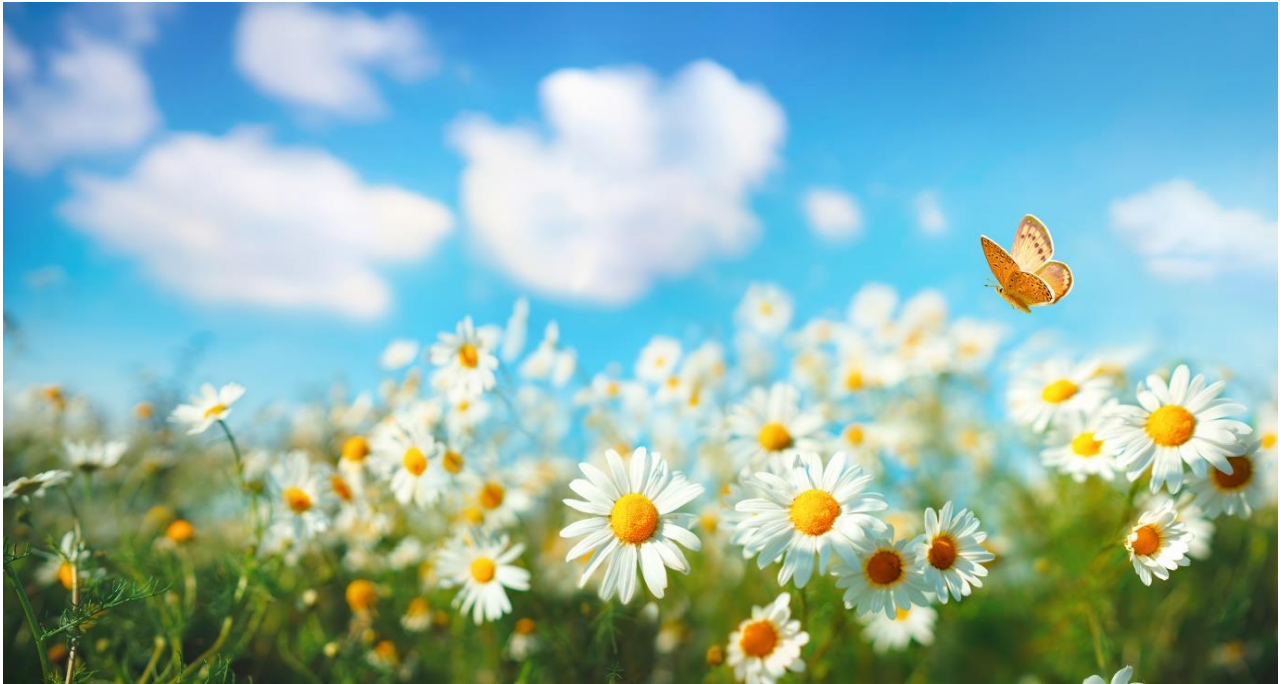




SUMMER NEWSLETTER

JUNE 2020



ROSCOMMON LEADER PARTNERSHIP UPDATES

RLP Offices: Covid-19 Working Arrangements

Roscommon LEADER Partnership offices will remain closed to the public. Be assured that you can continue to contact us, as all of our staff continues to work remotely. You can contact us on 090 6630252 or reception@ridc.ie if you wish to access our services.

We will continue to provide information in relation to the ever changing nature of this pandemic. Besides this newsletter, the [Roscommon LEADER Partnership Facebook Page](#) remains very active and up to date, so please follow us for all relevant information as soon as it becomes available.

Roscommon LEADER Partnership are a member of the Roscommon Covid-19 Community Response Forum which is being led by Roscommon County Council. This has been set up to ensure a co-ordinated response to the delivery of services to older and vulnerable members of our community at this time. You can contact them on Freephone number 1800 200 727 or covidsupport@roscommoncoco.ie. This service is available Monday to Sunday from 8am to 8pm.

RLP Supports to Individuals

Coming out of “Lockdown” support

Job seeking support, seeking clarity, online training and interview support



- Online support and support getting online for interviews and training
- CV Preparation & job seeking skills
- Confidence building
- Mock Interviews
- Managing Pre interview anxiety
- Life coaching for clarity and emotional mastery



Contact Teresa O'Brien on 086 029 1215,

Email teresa@ridc.ie

2018 SICAP (Social Inclusion Community Activation Programme)

Upcoming Self Employment Training Opportunities

Two Online Training Workshops via Zoom will take place in June:

Social Media Marketing Workshop on Wednesday, 10th June

Accounts/Tax Workshop for Monday, 15th June

NB: Both of these workshops are directed at the unemployed or those redundant from work or the underemployed who are planning to set up new enterprises at this time.

For more details contact Noel Connolly noel@ridc.ie or M: 0876388590

Upcoming Return to Work & Jobseeker Training Opportunities

Food Safety

Manual Handling

Farm Safety Statement Training / Online Agri-related training

All workshops will take place online during the month of June. To register, please [click here](#) or alternatively, contact Anthony on 086 8264868



Roscommon LEADER Partnership Company is delivering the SICAP programme on behalf of Roscommon Local Community Development Committee, which is a committee of Roscommon County Council. 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

Roscommon Youth Service

At present we are supporting the youth all around the county to cope with the Covid-19 pandemic. We are doing this through online activity groups, WhatsApp and one to one support.

Beat the Boredom 10-12 years

This is an activity group where individuals age 10-12 years in Roscommon can come together, have fun and stay connected. This group is a zoom group every Tuesday at 12pm.

Beat the Boredom 13-16 years

This is an activity group where individuals age 13-16 years in Roscommon can come together, complete fun activities, make new friends and stay engaged in services within the county. This activity group is an online zoom group every Wednesday at 3pm. If you would like to join this group please contact Aoife-086-6036050 or Karen- 086 6037598.

Music Generation

Music generation is an online tutorial for young people aged 13-18 in Roscommon, to learn musical instruments, via the online platform zoom.

Leadership for Life

Leadership for life is a Foróige training which we are facilitating, this training will encourage participants to improve and gain skills such as communication, teamwork, problem solving, critical thinking and self-awareness.

One to One Support

We are working with several young people to support them through this difficult time. We are completing this in a variety of ways including posting resource to individuals, supporting career preparation, mindfulness information and information gathering. If you would like one to one support please contact Aoife 086-6036050 or Karen 086-6037598.

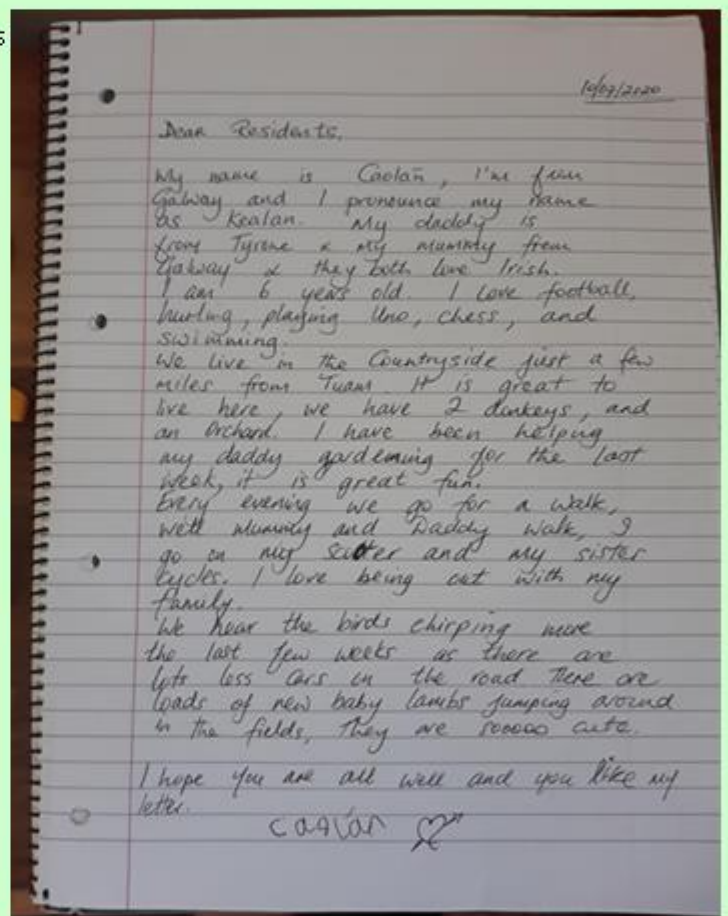




Letters of Hope!

Letters of Hope offers a sense of connectedness and hope whilst we are all abiding by social distancing. This provides volunteers of all ages the opportunity to share a letter or a story with people living in Nursing Homes who are unable to receive visitors or where visiting is restricted due to covid-19.

To date in excess of 30 volunteers from as far away as Singapore are writing letters on a weekly basis and sending photos of nature and places of interest. The project is supported by Roscommon LEADER Partnership and Roscommon Volunteering Information Services. We ensure the letters and photos are clear and easy for all the residents to read. Could you help in brightening up somebody's day with a letter?



If you would like to join our Letters of Hope team, please email Mena on 086 0499394 or email mena@ridc.ie

Below is one of the numerous letters we have received and circulated to nursing homes in the county. The nursing home residents are delighted with the contact from our letter writers.

Supports for Self Employed

Good for Businesses to Talk and Explore New Business Models during Covid-19

Winston Churchill during the Second World War said "When you are going through hell keep going". A lot of people may identify with those words in these times of Covid-19.

In these unprecedented times trying to return to business or running a business are particularly difficult and challenging. After months of mental and physical isolation enterprises are grappling with the new realities of social distancing and health and hygiene. A very useful document all enterprises should have a copy of if they haven't already got it is 'The Roadmap for Reopening Society and Business'. This outlines by sector when businesses and activities can reopen as well as social distancing and safety guidelines and can be accessed [here](#)

Having been directly in touch with many businesses over the past few weeks, I have become aware of the toll the mental and physical isolation Covid-19 has brought with it together with uncertainty and the stresses this creates for livelihoods and the future viability of businesses. It is very important then for people to talk about all of this to business mentors and to other businesses in your own sector to plan the best way forward. It is to, good to talk and explore what should you be doing as a business now whether you are back operating already or planning to do so. In particular it is critical to explore new business models in the context of social distancing and health and safety, online selling opportunities, cash flow management, and maybe the possibility of some form of income diversification within your existing business. In these times the old Irish saying holds true 'Ní neart go cur le chéile' (Our strength is in our unity).

Business networking with other positive business people as well as the use of professional business mentors was never as important as now in order to look at the type of business model changing that is required to support the future viability of your business. A head to toe innovative review of every business is necessary at this time.

A wide range of business mentoring, networking and grant aid supports that can address these challenges are available from the [Roscommon Local Enterprise Office](#).

Roscommon Leader Partnership also in conjunction with the Department of Employment Affairs and Social Protection offers grant aid and mentoring supports through the Back to Work/Short Term Enterprise Allowance Schemes for the unemployed and for those who have become redundant. www.rosleaderpartnership.ie

Roscommon Leader Partnership is open to new applications for the above schemes and can check out your eligibility for them. Tailor-made training and mentoring is being organised online through Zoom to meet the specific business planning needs of the unemployed who wish to set up new businesses. For further details contact [Noel Connolly](#) Roscommon Leader Partnership M: 0876388590

Revive and Style



Revive and Style at Roscommon Traveller Health Project

Roscommon Traveller Health Project has been operating a community development social enterprise project since 2018. This project is environmentally conscious and reduces waste disposal by using materials and objects like fabric/buttons/ribbons/zips/jewellery /carpet etc.

We secured funding through the Community Environment Action Fund 2019 from Roscommon County Council; with this fund we were in a position to design a logo for our project. With the assistance and wonderful design skills of Maria in Creative Edge Design, we came up with our logo Revive and Style as it encapsulates everything that we do from designing new styles to reviving pre owned materials and fabrics.

The social enterprise has previously been making Fidget Blankets for older people with Alzheimer's/dementia. We also make fabric bunting and tote bags to reduce waste disposal and to support a Plastic Free Roscommon.



In the current times our response to Covid-19 is to make Reusable Face Masks, to reduce the waste and disposal of one time use masks and to support those at risks or in need.

Contact Gail or by mobile (086 8532915) for more information

EU PROJECTS UPDATE

Even with the ongoing presence of Covid-19 in our communities Roscommon LEADER Partnership are continuing to learn and implement best practice models from their EU counterparts. Similar to many other programmes, staff in RLP have adapted and incorporated virtual mechanisms to ensure continuity and progression is achieved in its EU Project Portfolio. These projects support the professional development of staff, the upskilling of adults and young people through bespoke training while influencing policy change at a local level. Each project involves several partner countries joining forces to achieve individual and collective action on various issues. Here is a reminder and update on our current EU projects....



Erasmus+

Migrant Community Mediators (MCM)



Target Audiences: Community Educators, Refugees, Migrants, Policy Makers

Update: We are currently profiling best practice models of community mediation so that we can equip educators and communities with the knowledge and skills to address and overcome common societal problems in our regions. We hope to share this progress through a new website in autumn 2020.

Enabling Female Migrant Entrepreneurs (EMINENT)

Target Audiences: Female Migrant Entrepreneurs, Entrepreneurship Educators, VET Organisations



Update: RLP is continuing to engage with a range of enterprise education providers from local authorities to community organisations to improve the quality of learning opportunities for female refugees and migrants. We have just completed a first draft compendium of good practice which lists some top engagement techniques in successfully interacting with refugees and migrants while capturing best practice initiatives to increase the levels of female migrant entrepreneurship. For more information please visit our new project website on www.eminentproject.eu

European Stories



Target Audiences: Social Enterprises, Adult Trainers Job Seekers, Disadvantaged

Update: European Stories is another exciting EU project working to enhance the cultural diversity of European regions through language, culture, tourism and storytelling. We are currently bringing together groups and individuals from different local communities to encourage them to create and tell stories that add value to local cultural tourism offerings. In autumn we will commence the development of training resources for mediators and adult trainers in the creative and tourism sectors to guide their work with these groups and individuals.

DISCOVER (Digital Education for Community Educators)

Target Audiences: Adult/Community Educators, Regional Education and Training Boards', Policy Makers and Local Learning Networks.



Update: In light of Covid-19, now more or so than ever we need to provide our community based educators with high quality training on digital-teaching techniques so that they can increase their use of digital learning tools in their everyday work. We are currently compiling a toolkit to assist educators to move from classroom style learning to online. Keep up to date with this exciting project on www.discoverdigital.eu

For more information on any of the above EU project's please contact [Paul Clabby](#)

GROUP SUPPORTS

A Space for Social Enterprise Sector



Collaboration Space



Roscommon LEADER Partnership would like to invite Social Enterprise groups to a shared online space on Tuesday, June 9TH at 2.30p.m. on Zoom. This is an opportunity for groups to discuss how they are managing to continue to deliver their services in these unprecedented times.

We welcome groups to join the discussion in terms of what is working well and challenges that they may be facing. By networking, we can support and assist each other through information sharing and themed discussions some of which have included combatting loneliness, self-care and safeguarding in the social enterprise sector.

If you are interested in attending, please contact hosts, Mary Keane [here](#) or Mary Guihen [here](#) to participate!

TRAINING AND MENTORING SUPPORTS FOR SOCIAL ENTERPRISES

PILOT PROJECT

Roscommon LEADER Partnership successfully secured a new pilot project for Social Enterprises in the County, Training and Mentoring Supports for Social Enterprises Pilot project.

Mary Guihen will be working Monday, Tuesday and half day Wednesday and can be reached on 085 1376500 and maryguihen@ridc.ie

Mary Keane will be working Tuesday, Wednesday and half day Thursday and can be reached on 086 7808363 and marykeane@ridc.ie

The project will be offering training, both group and individual one to one support for social enterprises and will also help with developments of plans tailored to specific Social Enterprises. Some of this training will be offered online.

One of the immediate offerings of the project is support to existing enterprises returning to operations as the Covid-19 restrictions begin to lift. We are hoping to offer support with measures that your enterprise needs to put in place including guidance around signage, social distancing, hygiene measures, and instilling confidence in customers. We are also hoping to develop a toolkit for groups to take away and see what best fits their own particular setting.

Other training on offer includes:

- Marketing and Social Media Marketing Strategy Training to help people move online which is now a very important platform for those that move some of their business online
- Marketing and Social Media Marketing Innovation Clinics
- Governance Innovation Clinics
- HR Employment Law Innovation Clinics
- Finance/ Funding and Revenue Generation and Scaling Up Innovation Clinics
- Data Protection Training
- Tendering and Procurement Clinics
- Risk Management Training
- Equality and Ability Awareness Training
- Bookkeeping Clinics

These training sessions will be organised in accordance with HSE guidance on social distancing and many are likely to be held via zoom or other platforms.

Please note places are very limited; however, we will do our best to accommodate as many of you as possible.

RLP Community Group Supports and Services



Community Groups that are looking for support please contact 090 6630252:

<u>Sector 1</u>	<u>Sector 2</u>	<u>Sector 3</u>	<u>Sector 4</u>
<u>Martina Earley</u>	<u>Christopher Scally</u>	<u>Tommy J Mc Dermott</u>	<u>Helen Mc Ginty</u>
St Michaels	Western Gaels	Elphin	Strokestown
St Ronan's	Eire Og	Kilmore	Kilglass Gaels
Boyle	Micheal Glaveys	Shannon Gaels	St. Barrys
Ballinameen	Ballagh	Tulsk	St. Faileachs
<u>Sector 5</u>	<u>Sector 6</u>	<u>Sector 7</u>	<u>Sector 8</u>
<u>Gail Murray</u>	<u>Paul Clabby</u>	<u>Noel Egan</u>	<u>Amanda Mee</u>
Castlerea	Roscommon Gaels	Creggs	Clann Na Ngeal
St. Croans	Kilbride	Fuerty	Padraig Pearses
Oran	St. Josephs	Athleague	St. Brigid's
		Tremane	St. Dominic's
			St. Aidans

Ballaghaderreen Family Resource centre is open but working behind closed doors, offering phone, video, social media and email support to the families of Ballaghaderreen and surrounding areas during the Covid-19 emergency.



We have received a huge response for resource pack for adults and children, so far 280 packs have been provided to families. The packs containing information on Covid-19 and strategies for remaining both physically and mentally healthy, healthy eating and information on organisations available to support families during the crisis.

We are at the end of the phone for any and all concerns or questions families will have at this time Monday to Friday.

We can be contacted at the following:

Linda 086 7807438 - lindadevine@ridc.ie **Kara 086 6048560** – karareynolds@ridc.ie

We are continuously updated our Facebook page and twitter with updates and helpful resources. For more information or to make contact through Facebook, [click here](#)



Launched in 2008, the Roscommon Friendly Call Service provides a weekly phone call to clients and provides social contact. Staff and volunteers call clients sometimes daily or a few times a week to check in with them ensuring they are well and having a quick chat. The staff and volunteers who operate the service have plenty in common with the clients and understand issues concerning isolation or older people living in County Roscommon.

The Friendly Call Service works towards improving and protecting the social living standards and very importantly in reducing the feeling of isolation often experienced by people countywide. The service is supported by public health nurses around the county who engage with older people, and they encourage people to avail of the service.

The Friendly Call Service also acts as an emergency action service. In the event of there being no response to the call by the client, the friendly call service staff will contact a next of kin to check on the client's well-being.

If you or someone you know would like to avail of the service, please contact **Sandra** on **090 6630252** or **Eileen** on **086 412 4096**.



Keadue Social Services



Keadue Social Services
Community Matters

What We Do

Keadue Social Services Centre offers a wide range of activities and supports for Older People and Adults with a Disability. Keadue Social Services aims to provide a range of social and health supports for older people and adults with disabilities enabling them to remain as independent as possible in their own homes and communities.

Meals on Wheels Service

Keadue Social Services Centre provides freshly cooked meals available Monday to Friday.

A Hot Main Course Meal can be delivered to you to enjoy in the comfort of your own home for €6.00 per meal with free dessert on Fridays.

A scone and yogurt can also be delivered.

Meals must be ordered by 9.30am each day.

Laundry

Keadue Social Service provides a laundry service Monday to Friday.

Contact the centre to arrange collection.

Areas Covered

If outside this area, please contact the centre to discuss your needs with the manager.

Arigna, Ballyfarnon, Crossna, Knockvicar, Ardcarne, Boyle, Cootehall, Croghan, Carrick on Shannon, Drumboylan, Leitrim Village, Drumshanbo

Please Contact:

Julie Dockery, Manager of Keadue Social Services on 086 174 9816



An Roinn Forbartha
Tuaith agus Fobail
Department of Rural and
Community Development



Information and Activity Packs



DEAR COMMUNITY MEMBER,

Roscommon LEADER Partnership knows that the last few months have been a challenge and with this in mind, we have developed information and activity packs for individuals and families.

Please ring, text or email us if you would like an activity pack and we will try to get a pack to you.

Resilience Packs for Young People

Call / Text Aoife Guihen 086-6036050 or Email aoifeguihen@ridc.ie
Call / Text Karen Bowens 086-6037598 or Email karenbowens@ridc.ie

Outdoor, Activity and Challenge Packs for People with Disabilities

Call / Text 086 791 2460 Rebecca Whelan or Email rebeccawhelan@ridc.ie

Older Person Cocooning Pack

Call/Text 090 6630252 Elaine Doran or Email elaine@ridc.ie

Resource and Activity Pack for People living well with Dementia

Call / Text Linda Sice 087 6388589 or Email linda@ridc.ie



A Space for Community / Voluntary Sector



Collaboration Space



Roscommon LEADER Partnership would like to invite Community groups to a shared online space on Wednesday, June 10th at 3.30p.m. on Zoom.

This is an opportunity for groups to discuss how they are managing to continue to deliver their services in these unprecedented times.

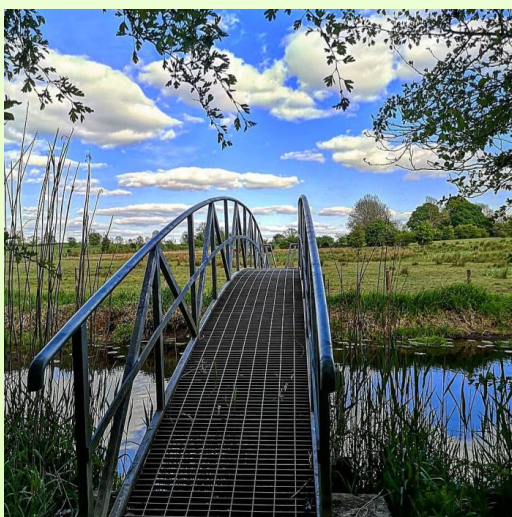
We welcome groups to join the discussion in terms of what is working well and challenges that they may be facing. By networking, we can support and assist each other through information sharing and themed discussions some of which have included combatting loneliness, self-care and safeguarding in community and voluntary sector.

If you are interested in attending, please contact host Linda Sice [here](#) to participate!

RURAL RECREATION

Life in lockdown has brought a new appreciation for the outdoors and the important role it plays in supporting our physical and mental wellbeing. Roscommon LEADER Partnership are continuously working to improve the outdoor recreation product in the county and to open up the countryside for trail users.

One of the most notable rural recreation projects in the past year was Roscommon LEADER Partnerships contribution to the development of the Beara Breifne Way in Roscommon. The Beara Breifne Way is Ireland's longest walking trail, starting in the Beara Peninsula in Cork and finishing in Blacklion in county Cavan. The Beara Breifne Way is made up of 11 long distant walking trails, three of which pass through Roscommon; The Suck Valley Way, The Miners Way and Historical Trail and the Lung/Lough Gara Way.



The Miners Way and Historical Trail was extended by 10km to facilitate the development of the Beara Breifne Way. 2019 also saw the creation of a new long distant waymarked trail in Roscommon and Sligo, the Lung/Lough Gara Way (57km). The trail was developed with the support of Roscommon LEADER Partnership, the local authority and the community groups along the route. This was the final link in establishing the Beara Breifne Way in county Roscommon

The Suck Valley Way also benefitted from recent enhancement works through funding secured through the Outdoor Recreation Infrastructure Scheme provided by the Department of Rural and Community Development. A number of wooden bridges were

replaced on the walk. The directional signage was upgraded to include the Beara Breifne Way brand and new promotional material was produced in line with Failte Irelands destination brand for the midlands 'Irelands Hidden Heartlands'.

The Rural Social Scheme played a major role in the recent development work on the Suck Valley Way and their ongoing trail maintenance work is an invaluable asset for the walking trails in the county.

Roscommon LEADER Partnership look forward to continuing with our development work and welcoming you all back on the trails in the near future.

For now, please adhere to all HSE guidelines when enjoying the outdoors.



ABILITY PROGRAMME

Update

From the Ability Team

The Ability Programme in conjunction with SICAP and Roscommon Youth Service have been doing some great work during this time with the following initiatives:

Leadership for Life training

This has been taking place with the use of ZOOM over the last number of weeks. The aim is to develop participants communication, team work and leadership skills.

The Ability team, SICAP and Roscommon Youth Service would like to say well done to everyone involved!

Employability Skills Development Training

This online training initiative has just started last week through the use of ZOOM. Upon completion participants will have successfully completed an ASDAN module on Employability Skills Development.

Cooking Skills Online

Participants on the Ability Programme are also participating in an online cookery skills course supported by the GRETB and SICAP which will prove to be very enjoyable!

#COVID-19
#RLP
#ABILITY

Walk and Talk

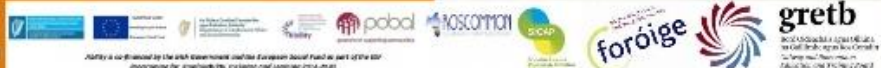
The Walk and Talk Initiative has been ongoing since March. With support from Ability, Roscommon Youth Service and SICAP it has proven very successful. The group helps the participants to provide peer support to one another and promotes positive physical and mental health.

#HOLDFIRM

Ability participants engaged in the Hold Firm campaign by contributing their own drawings of rainbows and photos which we created into a slideshow and posted on facebook.



Made with PosterMyWall.com



VOLUNTEER OPPORTUNITIES

Answering the Call

As part of our response to Covid-19, Roscommon LEADER Partnership in conjunction with Roscommon Volunteering Information Services launched a new Practical Support Volunteer Initiative for people who have concerns or are facing difficulties.

Volunteers are recruited and following induction they provide assistance to older and/or vulnerable people with daily task e.g. collection and delivery of items to a person including groceries, fuel etc.

We have volunteers located across the county carrying out these tasks on a daily basis. However, the demand for the service is very strong and we urgently need more volunteers to join us in helping to provide this vital service in the community.

Interested in hearing more?

You can log onto www.volunteerroscommon.ie or contact Mena on mena@ridc.ie or telephone 086 0499394



Covid-19 Advice for Vulnerable People

[Please click here for further
information](#)

Covid-19 How to Protect Against Fraud and Generate Trust

[Please click here for further
information](#)

Dedicated community support helpline now available

[Click here for further information](#)

Appointment of Temporary Agent to collect DEASP payments

[Please click here for further
information](#)

Appointment of an Agent in other cases to collect DEASP payments

[Please click here for further
information](#)

Poster for Vulnerable People

[Click here for further information](#)

Listing of Shops and Pharmacies – Co. Roscommon Offering delivery

[Please click for further
information](#)

Let's get walking! Competition

[Please click for further information](#)

Volunteer Information Service Competition

[Please click for further information](#)

