1800 203 600

Email: covidsupport@clarecoco.ie

With Clare and all other counties now in Level 5 of the Government's Plan for Living with Covid-19, you can see a full list of the restrictions that apply at:

<https://www.gov.ie/en/publication/2dc71-level-5/>

Covid-19 pandemic and domestic violence

Gardaí this week reported an 18% year-on-year increase in calls for assistance from victims of domestic violence. The Gardaí have stressed that Covid-19 travel restrictions do not apply in the case of domestic violence or to escape a risk of harm. Meanwhile, with Level 5 Covid restrictions in place, Safe Ireland

(<https://www.safeireland.ie/get-help/>) has issued a reminder that domestic abuse support services remain open. Here in Clare, Clare Haven Services provides a helpline, refuge, advocacy, counselling, accompaniment, support and advice - call Clare Haven on 065 6822 435.

Covid-19 service update from Clare Co Council

The Council's public offices will remain open on a managed access basis. It is recommended that customers access services by phone/email/online and appointments can be arranged where necessary. To access the Customer Services team, call 065-6821616 or email customerservices@clarecoco.ie. Find out more at: [https://www.clarecoco.ie/your-council/\[news\]/covid-19-coronavirus-service-update-22nd-october-2020.html](https://www.clarecoco.ie/your-council/[news]/covid-19-coronavirus-service-update-22nd-october-2020.html)

Working Life in Ireland



Working Life in Ireland is a three-week online programme run by Clare Local Development Company (CLDC) with Limerick and Clare Education and Training Board (LCETB), aimed at supporting people to prepare for work in Ireland. Topics will include: Work Permits, Rights & Responsibilities, Finding Work, Employability Skills, Workplace Culture. The course will run on Mondays and Wednesdays, 10am-11:30am, starting on November 9th. We have a limited number of places available for this programme and are prioritising migrants living in Clare. If people from outside this target group are interested, please get in touch and we will try to accommodate. Contact Michelle Nolan at mnolan@cldc.ie or 087 6542234.

Clare Leader Forum - New online community Platform for people with disabilities



Clare Leader Forum is delighted to be supporting Independent Living Movement Ireland in the rollout of a new online Community Platform to support people with disabilities. Starting on Thursday, November 5th, and running for six weeks, this platform aims to link you into the supports and services you may require during the current pandemic. It will run every Thursday morning at 11am for one hour with a guest speaker and different theme each week. If you would like to take part, email your details to info@ilmi.ie or call Susan on 086-1712648. If you would like to take part but are new to Zoom, ILMI can help get you started.

Do you have a long-term health condition?

Living with a long-term health condition can be challenging but may be especially so during Covid 19. The HSE's Living Well programme supports you to develop skills to help you live well with a long-term health condition or care for someone with a long-term health condition. Living Well is a group programme which runs online for six weeks. There is one workshop a week which lasts 2.5 hours. Two trained facilitators run the workshops, which are delivered in a relaxed way so that participants can learn from each other. The programme is delivered online during the Covid-19 restrictions. See more at:

<https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme.html>

SpunOut.ie workshops on sharing your story

SPUNOUT.ie
How to make videos and podcasts from home

Date: **Tuesday 24th Nov.**
Time: **12pm-1pm**

Free, online, for 16-25 year olds

Registration is now open for SpunOut.ie's free online workshops in November, which are open to anyone aged 16-25 living in Ireland.

What to think about when sharing your mental health story

Sharing stories and experiences is an important way to open up conversations about mental health, and help others to feel supported, empowered and less alone. It's important we use the right language when we talk about mental health, so we don't say anything that could be triggering, harmful or stigmatising. This workshop will be run by Shauna O'Connor from See Change, on Thursday, 12th November, 12-1pm. Register here:

<https://www.eventbrite.ie/e/best-practice-when-sharing-your-mental-health-story-tickets-117515940341>

How to make videos and podcasts from home

Sharing your story is a powerful way to help support other young people. Find out how you can make good quality videos and podcasts from home, without much equipment. The workshop is being run by Nicky Ryan from TheJournal.ie on Tuesday 24th November, 12-1pm. Register here:

<https://www.eventbrite.ie/e/how-to-make-videos-and-podcasts-from-home-tickets-117516883161>

Letter writing to nursing home residents

Clare Volunteer Centre has been leading a project which sends letters and cards to residents in nursing homes. If you would like to get involved, email dolores@volunteerclare.ie or contact 087 3612119.

According to a response from one nursing home, "Your cards and letters brought joy and smiles to all the residents on a wet and dreary day."

Meanwhile, a new initiative by An Post will ensure free delivery of all cards and letters to and from residents of nursing and care homes in the 26 counties until January 31st, 2021. Just write Freepost where the stamp normally goes.

<https://www.anpost.com/Community/Free-postage-to-Care-Homes>

Heritage at the Heart: Community Grants Scheme

Budget 2021 has increased the budget of the Heritage Council by almost 50% to €9.5 million in 2021, a level of funding not seen since 2009. In 2021, the Heritage Council will launch 'Heritage at the Heart: Community Grants Scheme', aimed at supporting heritage projects at a community level. The total fund available will be €1 million. The Heritage Council is also developing a new 'inclusive heritage' programme to encourage diversity and inclusivity in heritage practice, protection and interpretation. The first phase of the programme will work specifically with the Traveller Community to record and promote their cultural heritage.

<https://www.heritagecouncil.ie/news/news-features/heritage-council-welcomes-increased-budget-allocation>



Geoheritage Grant Scheme 2020

Geological Survey Ireland invites applications for the Geoheritage Grant aid of up to €10,000 for small community-driven geoheritage initiatives. Suitable projects could be the publication of a popular book, map or flyer; trail or signage installation; geoheritage related site preparation; product launch, innovative media concepts, online content, etc that promotes the geology/geoheritage of the area. The deadline is 12pm on November 6th:

<https://www.gsi.ie/en-ie/events-and-news/news/Pages/Geoheritage-Grand-Scheme-202021.aspx>

Clare County Development Plan - make a submission

A reminder that you have until November 16th to make a submission about the next Clare County Development Plan (2022-2028). This is Stage 1 of a two-year process, the 'Pre-Draft' stage, and Clare County Council is looking for your views on 'big picture' strategic issues. Find out more at this link:

<https://www.clarecoco.ie/news/news-stories/hpgnewshighsrow1/have-your-say-on-the-new-clare-county-development-plan.html>

Environmental submission:

If you are interested in contributing to a submission focussing on environmental aspects of the County Development Plan, you are welcome to take part in a Zoom meeting next Monday, November 2nd, at 7pm. If you would like to join this meeting, please email: newsletter@clareppn.ie

Charity Trustees' Week: 16-20 November

The Charities Regulator describes Charity Trustees' Week as "a great big THANK YOU to charity trustees across Ireland for their important and tireless work". This year's series of seminars and training is going



virtual to allow charity trustees take part from the comfort of their home or office. The week aims, among other things, to highlight the importance of good governance and the need for new trustees to come forward. See the line-up of events at: <https://www.charitiesregulator.ie/en/information-for-charities/charity-trustees-week-2020>

FUNDING OPPORTUNITIES

Seniors Alert Scheme



The Seniors Alert Scheme (SAS) encourages community support for vulnerable older people in our communities. It provides funding for a personal monitored alarm, connected to a contact centre to enable over-65s of limited means to continue to live securely in their homes with peace of mind. The scheme is funded by the Dept of Rural and Community Development via Pobal with equipment made available through community, voluntary and not-for-profit organisations registered with Pobal under the SAS. Find out more about the scheme here: <https://www.pobal.ie/programmes/seniors-alert-scheme-sas/>

Artist in the Community Scheme

Create has announce the second Artist in the Community Scheme Bursary Award 2020: Collaborative Arts and Human Rights, in partnership with the Irish Council for Civil Liberties. This €10,000 bursary aims to support professional artists working in collaborative socially engaged arts practice. It is specifically aimed at an artist with a track record of working collaboratively with communities in the context of human rights. The closing date is November 9th. For details see: <https://www.create-ireland.ie/projects/subpage/aic-bursary/2020-bursary-collaborative-arts-and-human-rights/>



<http://clareppn.ie>