



Newsletter

MAY
BEALTAINE
2025

Hello from Mark and Martin at the WPPN.

Summer has finally arrived - the hawthorn is blooming and we have long evenings to look forward to.

Thanks to everyone who came to the April Plenary. Over 70 attended. We had excellent presentations from Paula O' Connor of Women's Community Projects Mullingar and Alison Hough of Westmeath Climate Action Network.

We also heard from the three new members of the Secretariat who were elected on the night.

We also kicked 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. Upcoming meetings are -

- 7th May, 6pm. Planning Regeneration and Transport Linkage Group meeting
- 8th May, 6pm. Environment Climate Action Rural Water and Emergency Linkage Group meeting
- 13th May, 6pm. Economic Development Enterprise Agriculture and Tourism Linkage Group meeting

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 Ahearn and Martin Fagan
Westmeath PPN*



Mick Kenny and Merin Rebecca Thomas, WPPN Secretariat, manning the WPPN Stand at our Plenary

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



WPP PLENARY APRIL 2025



WESTMEATH COUNTY COUNCIL
Comhairle Chontae na hIarmhí

FESTIVAL &

EVENTS

GRANT 2025 / ROUND 2

Westmeath County Council are inviting applications for grant support for upcoming Festivals and Events. The events should generate increased economic activity for the local area, involve significant voluntary input and attract increased visitor numbers to Westmeath.

NOW OPEN FOR ONLINE APPLICATIONS



Closing Date for Receipt of
Round 2 Applications
23rd MAY 2025

WPPN Reps: Updates

Jack O'Sullivan, WPPN Rep to the Environment Climate Action, Rural Water & Emergency Services SPC

Jack has drawn our attention to to this Declaration on Local Democracy, signed by the mayors of a large number of European cities - See <https://eurocities.eu/latest/democracy-begins-in-cities-how-local-action-can-reinvigorate-europe/>



City of Leipzig

Eurocities Leipzig Declaration on Local Democracy

We, the Mayors of Eurocities, coming together in Leipzig, declare that a more democratic Europe starts in cities. As the level of government, that is the closest to citizens and most trusted by them, Mayors are uniquely positioned to understand the needs and expectations of the people. Mayors can best share the complexities of the challenges citizens face and involve them in the changes that are needed. European and national decision-makers need to support and take advantage of Mayors' deep knowledge about citizens' needs and expectations and their capacity to deliver concrete actions in the daily life of citizens.

In the face of increasing threats to democracy that result in growing societal polarisation, we as Mayors, stand ready to work alongside EU and national leaders to uphold and promote democratic values, the rule of law and the inclusion of citizens in all aspects of local governance and decision-making. Through collective action and active collaboration between cities and Mayors across the EU and beyond, we are committed to promoting democratic resilience and championing an inclusive and sustainable European future.

We, the Mayors of Eurocities, make the following commitments:

- We act to make our democracies inclusive, effective and participatory so we can build trust with citizens and enable new pathways of engagement in society.
- We strengthen elected city councils through innovative measures since they are at the centre of local political decision-making and their open and transparent debates concern all major areas of local government competencies.
- We commit to a balanced participation and representation of women and men in all spheres of decision-making.
- We support locally elected parliamentary bodies representing specific societal groups such as Youth Councils or Migrants Councils with stronger democratic rights since they serve as a well-functioning expansion of local democracy.
- We encourage political parties which play a major role in representative democracies to reform and rejuvenate to regain trust in elected representatives.
- We develop innovative ways to better involve citizens such as civil councils and open dialogues on local challenges, participatory budgeting and local referenda.
- We encourage young generations and other underrepresented groups to strengthen their involvement in decision-making processes and to take over responsibility.
- We ask that new and adapted regulatory measures are introduced by national governments to avoid exclusion of democratically underrepresented groups from local election processes.
- We oppose violence and hate speech against politically engaged citizens and professional politicians.
- We promote safe, non-biased and low-threshold communication channels that allow politics and citizens to interact.
- We call for the enforcement of existing and new rules on online communication to protect our society from hate speech, disinformation or interference and expect the new European Democracy Shield to serve these demands.

We, the Mayors of Eurocities and their teams, ask EU leaders to establish a regular strategic dialogue with us to better recognise our role and to jointly design the policies that tackle the challenges of citizens. This would be a concrete translation of the principle of subsidiarity laid out in the EU Treaties. An ambitious policy agenda for cities needs to define the principle and format of this dialogue.

We, the Mayors of Eurocities, call EU leaders to ensure that we have the possibility to exert our democratic role, including when our political affiliation differs from the ones of our national governments. Mayors need to have a seat at the table when the European Commission discusses national plans for the upcoming MFF with the national governments. It also means that the EU must ensure financial resources corresponding to EU policies that will be implemented by cities.

Leipzig, April 2025

More info at
<https://eurocities.eu>

<https://eurocities.eu/latest/democracy-begins-in-cities-how-local-action-can-reinvigorate-europe/>

To contact your WPPN reps email
ppn@westmeathcoco.ie and attend
Linkage Group Meetings



MULLINGAR
TOWN BAND

SOUNDS OF SUMMER

MULLINGAR TOWN BAND INVITES YOU TO JOIN US FOR AN AFTERNOON OF MUSIC AT
OUR SERIES OF SUMMER RECITALS

TUESDAY 13 MAY

MULLINGAR CONCERT BAND
SWEET TUNES CHOIR
& SPECIAL GUESTS

THE ATRIUM

(WESTMEATH COUNTY COUNCIL)

7.00 PM - 8.00 PM

ADMISSION:

FREE

SUNDAY 18 MAY

MULLINGAR CONCERT BAND

MULLINGAR TOWN PARK
(WEATHER PERMITTING)

3.00 PM - 4.30 PM

ADMISSION:

FREE

SUNDAY 25 MAY

MULLINGAR CONCERT BAND

BELVEDERE HOUSE AND
GARDENS

3.00 PM - 4.30 PM

ADMISSION:

FREE

WITH CODE MTB



FOR FURTHER INFORMATION VISIT
WWW.MULLINGARTOWNBAND.IE



MULLINGAR
TOWN BAND

Mullingar Town Band Concert Band
FREE concerts during May
More info at www.mullingartownband.ie

Free Workshops in Community Conservation Belturbut, Cavan. 11th May

Community Conservation: Workshops for a Wilder World

Practical workshops and advice for
recording, protecting and enhancing
biodiversity in your community

Sunday 11th May
11am - 3.30pm

Civic Centre, Belturbut, Cavan
with field trip along Turbet
Island Loop Walk



Public Participation
Network Cavan



Book your FREE place at

www.eventbrite.com/e/1320305331789?aff=oddttdtcreator



MULLINGAR
**Mental Health
Association**

Mullingar MHA invites individuals, clubs, groups, workplaces in Westmeath to join Mental Health Ireland's annual health promotion campaign

"HELLO, HOW ARE YOU?" DAY
15th MAY 2025



Visit [**https://hellohowareyou.info**](https://hellohowareyou.info)



Merin Rebecca Thomas
WPPN Secretariat



Cathryn Whelehan
WPPN Secretariat

WPPN PLENARY – APRIL 2025



Alison Hough
WPPN Rep and Westmeath
Climate Action Network



Paula O'Connor
Womens Community Projects,
Mullingar

Delvin Book Festival

Devlin Book Festival
Sunday 4th May
Starts at 12:00
Main Street, Delvin,

For more info visit

<https://delvinbookfestival.com/>



Political Communications and Advocacy Skills Workshop

The Irish Council for Civil Liberties (ICCL) with support from St. Stephen's Green Trust are delighted to offer a **free** online political communications and advocacy workshop on **Thursday June 5th, 18:00-20:00**

This workshop is aimed at PPN members in the Midlands and Border area and will cover topics such as;

- *Understanding the political system*
- *Knowing when and how to effectively communicate with TDs and senators*
- *How to research and present information on your causes to enhance political impact*
- *Understanding your lobbying obligations*

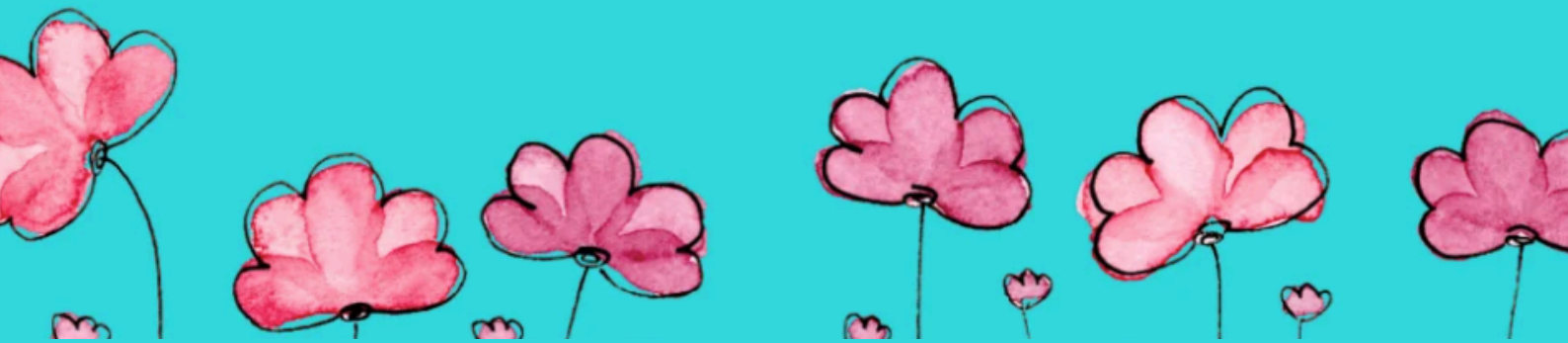
To register for this free event please click [here](#). More information on Rochtain can be seen by clicking [here](#).

WCC Library Events

Bealtaine Festival

An Age & Opportunity **arts** initiative

in Westmeath Libraries



Westmeath Libraries are delighted to host a wide variety of events this May as part of the Bealtaine Festival, Ireland's national celebration of the arts and creativity as we age.

Established in 1995, Bealtaine is one of Ireland's largest co-operative festival and the world's first national celebration of creativity in older age.

For more info on the many events being held visit

<https://westmeathculture.ie>





Africa Day 2025

Vibrant celebrations are set to get underway across the country this May as Africa Day returns!

Flagship Event in Dublin

18th May. Royal Hospital Kilmainham, Dublin.

Westmeath Events include –

Athlone Africa Day 2025

Saturday, 24th May

Burgess Park, Athlone, 1-8pm

Colours of Africa – A vibrant art experience

23rd to 24th May Moate and Athlone

Africa Day in Moate

23th and 25th May

View all event listings at
[Africa Day 2025 | Ireland.ie](https://africaday2025ireland.ie)



WCC Library Events



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

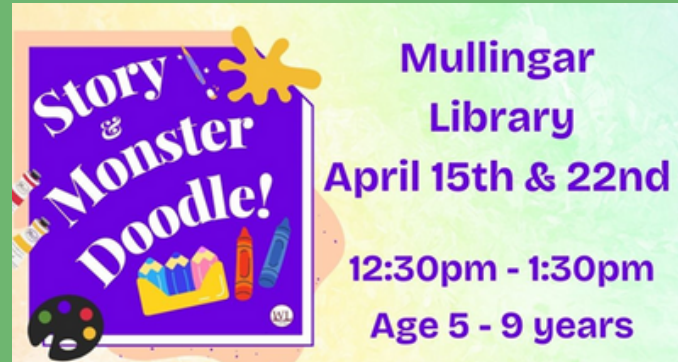
<https://www.librariesireland.ie/services/reading/supporting-childrens-reading>



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

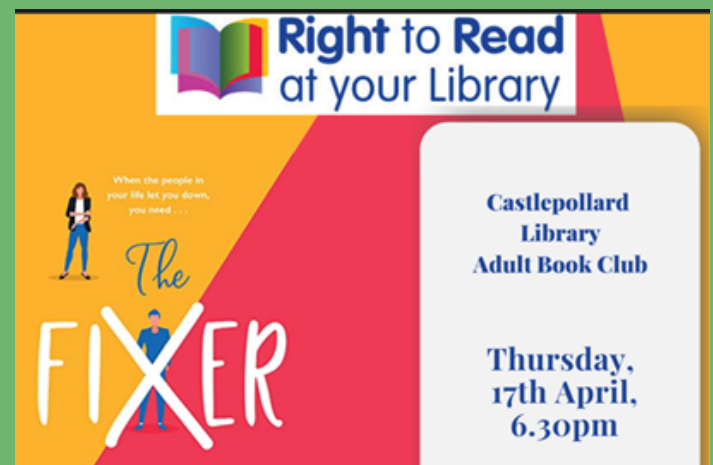


Castlepollard Library - Craft Workshop
Thurs April 10th 3.30-4.30 pm
Booking at 044 9332199
cpdlib@westmeathcoco.ie



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/>





WPPN PLENARY INFO VILLAGE APRIL 2025

Celebrating 15 Years

Host a party
with your
neighbours!

STREET FEAST

Annual
weekend of
street parties &
community
lunches

24th & 25th May 2025



Register and get your free party pack at
www.streetfeast.ie

Find out more



Brought to you by
**Neighbourhood
network**



Supported by
**Rialtas na hÉireann
Government of Ireland**

Moate Town

hosts the Westmeath Fleadh 2025
9th-11th May



9th-11th May
Moate



Tuar Ard, Arts Centre
Moate
<https://tuarard.ie/>



Dún na Sí Amenity &
Heritage Park, Moate
-<https://dunnasi.ie>



SAT
10

May 10 @ 9:00 am - 2:30 pm

Drumraney National School – Hop on Your Bike!

Maryland GAA Pitch Drumraney, Athlone, Co. Westmeath, Ireland



**WESTMEATH
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

We will hold the event in our local GAA club Maryland GAA grounds. Each child will bring their bike and we will employ coaches from the local triathlon club to facilitate the training. Children will be taught about safety on bikes on the road, the importance of using safety equipment such as hi-vis jackets and cycling safely and responsibly. The coaches will show the children skills on the day and will hold a mini cycling event at the club.

SAT
10

May 10 @ 9:00 am - May 18 @ 9:00 am

CCK Bike Week at Columba College Kilucan

Columba College Kilucan Co. Westmeath, Ireland



**WESTMEATH
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

To raise awareness of road safety for local students who cycle to school

SAT
10

May 10 @ 9:20 am - May 18 @ 4:00 pm

Bike and Mend – Scoil Eoin Naofa

Scoil Eoin Naofa Co. Westmeath, Ireland



**WESTMEATH
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

Cycling from the school down to the lake. Workshop back at the school with the Menshed showing us how to put a chain back on a bike, pump a wheel and fix a tube

More info at

<https://www.transportforireland.ie/getting-around/by-bicycle/bikeweek/>



€1.5M funding to promote Irish Language employment opportunities awareness

Funding approved for Gluaiseacht-
Conradh na Gaeilge's interactive
awareness roadshow highlighting Irish-
language employment opportunities for
young people

Breis airde le tarraingt ar dheiseanna
fostaíochta Gaeilge do dhaoine óga agus
buaic-mhaoiniú 3 bliana ceadaithe do
Ghluaiseacht - seó bóthair feasachta
idirghníomhach de chuid Chonradh na
Gaeilge

For further info on careers
and roadshow visit

<https://peig.ie>

<https://cnag.ie>



Community Safety Fund 2025 open for applications

The annual fund allows for the proceeds of crime, seized by the Criminal Assets Bureau (CAB) and An Garda Síochána, to be directed into local projects to support and enhance community safety.

Application deadline 16 May 2025

More Info at

<https://www.gov.ie/en/department-of-justice/campaigns/community-safety/>

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

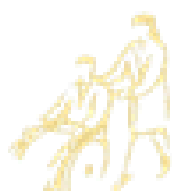
Telephone Linda Jo Quinn 087-250 0161 - Hurry though to secure your place

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



Fora chomhoibrithe ag an Eoraip
Co-fundúir leis an Eoraip
Co-funded by the European Union



pobal
community support committee



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

The Royal Irish Academy Commemorations Bursary for new local research and local history studies.

Deadline for applications is 15 May 2025.

<https://www.ria.ie/grants/commemorations-bursary/>

The Great Irish Fossil Hunt citizen science initiative is inviting the public to get involved and find fossils. Information will be used to build a fossil map of Ireland.

Closing date 31 August 2025.

<https://www.ucc.ie/en/fossil-heritage/thegreatirishfossilhunt/>

National Heritage Week Training Days organised by the Heritage Council

Sat 17th May - In-Person – Bridge House, Tullamore

Wed 28th May- Online

<https://www.heritageweek.ie/get-involved/training-days-for-organisers>

Keep up-to-date with WCC Heritage News at

WCC Arts Office Notes

Creative Westmeath
Learn more about the Creative
Ireland Programme by looking
through their 2024 Progress Report
<https://report2024.creativeireland.gov.ie>

- 1,100 projects
- 1,300 Cruinniú na nÓg events
- 7,334 creatives supported



Keep up-to-date with WCC Arts News at

Kilbeggan Town First Meeting

Sector Groups evening
Wednesday 07th May 2025 at 7pm

at the Kilbeggan Parish Centre, N91 PPK1

List of sector groups that could make up the
Kilbeggan Town Team

- Heritage and conservation.
- Residents' associations.
 - Development associations.
 - Youth and children associations.
 - Education groups.
- Business, commercial and social enterprise.
- Social inclusion and age friendly.
- Community and voluntary.
- New communities.
- Tourism.
- Disability and mental health.
- Agriculture and transport.
- Religious groups.
- Tidy Towns.
- Arts and culture.
- Sports.
- Elected members.
- Political representation organisations.
- Biodiversity organisations.
- Social service.
- Youth outreach.
- Drugs mental health outreach.
- Older persons community outreach.
- Community safety and security organisations.
- Other.
- Specialist interests' organisations.

Questions, please email TCF@westmeathcoco.ie

KILBEGGAN
YOUR TOWN TEAM GET INVOLVED!



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

Tionscadal Eireann
Project Ireland
2040

Ár dTodhchaí
Tuaith
Our Rural
Future



Lár Bailte ar dTús
Town Centre First


WESTMEATH COUNTY COUNCIL
Comhairle Chontae na hIarmhí



WPPN SECRETARIAT AND STAFF 2025

Pictured at our recent Plenary Event.

Left to Right.

Nick Linnane, Mick Kenny, Martin Fagan (WPPN Staff), Cathryn Whelehan, Merin Rebecca Thomas, Mark Ahern (WPPN Staff), Angela Locke-Reilly, Vinny Bagnall, Joe McEvoy, Margaret Egan (WCC Liaison Officer to WPPN)

Nick Linnane, Angela Locke-Reilly and Joe McEvoy were elected to the Secretariat at our April Plenary following the stepping-down of long-term members - Anne Drury, Dave Raftis and Hugh Farrell.



'GREEN'

YOUR FESTIVAL & EVENTS



Catering

- Choose local catering companies to reduce transportation miles
- Prevent the creation of waste by limiting the use of disposable items e.g. take away cups, tableware, cutlery, napkins, straws etc.
- For unavoidable waste, provide bins to segregate waste into recyclables, general waste and food waste.
- Encourage the use of reusable water bottles & provide water foundations/refill points at the event.
- Promote a reusable cup system for hot drinks.



Transport

- Promote the use of public transport, have public transport information readily available to and from the venue.
- Plan start and finish times to coincide with public transport timetables.
- Plan and promote efforts like park and stride
- Promote the use of bicycles and have bicycle facilities in place.



Waste

- Never litter – always ensure you bring your waste home or use the bins provided.
- Minimise literature by using emails, online marketing and information boards.
- Use signage and posters that can be reused.
- Encourage use of your website for informational material
- Limit the size, quantity and frequency of printed materials. If printing is required, print double-sided using recycled paper.
- Any branded materials, such as pens etc. should be made of recycled, biodegradable and sustainably sourced materials.



Energy

- Use energy efficient equipment where possible
- If using boilers or generators, use sustainable carbon neutral fuels such as biodiesel or wood pellet.
- Use natural daylight as much as possible

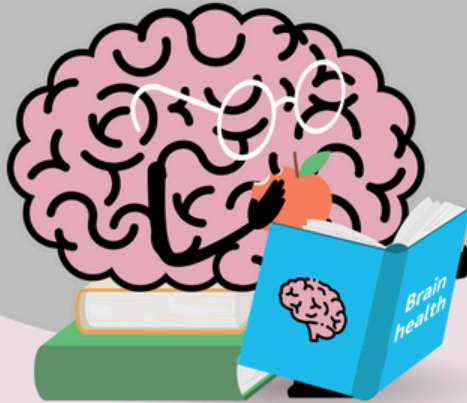


dementia

under stand together

Brain Awareness Week

Learn more about the risk factors
of developing dementia.



#BrainAwarenessWeek2025

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

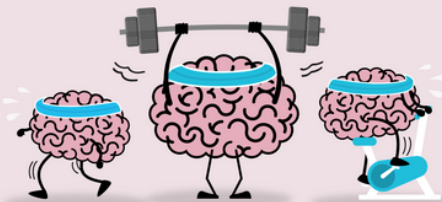
dementia
under stand together



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

#BrainAwarenessWeek2025

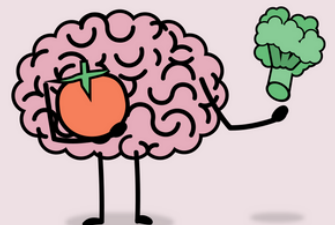
dementia
under stand together



Aim for 150 minutes
of physical activity each week.

#BrainAwarenessWeek2025

dementia
under stand together



Eat a balanced, healthy diet.

#BrainAwarenessWeek2025

dementia
under stand together



Aim to drink less alcohol.

#BrainAwarenessWeek2025

dementia
under stand together

Stay socially connected
with people.



#BrainAwarenessWeek2025

dementia
under stand together

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



Free support is available.

#BrainAwarenessWeek2025



**"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

Community Information Meeting

PROTECTING AND RESTORING WESTMEATH'S NATURAL WATERS

The Local Authority Waters Programme (LAWPRO) invites you to a meeting about the ongoing water quality analysis of your local natural waters.

Join us to discover how this will help protect and improve your local waterways!

Scan to Register



7:30-9:30pm
22 May 2025

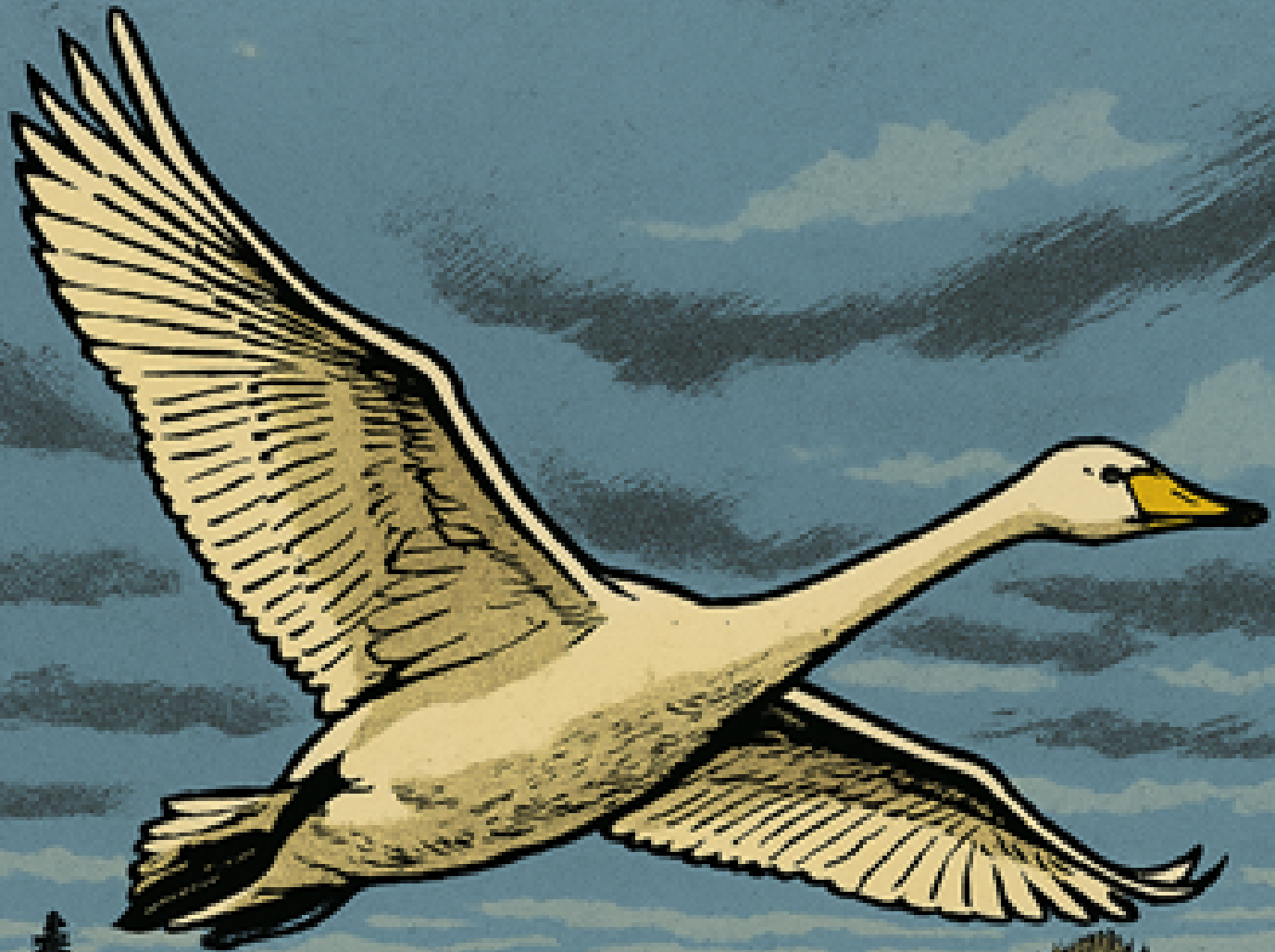
Bloomfield House Hotel
Mullingar
Co. Westmeath
N91 HP8E

EVERYONE WELCOME!

SPRING/SUMMER 2025

Flood Talks Rivers

A NEWSLETTER FOR MIDLANDS AND EAST WATER COMMUNITIES



Sign up for the Local Authority
Waters Programme newsletter –
visit <https://lawaters.ie/>

Local Authority
Waters
Programme



vibrant communities | catchment assessment | healthy waters

EU Just Transition Fund

EU JTF BIOECONOMY DEMONSTRATION INITIATIVE 2ND CALL

Pre-call Announcement

Start preparing your
ideas and get your
partners aligned now!

Call will officially open
soon



BIOECONOMY IRELAND



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach

Co-funded by the
European Union



Tionól Réigiúnach an
Oirthir agus Lár Tíre
Eastern and Midland
Regional Assembly

More Information at www.gov.ie

<https://www.gov.ie/en/departments/publications/2025-eu-just-transition-fund-bioeconomy-demonstration-initiative-call-2/>

Scan to access the
'Code of Practice for
the Safe Operation of
Recreational Craft'



SIX STEPS TO SAFE BOATING

The Irish Coast Guard, Water Safety Ireland and the RNLI are sharing **key water safety advice** to help keep you safe on the water:



Check weather, wind, and tides before going on the water.



Always wear a lifejacket.



Inform someone ashore of your plans and return time.



Ensure there is an emergency action plan in place, and everybody has an onboard briefing.



The 'Code of Practice for the Safe Operation of Recreational Craft' contains information & guidance for users.

**112
or
999**

If you see somebody in trouble on the water or along the coast, or think that they are in trouble, dial 112 or 999 and ask for the Coast Guard.



Garda C  sta na h  ireann
IRISH COAST GUARD




Lifeboats



Rialtas na h  ireann
Government of Ireland



Always Children First

FOUNDATION LEVEL TRAINING FOR CHILDMINDERS

This programme has been developed to support Childminders to understand their responsibilities under the Children First National Guidance and the Children First Act, 2015 and considers the unique position of Childminders and the home environment in keeping children safe from harm.



**12th & 19th
May 2025**



**6:30pm
9:30pm**



**Westmeath County
Childcare Committee, Old
Mullingar Area Offices,
County Buildings,
Mullingar, N91 E430**

**To book a place please click on Eventbrite link or
contact childminding@westmeathchildcare.ie**



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



Chime
The National Charity for
Deafness and Hearing Loss

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



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.

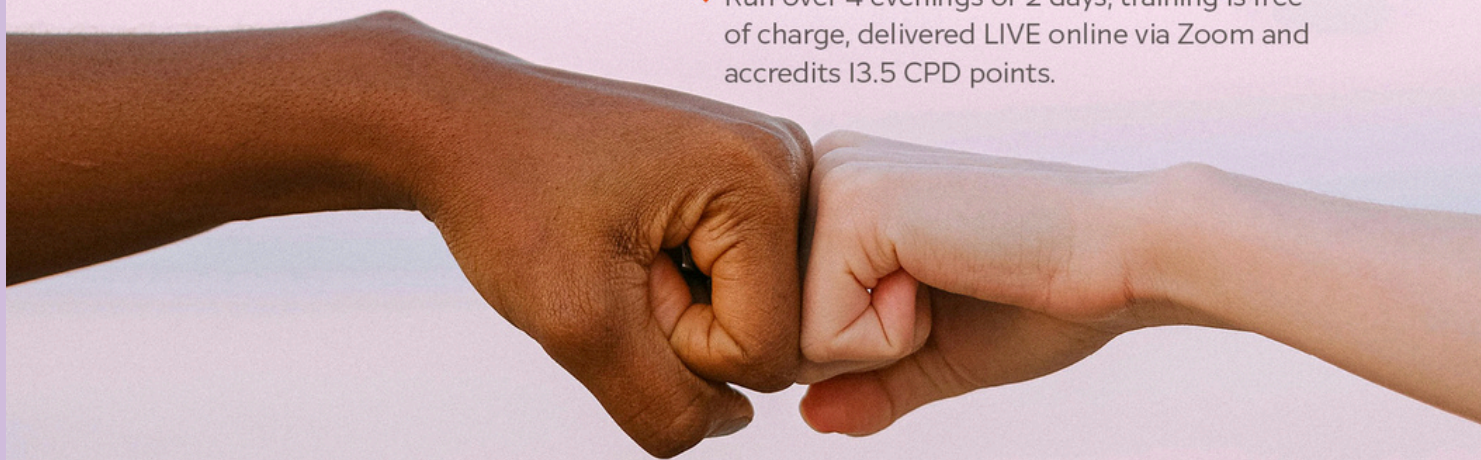


Can you offer **mental health support** to others? Do you know what to say or do?

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@cycleagainstsuiticide.com

Or register directly online with this QR code or at:

www.cycleagainstsuiticide.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



CELEBRATING 30 YEARS
Bealtaine

Ireland's national festival celebrating the arts
and creativity as we age. May 2025

30



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

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

Westmeath
PPN



PUBLIC PARTICIPATION NETWORK

The Voice of the Community