



APRIL
AIBREÁN
2025

Greetings from Mark and Martin at the WPPN.

We're looking forward to seeing many of you at the Spring WPPN Plenary Meeting on the 16th April in the Bloomfield House Hotel. All WPPN group members are welcome and refreshments will be provided. If you're free that Wednesday, please do consider attending - book your place at <https://forms.office.com/e/Gu50ccfryB>

One of the main items on the Plenary's agenda will be the election of new WPPN representatives to the WPPN Secretariat and to the Board of Westmeath Community Development. The closing date for nominations is 9th April. If you'd like to know more about these roles please contact us at ppn@westmeathcoco.ie or 044 9332157.



Merin Rebecca Thomas of the Mullingar Indian Association, speaking prior to her election to the WPPN Secretariat at our last plenary meeting in Nov 2024.

We are also kicking off with the first of our Linkage Group Meetings on the 8th April, with a meeting of the Housing Community Recreation and Culture Linkage Group.

Through participation in Linkage Groups, WPPN member groups can have real input and can keep up-to-date with the development and implementation of local government policy.

This year we're introducing hybrid meetings - you can attend either in person in the Council Offices in Mullingar or online. We hope this will enable more people to attend.

To attend in person or to receive a link to these meetings please register at <https://forms.office.com/e/c2Xgs3ejSM>

All the best

*Mark Ahern and Martin Fagan
Westmeath PPN*

We are currently in the process of developing a dedicated website for WPPN. In the meantime you can find information on our work in the Community Development Section of Westmeath County Council's website at <https://www.westmeathcoco.ie/en/ourservices/communitydevelopment/>
Contact Mark or Martin directly at ppn@westmeathcoco.ie

RURAL SUPPORT SCHEMES

Expression of Interests 2025



Expressions of Interest (EOI) are being sought for the Outdoor Recreation Infrastructure Scheme (ORIS), Town & Village Renewal Scheme (TVRS) and the CLÁR Programme for 2025. This is an opportunity for community groups to express an interest in projects that they feel would benefit their communities.

EOIs will be assessed against relevant criteria when schemes are announced by the Department of Rural & Community Development. The EOIs will enter a competitive process to be considered to go forward for full funding applications.

Detailed scheme information and the online EOI application are available on the [Westmeath Rural Support Schemes](#) page in the Community Development section of our website.

For assistance, contact the Community Development Section at 044 9338969, 044 9332196, or by emailing: rss@westmeathcoco.ie.

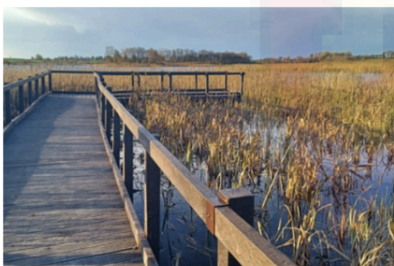
The closing date for EOIs is Wednesday 30th April 2025 at 4pm.

Outdoor Recreation Infrastructure Scheme (ORIS)

The Outdoor Recreation Infrastructure Scheme (ORIS) provides funding for the development of new outdoor recreational infrastructure. It also provides support for the necessary repair, maintenance, enhancement or promotion of existing outdoor recreational infrastructure in rural areas across Ireland.

The scheme invests in the physical infrastructure that underpins sporting and recreational activities based on the use of the resources of the countryside; these contribute to healthy active lifestyles while building on the economic and tourism potential of the area and so are to the benefit of both local communities and tourist visitors alike. The scheme may also provide some limited funding for the marketing and promotion of such infrastructure, typically as part of a wider project involving capital supports.

The Scheme is funded by the Department of Rural and Community Development.



Measures funded previously under the ORIS are:

- Measure 1:** Small Scale Repair/ Development/ Promotion and Marketing
- Measure 2:** Medium Scale Repair/ Upgrade and New Trail/ Amenity Development
- Measure 3:** Strategic Large Scale Repair: Upgrade and New Strategic Trail/ Amenity Project Development Measure: Development Costs for Strategic Large Scale Projects

Ceantair Laga Árd-Riachtanais (CLÁR)

The CLÁR programme (Ceantair Laga Árd-Riachtanais) provides funding for small-scale infrastructural projects in rural areas. Reopened in 2016, CLÁR aims to support sustainable development in identified areas by attracting people to live and work there. The funding works in conjunction with local funding and on the basis of locally identified priorities.

Measures funded previously under the CLÁR Programme are:

- Measure 1:** Developing Community Facilities & Amenities
- Measure 2:** Mobility, Cancer Care, Community First Responder and Meals on Wheels Transport
- Measure 3:** 'Our Islands'



Town and Village Renewal Scheme (TVRS)

The Department of Rural and Community Development, through the Our Rural Future, Town Centre First and Our Living Islands policies, recognises the importance of creating and maintaining vibrant rural towns and villages, and we will continue to achieve this by delivering a wide range of strategic interventions and investments throughout the country.

The Town and Village Renewal Scheme is designed to support the revitalisation of rural Ireland through a renewed focus on town centre economic and social vibrancy and regeneration in line with the Town Centre First policy.

This will be achieved through:

- Town Regeneration projects
- Enhancing our streetscapes
- Green spaces / recreational amenities in town or village centres
- Refurbishment of existing community centres
- A new option to allow local authorities to acquire plots of land to enable development of town
- regeneration, such as town parks, plazas, etc.
- Bringing vacant and derelict buildings/ back into use as multi-purpose or community spaces
- Projects to support town or village centre markets, e.g. farmers markets or artisan markets.
- Town/village centre plaza development



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



Tionscatal Éireann
Project Ireland
2040

Ar dTodhchaí
Tuaithe
Our Rural
Future



WESTMEATH COUNTY COUNCIL
Comhairle Chontae na hIarmhí



The Heritage Forum

Plans /Highlights for 2025

Seek Heritage Council Funding for digitizing Co Archives
Support establishment of a Co Archivist position
Field Names Project - <https://meitheal.logainm.ie/westmeath>
Oral History project.
Research Argentinean connections to Fore area
Networking/Training event
Creative Ireland Film project on Lough Ree
Traditional Farm Buildings Survey

Upcoming Events

6th Apr - Rochfortbridge

The Mary Molesworth Art and Heritage Festival

12th Apr Greville Arms - 9.30am to 3.00pm

The Big Houses in Westmeath.

12th Apr - Greville Arms - 8.00pm

Westmeath Historical Society - Annual Conference

16th- 24th Aug

Heritage and Bio-diversity Week

Contact

Seamus McDermott, WPPN Rep to the Heritage Forum
087-3477345 | seamusmcd11@yahoo.com

The Mary Molesworth Festival

Rochfortbridge - 6th April 2025

Events include:

Portrait Competition.

Talk on the life of Mary Molesworth/Lady Belvedere

Tour of Castlelost Church & Graveyard

Talk at Gaulstown Graveyard.

Blacksmithing demonstration at Boyhan's Forge.

Podcasts by former Bord na Móna workers

Art Projects from the local primary school

Display of the Castlelost Church Bell.

Event Start Time	*Bus Departure Time (free)	Event	Location
09:30 – 10:30	09:20	History talk on The Rochfort family at Gaulstown Estate with Denis O'Neill	Gaulstown Graveyard, Gaulstown.
11:00 – 11:30		Viewing of the Robert Rochfort Church Bell facilitated by The O'Connor Family	The Protestant Church, Main Street, Rochfortbridge.
11:00 – 14:30	<i>Hot food, tea, coffee & snacks on sale in St Joseph's canteen</i>		
12:30 – 14:00	12:15	Tour at the Castlelost Heritage Project with John Gavin	Castlelost Church & Graveyard, Castlelost.
14:30	14:15	Blacksmith demonstration & wrought iron gate display in association with Westmeath Heritage	Boyhan's Forge, Farthingstown.
10:00 – 17:30	<p><i>All day exhibitions taking place in The Convent include the following:</i></p> <ul style="list-style-type: none"> - Art & History projects from the local primary schools - Podcast recordings with retired works from Bord Na Mona & other local interest stories - Display of the entries for the Mary Molesworth Portrait Competition 		
17:30 – 18:00	<p>The inaugural Mary Molesworth Lecture & Award Ceremony</p> <ul style="list-style-type: none"> - with historian Ruth Illingworth on <i>'The life of Mary Molesworth'</i>. <p>Lecture Location: Convent chapel, followed by the award ceremony for the Mary Molesworth Portrait Festival.</p>		

For more info contact Rahanine Trail Blazers
 Follow on instagram @ mary_molesworth_festival
 Email - mmolesworthfestival@gmail.com



Lár Bailte ar dTús
Town Centre First



KILBEGGAN



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

Tionscadal Éireann
Project Ireland
2040

Ár dTodhchaí
Tuaithe
Our Rural
Future

WESTMEATH COUNTY COUNCIL
Cúmhailte Chontae na hIarmhí



9th
APRIL
Wednesday

Kilbeggan- Walkability
walkability exercise and town study



10:00 am to 4:30 pm



Kilbeggan Parish Hall, N91 PPK1



Refreshments and light lunch will be provided during walkability

Please contact TCF@westmeathcoco.ie with any allergy or special dietary requirements that can be catered for at the lunch on the day.

Please ensure you mention which event you will be attending along with your full contact mobile number so we can make contact with you to discuss any requirements.


If you are usually accompanied by an assistant or a carer please ensure they can accompany you to the event on the day.


Community Climate Action Fund Online Showcase Webinar. 7pm, Thurs 10 Apr.


Community Climate Action Programme

Join Us online for a free Webinar to help
your group apply to Phase 2 of this
Programme.

Hear from groups showcasing their
successful projects from Phase 1 of the
Community Climate Action Programme.

 Date: Thursday 10.04.25

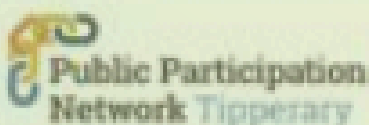
 Time: 7 -7.45 pm

 Location: ZOOM (Online)

Meeting ID: 875 1146 5126

Online Showcase Webinar showcasing the works
carried out by various successful groups under the
Community Climate Action Fund.

Join on Zoom -Meeting ID - 875 1146 5126



Carraigíní Chontae Uíbh Fhailí
Offaly County Council



WESTMEATH COUNTY COUNCIL
Carraigíní Chontae na Bliainne



Carraigíní Chontae Ros Comáin
County Council



Carraigíní Chontae Laoise | Laois
County Council



Carraigíní Chontae Thiobraid Árann
Tipperary County Council

WCC Library Events

Gardening workshop



learn how to create a thriving, low-maintenance garden with Anna Browne

Mullingar Library

8th April - 5.30 - 7.30pm

Moate Library

15th April - 2 - 4pm

Athlone Library

15th April - 5.30 - 7.30pm

Castlepollard Library

22nd April - 2 -4pm

Book Online

www.westmeathculture.ie



Clár Éire Ildánach
Creative Ireland
Programme



Keep up-to-date with WCC Library news at
<https://westmeathculture.ie>

<https://www.westmeathcoco.ie/en/ourservices/library/>



WCC Library Events



During April, libraries across the country will be hosting storytimes and rhyme times as part of Spring into Storytime

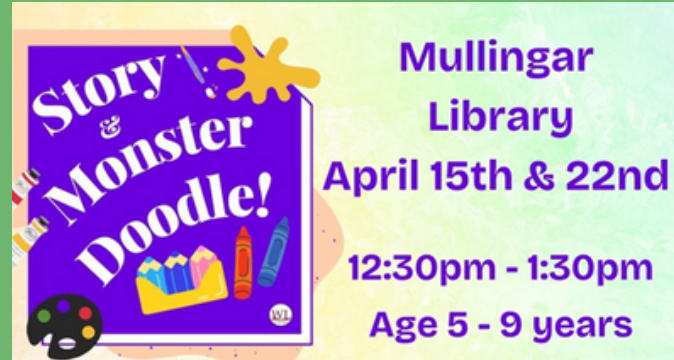
<https://www.librariesireland.ie/services/reading/supporting-childrens-reading>



Moate Library Baby & Toddler Group meet on Tuesdays 10am-12 April 1st, 8th, 15th, 22nd, 29th



12th April
Athlone Library
11 to 11.30 am

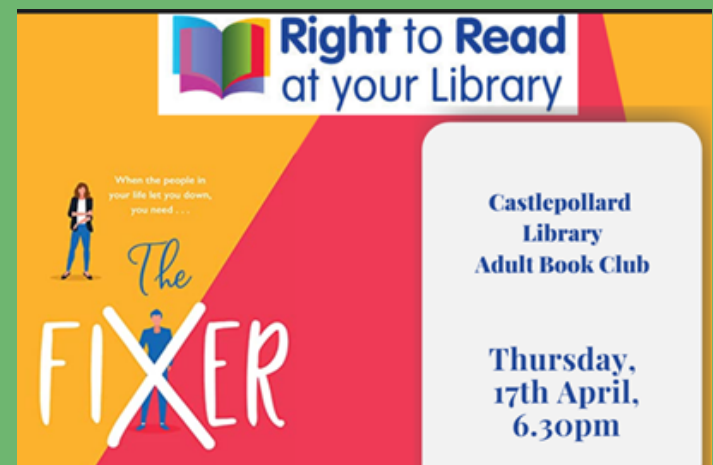


Castlepollard Library - Craft Workshop
Thurs April 10th 3.30-4.30 pm
Booking at 044 9332199
cpdlib@westmeathcoco.ie



Launch Event.

Atrium, Athlone Civic Offices and Library
Thurs 3rd April 5.30-7.00pm



Keep up-to-date with WCC Library news at
<https://westmeathculture.ie>
<https://www.westmeathcoco.ie/en/ourservices/library/>



Rathowen Community Development

WPPN Member Group

Public meeting to discuss Road
Safety - particularly on the N4



8pm, Wednesday 16th April
Rathowen Community Hall

This meeting has being called by Rathowen
Community Development, a WPPN Member
Group, and community members from
Ballinalack village.

For more info contact Máire at
maire.murphy@ageandopportunbity.ie

Funding for Bike Week Events Available

Westmeath Sports Partnership and Westmeath County Council scheme to support cycling events in Westmeath during National Bike Week



Apply for funding at -

<https://www.westmeathsports.ie/2025/03/13/apply-now-for-bike-week-2025-grants/>



BikeWeek

10th – 18th May 2025





Public Consultation Surveys

Our Rural Future

- Have your say on the next phase of Ireland's rural development policy in this online Public Consultation Survey
- The government's next Rural Development Policy will aim to address new issues of importance for people in rural Ireland
- Visit <https://panel.amarachsveys.ie/S2/159/DRCD2025/>
- Closing date for submissions is Wednesday, 2 April 2025

Connecting for Life

- Online Public Consultation on the development of Ireland's Suicide Reduction Policy
- More information at <https://www.gov.ie/en/consultation/6f973-public-consultation-on-irelands-next-suicide-reduction-policy/>
- Survey at <https://ec.europa.eu/eusurvey/runner/4b66d611-a5bc-a3a6-daa1-de2f3e4baf50>
- Closing date for submissions is Friday, 18 April 2025

Aarhus Convention & Pollutant Release Transfer Register

- Public Consultation on levels of access to environmental information, public participation in environmental decision-making and access to justice in relation to environmental matters
- Info at <https://www.gov.ie/en/press-release/7f0fa-launch-of-public-consultation-for-the-ac-nir-2025-and-prtr-nir-2025/>
- Closing date for submissions is 7 April 2025



Launch of 2025 Town and Village Renewal Scheme

This scheme is designed to support the revitalisation of rural Ireland and to build greater resilience in to our town centres through regeneration projects

Examples of initiatives to be considered are -

- town or village centre plaza development
- development of green spaces /recreational amenities
- enhancement of streetscapes
- supporting markets
- upgrading community centres
- bringing vacant/derelict buildings into use as multi-purpose community spaces
- supporting vibrant and sustainable Gaeltacht and island communities

Projects will align with the objectives of the following Government policies *Our Rural Future; Town Centre First; Our Living Islands*.

For more information on rural supports in Westmeath please visit the Westmeath Co Co webpage

<https://www.westmeathcoco.ie/en/ourservices/communitydevelopment/ruralsupports/>

Disability / Older Persons

Services & Information Open Day

Monday 19th May 2025

10am-13.30pm

Bloomfield House Hotel, Mullingar

For more information, on how to book an information stand

Telephone Linda Jo Quinn 087-250 0161 - Hurry though to secure your place

We look forward to welcoming you at the event.



This event is funded by Westmeath Community Development through (SICAP) Westmeath County Council and Independent People with Disabilities

Everyone is welcome to this FREE event



Stádas na hÉireann
Government of Ireland



Free availability of
an access device
financed by the
European Union



pobal
population research institute



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027.

WCC Heritage/Biodiversity Notes

Conservation Advice Grant Scheme for Vacant Traditional Houses 2025

- Funding scheme to provide grants for expert conservation advice to owners of vacant traditional houses who are availing of, or considering, the Vacant Property Refurbishment Grant.
- This is being offered by the National Built Heritage Service of Department of Housing, Local Government, and Heritage.
- More information at gov.ie - Conservation Advice Grant Scheme for Vacant Traditional Houses
- Deadline for applications is the Friday 2nd May 2025

Managing School Grounds for Biodiversity

- All-Ireland Pollinator Plan in collaboration with the Dept of Education is launching a free online course aimed at caretakers, groundskeepers, and those responsible for caring for school grounds.
- Areas covered will include pesticide alternatives, plant lists, biodiversity-friendly mowing tips and ideas on getting the school community involved.
- This is an opportunity for any school wanting to manage their grounds for nature, no matter their size, space, or previous experience.
- Visit <https://pollinators.ie/managing-school-grounds-for-biodiversity> for more information

Keep up-to-date with WCC Heritage News at

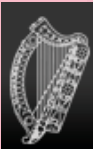
WCC Heritage/Biodiversity Notes

Birdwatch Ireland :

Breeding Waders EIP Project Event

8pm, Tues 8th April

Aras an Mhuilinn/Council Buildings, Mullingar
Bird Watch Ireland (Westmeath Branch) will host a talk by Owen Murphy Senior Project Manager of the Breeding Waders EIP Project based in Moate. Owen will talk on his work with conservation of breeding waders.



National Parks & Wildlife Service



BirdWatchIreland
protecting birds and biodiversity

National Parks and Wildlife Service :

Grants for Small Recording Projects 2025

Deadline for applications 5pm, 4th April

This scheme aims to bolster the expertise in species identification and recording, essential for nature conservation efforts.

Maximum individual grant value: €5,000 to be paid in arrears on vouched expenditure.

Full details at: <https://www.npws.ie/news/npws-grants-small-recording-projects-2025>

Keep up-to-date with WCC Heritage News at



Connecting for Life
Midlands

Someone
is **always**
there to
listen to you



REDUCING SUICIDE TOGETHER

NATIONAL SUPPORT SERVICES

If it's an emergency
DIAL
999 / 112

Contact your GP or
out of hours GP Service
NDOC 1800 302 702

SAMARITANS
TALK IT THROUGH,
WE'RE HERE TO LISTEN
116 123
www.samaritans.org

pieta 1800 247 247
TEXT HELP TO 55444
Pieta supports people and communities with
preventing helplessness, professional services for
www.pieta.ie

Traveler Counselling Service
Local: 01 884 5791 Mobile: 086 296 1478
Email: info@travelercounselling.ie
www.travelercounselling.ie

OTHER ONGOING SUPPORTS

your mental health.ie
1800 111 888
www.yourmentalhealth.ie

spunout
text about it
www.spunout.ie

turn2me
Online Therapy & Counselling

MyMind
Online Therapy & Counselling
01 553 818 500 500

SPUN OUT
SpunOut.ie
@SpunOut
SpunOutMedia

Mind Your Neck!
www.yourgivees.ie



Longford & Westmeath

**Help & Support
Information Card**
You are not alone,
we are here to help you!
Scan QR codes for information
on Local Services



Laois & Offaly

SUICIDE BEREAVEMENT SUPPORT SERVICES

pieta Suicide Bereavement
Liaison Service
The Suicide Bereavement Liaison (SBL)
Service offers guidance, practical
information, and emotional support to
anyone affected in the immediate
aftermath of a death by suicide.
t: 0818 111 126
e: sblo.referrals@pieta.ie

HUGG
HEALING UNTOLD GRIEF GROUPS
Free Suicide Bereavement
Peer Support
01 5134048
info@hugg.ie www.hugg.ie

Safe Harbour
Safe Harbour is
an illustrated
storybook for
children who have
been bereaved by
suicide.
www.childhoodbereavement.ie/
safeharbour

MY MENTAL HEALTH PLAN

My mental health plan is for people age 18 and older.
It can help you find ways to improve stress, anxiety,
low mood or sleep problems. For more information please visit:

<https://www2.hse.ie/mental-health/my-mental-health-plan/> Or scan:

My Mental Health Plan is not an assessment of your mental health.
It cannot help with urgent or long-term mental health issues.

If you, or someone you know is at immediate risk of harm, go to or call the Emergency Department of your local general hospital.
You can also contact the Emergency Services on 112 or 999 anytime, day or night.



You can call HSE YourMentalHealth Line anytime, day or night. YourMentalHealth Line is not a counselling service, a member of the team can provide information on:

- mental health supports and services available to you
- how to access different services provided by the HSE and services the HSE funds

yourmentalhealth.ie
Information Line
1800 111 888

Learn about mental health and how
to support yourself and others.



Brain Awareness Week

Learn more about the risk factors of developing dementia.



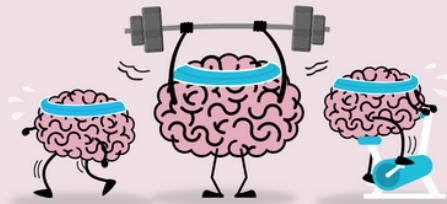
#BrainAwarenessWeek2025

Visit <https://www.understandtogether.ie/> for more info



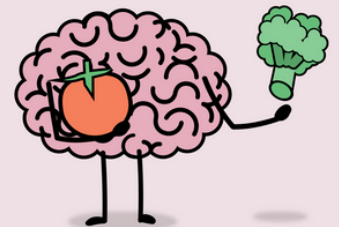
Get your hearing and vision checked if you notice a change.

#BrainAwarenessWeek2025



Aim for 150 minutes of physical activity each week.

#BrainAwarenessWeek2025



Eat a balanced, healthy diet.

#BrainAwarenessWeek2025



Aim to drink less alcohol.

#BrainAwarenessWeek2025

Stay socially connected with people.



#BrainAwarenessWeek2025

If you stop smoking for 28 days you're 5 times more likely to quit for good.



Free support is available.

#BrainAwarenessWeek2025



Public AGM

29th April

Bloomfield Hotel, Mullingar



Westmeath County Council invite you to our
Age Friendly AGM

Bloomfield House Hotel | 29th April, 2025 | 10.30 a.m. to 4 p.m.
Doors open at 10 a.m.

**Lots of fun activities
on the day, workshops
and guest speakers**

(Light lunch provided)

WORKSHOPS:

- STEM/AI Technology
- The Cube
- Storm Prepping
- Movement to Music



To register your interest in attending
please contact **Marie** at **(044) 93 32123** or
Breda at **(044) 93 32051**

Contact Marie or Breda
Community Section of Westmeath Co Co
044 932123 / 9332051 /
community@westmeathcoco.ie

Westmeath Archaeological and Historical Society

8th Annual Conference

9.30am-3pm, 12th April

Greville Arms Hotel, Mullingar

“The Big House in Westmeath – Origin, Rise, Decline and Survival”

Speakers include-

Prof Finola O’Kane, UCD School of
Architecture; Donal O’Brien, Historian
and Andrew Hughes, Archivist and
Author

€35 includes lunch, refreshments and
conference brochure.

Full details will be available on

<http://whahs.ie/>



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



CULTURAL

AWARENESS TRAINING

facilitated by **Christine Joyce & Caroline Nevin**

Westmeath Traveller Project
invites you to attend our 3
hour workshop on Traveller
Culture and lifestyle

on

TUES 1ST APRIL

9.30 AM TO 1 PM

Shamrock Lodge Hotel Athlone

To Book:



044-93 48571



info@westcd.ie

Workshop gives info on:

- Traveller Culture
- Beliefs/customs
- Accommodation
- Education
- Discrimination
- Legislation & Policies



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union



pobal
government supporting communities





CULTURAL

AWARENESS TRAINING

facilitated by **Christine Joyce & Caroline Nevin**

Westmeath Traveller Project
invites you to attend our 3
hour workshop on Traveller
Culture and lifestyle

on

TUES 15TH APRIL

9.30 AM TO 1 PM

Annebrook Hotel Mullingar

To Book:



044-93 48571



info@westcd.ie

Workshop gives info on:

- **Traveller Culture**
- **Beliefs/customs**
- **Accommodation**
- **Education**
- **Discrimination**
- **Legislation & Policies**



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union



 **pobal**
government supporting communities



Old Athlone Society

Billy English Memorial Lecture

8pm. Thurs 10th April

Shamrock Lodge Hotel, Athlone

**Mary Shine Thompson will give
a talk on '*John Broderick,
midlands private eye, 1961-1991*'**

Social Justice Ireland

Online Launch Event

12.30, Thurs 3rd Apr

Join Social Justice Ireland as they launch *Social Justice Matters - 2025 guide to a fairer Irish society*.

- This publication is their annual socio-economic review, covering a suite of policy areas including income distribution, taxation, housing, health, environment, participation and rural development.
- Register at https://us02web.zoom.us/webinar/register/WN_rPY_I3UITvmj_nAe04UfPg#/registration

Social Justice Ireland publishes an annual Sustainable Progress Index, looking at Ireland's economy, society and environment.

- Ireland is ranked 6th out of 14 comparable EU countries.
- To view this index please visit <https://www.socialjustice.ie/article/sustainable-progress-index-2025-society>





**"GROW GAVE ME A
SENSE OF BELONGING"**

**PEER SUPPORT GROUP MEETING
1428 RETIREMENT CLUB, HARBOUR
STREET, MULLINGAR**

**EVERY TUESDAY EVENING : AT 7.30
to 9PM**

**CONTACT ASSUMPTA -0868114135
assumptalyons@grow.ie
www.grow.ie Infoline-0818474474**



GROW MENTAL HEALTH PEER SUPPORT GROUP MEETING

CONTACT ASSUMPTA LYONS
086 /8114135
assumptalyons@grow.ie

**NATIONAL LEARNING NETWORK CENTRE,
BELHAVEL BUILDING, GOLDEN ISLAND, ATHLONE**

EVERY WEDNESDAY FROM 7.30PM -9.30PM
FREE. No referral needed. No waiting lists.



Grow
Mental Health

www.grow.ie

SUSTAINABLE URBAN DRAINAGE

Storm water solutions
for Tyrrellspass village.



Tyrrellspass Tidy Towns in County Westmeath are hosting this fascinating and innovative national online workshop on Nature Based Solutions (NBS) for the midlands fully supported by the Local Authority Waters Programme (LAWPRO) to see how local community groups can engage in this space with a localised example in the village of Tyrrellspass and storm water solutions for the area. The workshop will be facilitated with known wetlands/NBS environmental Consultant **Féidhlim Harty**.

WHAT ARE NATURE BASED SOLUTIONS (NBS)?

Nature-based solutions (NBS) for water management are a careful balance in ensuring healthy ecosystems for local biodiversity but also in tandem addressing water related challenges such as surface water pressures, improving water availability, conservation, quality and resilience to climate change by using or mimicking natural processes.

ONLINE WEBINAR WEDNESDAY APRIL 2ND

The workshop will examine will stormwater runoff from streets and yards as well as impacts on local waterbodies. We will explore the nature based solutions for natural flood control, drought resilience and water filtration that can be utilised. Sustainable Urban Drainage systems (SUDs) come in many sizes and fit different needs. we will discuss what could be installed in a village such as Tyrrellspass. Why not register in the link below and see what NBS ideas might just spring for your water community!



Date:
Wednesday 2nd April



Time:
7pm - 9pm.



Register Online
[in link here!](#)

Register on Eventbrite at
<https://bit.ly/3FCfPdG>



**Tyrrellspass Tidy Towns
and LAWPRO present
Rescheduled Sustainable
Urban Drainage Workshop
Wed 2nd April at 7-9pm
Link to register:**

<https://www.eventbrite.com/e/1280213556209>

**For more info on LAWPRO
Events and News visit
<https://lawaters.ie/latestnews/>**



Outreach Clinic Mullingar

Free and confidential support service on all aspects of deafness and hearing loss in children and adults

Last Friday of each month

10.00am - 12.00pm

1428 Club, 2 Harbour Street, Mullingar

Information, resources, assistive technologies, entitlements, minor repairs, batteries, and more.

Email: tullamore@chime.ie for information.

Text: 086 143 6476 or Call: 057 935 1606

CarePALS workshops

Free workshops for people who want to assist older people in physical activity

The aim of the CarePALS initiative is to enable care staff to deliver physical activity sessions to those in their care, which can be included as part of their daily or weekly routines, without additional costs to the care setting.

FREE CarePALS Workshops

Learn how to lead suitable physical activities with older people who live in or visit day or residential care settings

- ✓ Enhance the health of older people in care
- ✓ Increase awareness of social, psychological and physical benefits of physical activity
- ✓ Lead Health Enhancing Physical Activity (HEPA) Sessions for older people

For more information contact Máire at Age & Opportunity Active 01 9133946 or email maire.murphy@ageandopportunity.ie

maire.murphy@ageandopportunity.ie



Age & Opportunity



SPÓRT ÉIREANN
SPORT IRELAND



Shamrock Lodge
Hotel, Athlone



Thursday May 8 & 15
Participants must attend both days!



9.30am- 4.00pm
Lunch included

All attendees must register in advance as spaces are limited!

No experience required but you must be working in a care setting.

For more info contact Máire at maire.murphy@ageandopportunity.ie

STOP FoodWaste.ie

Stop Food Waste is the national campaign to give you information and tips on how to make the most of your food and avoid food waste.

Reducing food waste is an easy action you can take to save money time and lessen your impact on the environment.



Can you offer **mental health support** to others? Do you know what to say or do?

Whether at work or in your community, training in mental health peer-support will equip you with the skills and empathy to confidently support others looking for help.

Train in Mental Health Peer-Support with Cycle Against Suicide to:

- ♦ Gain a better understanding of peer-support and its role in good mental health.
- ♦ Learn how to use peer-support and the techniques of active listening, supportive conversation and positive coping to help support someone facing stress of distress.
- ♦ Run over 4 evenings or 2 days, training is free of charge, delivered LIVE online via Zoom and accredits 13.5 CPD points.

At work and at play, our aim is to bring peer-support to the forefront of the mental health conversation.

For dates and times of training, or to express interest email:
training@cycleagainstsucide.com

Or register directly online with this QR code or at:

www.cycleagainstsucide.com/mental-health-peer-support-training-communities/



“It’s OK not to feel OK, and it’s absolutely OK to ask for help.”

Bealtaine Festival : May 2025



Timetable available at
<https://bealtaine.ie/wp-content/uploads/2025/03/Bealtaine-2025-Programme.pdf>

DRINKAWARE

New events page on promoting alcohol-free events in Ireland.



From coffee meetups, creative workshops, sober speed-dating and raves, run clubs ... this page will make it easier to socialise in supportive, sober settings.

Visit DRINKAWARE website at

<https://www.drinkaware.ie/dry-vibe-hub-alcohol-free-events/>

Hosting an event??

contact info@drinkaware.ie



SANCTUARY RUNNERS

SANCTUARY RUNNERS

Set the Pace - Lead the Change!

- Solidarity
- Friendship
- Respect

Everyone is welcome at Sanctuary Runners!

Come and join the friendliest running & walking group

WHO WE ARE:

- Bringing together your entire community, including asylum seekers, refugees, migrants & Irish residents
- Build friendships, networks & learn from each other
- Get fit, get outside and have some fun!

HOW IT WORKS:

- Come along and walk or run, all abilities welcome!
- Join us at events around the country!
- Be part of the blue wave in your Sanctuary Runner t-shirt!

- 
- New group launching in Mullingar!
 - Run Jog or walk together each Saturday morning
 - Call or email to find out more

 083 4083621

 annemarie@sanctuaryrunners.ie

Happy Easter to all
our WPPN Groups

Westmeath

PPN



PUBLIC PARTICIPATION NETWORK

The Voice of the Community

.... don't forget ... WPPN Plenary
16th April ... Bloomfield, Mullingar!