One Donegal Social Inclusion Week 2021



11th - 18th October 2021











Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2021 a chur in bhur láthair.

One Donegal - Social Inclusion Week 2021 provides an opportunity to highlight the various activities undertaken locally to involve and include everyone in our County.

This programme of events also provides an occasion to increase our awareness and understanding of inclusion and diversity in Donegal. This year the events during Social Inclusion Week will be a blend of online and in person events.

I wish every success to the week of events and would urge everyone to take part in the celebrations and activities.

Ba mhaith liom buíochas a ghabháil leis an lucht eagraithe agus le gach rannpháirtí in An tSeachtain um Chuimsiú Sóisialta 2021 agus tá súil agam go mbeidh tú páirteach linn sna himeachtaí agus sa cheiliúradh.

> Cllr Jack Murray Cathaoirleach



Ba mhaith liom an deis seo a ghlacadh cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2021 i nDún na nGall.

Social Inclusion is about creating a fair and inclusive society. It is about ensuring that everyone has the opportunity to be part of the community in which they live regardless of their

circumstances or background.

Social Inclusion is about supporting people who are disadvantaged and marginalised and helping them to participate in all aspects of social, cultural, economic and political life.

One Donegal - Social Inclusion week 2021 is an opportunity to showcase the great work taking place throughout the County which aims to improve the quality of life for all.

Bí linn sna himeachtaí atá beartaithe, le do thoil, agus cuidigh le Seachtain um Chuimsiú Sóisialta 2021 den scoth a bheith againn, mar go mbaineann an Cuimsiú Sóisialta le gach duine.

> John VNc Laughlin Chief Executive / Príomh-Theidhmeannach

Online Webinars
on current
issues relating to
Social Inclusion
in County Donegal

Intercultural Awareness & Anti Racism Training



This online workshop will explore Interculturalism, Diversity and exploring racism in Irish Society.

LEAD PARTNER	TO PARTICIPAGE
Donegal Public	Email mclyde@donegalcoco.ie
Participation Network	to register

13th October | **11**am – **12**pm

LGBTQ+ Awareness Online Training



The ABCs of LGBTQ+

LEAD PARTNER	TO PARTICIPAGE
Donegal Public	Email mclyde@donegalcoco.ie
Participation Network	to register

13th October | 11am

Fraud & Scam Awareness Online Training



Open to all – increased awareness of scam types, and how to protect yourself against these

LEAD PARTNER	TO PARTICIPAGE
Donegal Public	Email mclyde@donegalcoco.ie
Participation Network	to register

14th October | 2pm

World Singing Day



Here Comes the Sun Ceol Le Cheile

"Here comes the Sun" has been selected as the Song of Year & choir members will be joining with singers from all around the world to promote singing as a catalyst for human connection & inclusion.

LEAD PARTNER	TO PARTICIPAGE
Donegal County Council & Ceol le Cheile	Online

16th October | 2pm - 5pm





The Donegal Intercultural Platform is an independent non-governmental organisation (NGO) made up of individual members & affiliated organisations who are committed to building inclusion and equality in Donegal, in promoting Human Rights and challenging discrimination and racism. The Platform was recently awarded core funding under the Community Development Programme Pilot Scheme by the Dept. of Rural and Community Development and are now establishing an intercultural centre and office in Letterkenny.

MONDAY, 11TH OCTOBER 2021

Time	Activity/Event	Lead Partner	To Participate	Description
10.30 am – 11.30am	Launch of Social Inclusion week	Intercultural Platform & Donegal County Council	Intercultural Platform Offices	Donegal Social Inclusion Week 2021 will be launched at 10.30am on Monday 11th October at the Intercultural Platform Offices in Letterkenny. John McLaughlin Chief Executive Donegal County Council along with Councillor Jack Murray Cathaoirleach of Donegal County Council will launch the programme.
10am -12pm	Information on provision Drop in or Phone In Dedicated line: 074 97 21705	Donegal ETB	FET Centre Donegal Town (Drumcliff)	Local community two-way communication: what is available with Donegal ETB and are there any other courses they would like Donegal ETB to offer?
11:00 am	Creative Rural Outreach – Brining Storytelling and Donegal Histories to rural communities	Donegal Local Development CLG & Dark Daughter Productions	The CAKE Centre, Killygordon (Outdoors)	This will be an up close & personal One Woman Play Starring Maura Logue called Drumshee Dancehall Days. Wrap up warm, bring a deck chair, an umbrella and prepare to have some fun.
2pm	Visibility and Language Matters for LGBTQI Staff and Students	Donegal ETB	Closed event for Donegal ETB Staff	60 minute session to learn more about embracing a culture that promotes and celebrates the visibility of LGBTQI+ learners and staff. We will explore language matters and how we can open our hearts and minds to celebrate inclusion and diversity. Inclusion is everyone's business.
7pm - 9pm	LYIT ADHD Awareness Conference ADHD: It's not just for kids anymore	The Curve at LYIT	For further information, and to reserve your free place, please contact Brian McGonagle or Roisin McCormack - email TheCurve@LYIT.ie	Open to everyone (Students of any age, their parents, the general public)

TUESDAY, 12TH OCTOBER 2021

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Activity/Event	Lead Partner	Venue	Description
Telephone Clinic	Donegal ETB	FET Centre Donegal Town (Drumcliff)	Information on the range of adult part time classes, including IT.
Dedicated line: 074 97 21705			
Drop in	Donegal ETB	FET Centre Stranorlar	Planting in the garden with students.
Information Session on courses Dedicated line:			Local community information session on what courses are available.
Georgina – 074 9190610 087 7002294			
Launch Donegal Domestic Abuse Toolkit	Donegal Children & Young People's Services Committee	Womens Centre Letter- kenny	Donegal Domestic Abuse Toolkit. This Toolkit is designed to act as a supporting resource for professionals and front-line staff across statutory, community & voluntary services that offer advice, information, intervention and safe spaces to women and men, children, perpetrators and victims who experience Domestic Abuse in County Donegal. This is a collaborative inter-agency project led by the Domestic Abuse Working group of Donegal Children & Young People's Services Committee (CYPSC). Hard copies are available from Donegal CYPSC, anne.timonymeehan@tusla.ie This document can also be downloaded from www.
	Telephone Clinic Dedicated line: 074 97 21705 Drop in Information Session on courses Dedicated line: Georgina – 074 9190610 087 7002294 Launch Donegal Domestic	Telephone Clinic Dedicated line: 074 97 21705 Drop in Donegal ETB Information Session on courses Dedicated line: Georgina – 074 9190610 087 7002294 Launch Donegal Children & Young People's	Telephone Clinic Dedicated line: 074 97 21705 Drop in Information Session on courses Dedicated line: Georgina – 074 9190610 087 7002294 Launch Donegal ETB FET Centre Donegal Town (Drumcliff) FET Centre Stranorlar FET Centre Stranorlar Womens Centre Letter- kenny

TUESDAY, 12TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
11am	Creative Rural Outreach – Brining Storytelling and Donegal Histories to rural communities	Donegal Local Development CLG & Dark Daughter Productions	Ardara Day Centre, St. Shanaghan House (Outdoors)	This will be an up close & personal One Woman Play Starring Maura Logue called Drumshee Dancehall Days. Wrap up warm, bring a deck chair, an umbrella and prepare to have some fun.
12.30pm	Walkability Study	Donegal Public Participation Network	Ballybofey/Stranorlar	Study of the streetsscape in Ballybofey /Stranorlar to see how it could be made more accessible, user friendly
1pm	It's Good to Talk — Get together to remi- nisce on past events & how the pandemic has effected us all	Active Seniors Lettermacaward and Doochary	Lettermacaward Hall	We have compiled a video film entitled "Memory Lane" with over 250 photographs relevant to our community dating back over the past 50 years or so. The photographs are in monochrome and colour, the majority of which will have the relevant information such as names, location and event. There is background music covering the era which we feel is relevant to the members of our group. This will be followed by refreshments and a chance for us all to chat and catch up. All covid guidelines will be adhered to.

WEDNESDAY, 13TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
10.30am	Falcarragh Fado! Guided walk around the towen with stories and memories of yesteryear	Pobail le Chéile CDP	Gather outside an tSean Bheairic walk around the town	Older people 60+ are the primary target Secondary target anyone who is interested Invotes will be extended to Tidy Towns Group Women's Group, Parent & Toddler Group s etc
11:00 am	Creative Rural Outreach - Brining Storytelling and Donegal Histories to rural communities.	Donegal Local Development CLG & Dark Daughter Productions	Bundoran Library (Outdoors)	This will be an up close & personal One Woman Play Starring Maura Logue called Drumshee Dancehall Days. Wrap up warm, bring a deck chair, an umbrella and prepare to have some fun.
11.00am	Trip to Iosas Centre and Celtic prayer garden, Muff.	Cara House	losas Centre , Muff	Cara House Women's Group which are held Wednesday, Thursday and Friday. The ladies can enjoy a walk around celtic gardens, followed by tea/coffee and scones in the cafe.
11.30am	Re-fueling Falcarragh!	Pobail le Chéile CDP	In local café	Short Elevensies in local catering venue with summary history talk and then introduction to the next session which will be the Age Friendly Falcarragh action research study where we tour the main street and surrounding areas and map issues, needs, problems and suggestions
12pm-12.45pm	Future Falcarragh Looking at how our townscape could be more accessible, user friendly etc as a lead in to a more detailed study later this year	Pobail le Chéile CDP	Walk along the main street	Look at the kerb stones, the crossing places, seating, public amenities and shelter and explore all the factors that could make the town a safer, more inclusive and ';friendlier' place to live, shop and socialise

WEDNESDAY, 13TH OCTOBER 2021

	Time	Activity/Event	Lead Partner	Venue	Description
	12.45pm – 2pm	Chewing over our findings 'Feed-Back to the Future'	Pobail le Chéile CDP	Ionad Naomh Fionnán	Sit-down but distanced light lunch of soup and sandwiches with a facilitated FeedBack to the Future session on what could make the town better for older people, people with restricted mobility, disabled drivers, wheelchair users etc.
The second secon	2pm - 3pm	Online interactive session 1 hour	Donegal ETB	Google Meet Online Google Meet joining info: Video call link: https:// meet.google.com/ozx- tpwm-khv Or dial: (IE) +353 1 571 1031 PIN: 350 770 535# More phone numbers: https://tel.meet/ozx-tpwm- khv?pin=9535202048397	Introduction to the world of Google with a focus on Google Documents (via Google MEET online)
	2pm	The Road Less Travelled - a story of Surviving Stroke and Thriving!	Donegal Local Development & Different Strokes for Different Folks	The Silver Tassie, Ramelton Rd, Letterkenny	We would like to invite you to the 'The Road Less Travelled' - a story of Surviving Stroke and Thriving! This event will inspire and give hope. There will be a range of guest speakers on the day. (Tea, coffee, scones and chat will be on the menu). We will be adhering to the strictest of Covid guidelines.
	7pm - 9pm	Easi Bookkeeping for Small Businesses (Session 1)	IDP	Online via zoom	A practical workshop for new business start- ups, giving an insight into the Importance of source documentation to support good bookkeeping. Will cover Cashbook, recording Sales, Budgeting and Trading Profit & Loss.



INTERCULTURAL AND ANTI-RACISM WORKSHOP















PPN together with the Donegal Travellers
Intercultural Training Initiative invites you
to participate in an Interculturalism and
Anti-Racism Workshop during
Social Inclusion Week 2021

WHEN?

14th October 11am - 1pm

WHERE?

Via Zoom

This workshop will explore Interculturalism, Diversity and exploring racism in Irish Society.



THURSDAY, 14TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
10am	Richard O'Neill Storytelling	Donegal Library Service	Online	Richard O'Neill has written several children's storybooks for children, winning literacy, cultural and diversity awards in the UK, Europe and USA, including being awarded National Literacy Hero status for his work with excluded communities. As an activist Richard has worked hard to positively promote Gypsy Culture and inclusion. His books all have wonderful messages for children, most especially the importance of a diverse community.
10am to 12pm	Wellbeing: L3 Health & Fitness Taster session- Practical.	Further Education and Training (FET) Service (Learning for Living Programme) Letterkenny	Letterkenny Community Centre's Studio (to the left of the main entrance)	To book a place, please apply online: https://www.fetchcourses.ie/course/finder?sfcw-courseld=329916
10am – 12pm	"Meet your local Social Prescribing Co-ordinator"	IDP	Colgan Hall Carndonagh	Anyone 18+
11am	Trip to Iosas Centre and Celtic prayer garden, Muff.	Cara House	losas Centre, Muff	Cara House Women's Group which are held Wednesday, Thursday and Friday. The ladies can enjoy a walk around celtic gardens, followed by tea/coffee and scones in the cafe.
11am	Creative Rural Outreach — Brining Storytelling and Donegal Histories to rural communities.	Donegal Local Development CLG & Dark Daughter Productions	Drumboe Woods, Picnic Site, Stranorlar (Outdoors)	This will be an up close & personal One Woman Play Starring Maura Logue called Drumshee Dancehall Days. Wrap up warm, bring a deck chair, an umbrella and prepare to have some fun.

THURSDAY, 14TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
11am – 1pm	Intercultural Community Coffee Morning	An Garda Siochana Buncrana	The Exchange Buncrana	Intercultural Community Coffee Morning for new and existing members of our local Community
11 am	The benefits of Volunteering on your health and wellbeing	Donegal County Council Health & Wellbeing Office in partnership with the Donegal Volunteer Centre	Online Webinar	A webinar presented by John Curran from the Donegal Volunteer Centre with guest speakers highlighting the rewards of volunteering in the community and the positive impacts on your health & wellbeing. Target Audience: staff of Donegal County Council
2.00pm	Supporting Volunteers to Return	Donegal Volunteer Centre	Online To register for the session visit www. volunteerdonegal. ie or email john@ volunteerdonegal.ie	Donegal Volunteer Centre will lead this support session for Communty and Voluntrary Groups with a focus on helping groups develop plans to reengage volunteersas they reopen. The session will include presentation of the results of a regaional survey conducted of volunteers that were active prior to the pandemic detailing their concerns and the supports that would encourage their return.
2pm – 4pm	"Meet your local Social Prescribing Co-ordinator"	IDP	Moville FRC	Anyone 18+
2.30pm -3.30pm	Breath Work and your Mental Wellbeing	Donegal ETB	Zoom online https://us02web.zoom. us/j/87639149761?pwd =WII5bzcrTXBCMTIJdH NMK3ZPK1FOdz09	Learn some simple but effective breathing techniques to manage stress, anxiety to calm the mind and body. Learn how to build mental & emotional resilience through the many benefits of breathwork. The benefits of breathwork are immediate, so that after the class you will experience a feeling of calm, boosted mood and completely re-energised!



Donegal Town are delighted to announce a range of offers/services in recognition of the importance of the Age Friendly market.



AGE FRIENDLY OFFERS & SERVICES

- Discounts*
- Delivery services *
- Free Consultations*
- Accessible store access
- Eye Level Stock

- Easy to read signage & prices
- Seating
- Reading glasses available
- Comfort facilities
- Refreshments



Donegal Town BUSINESSES



*Selected Stores. Offers vary from retailer to retailer

Donegal Town will be launched as an Age Friendly Business Town on the 15th October, with all participating businesses receiving their Age Friendly Business Cartificates. Donegal Age Friendly Business is supported by Donegal Age Friendly and Local Enterprise Office.

FRIDAY, 15TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
Time	Activity/Event	Lead Partner	venue	Description
10am - 12noon	Training and Development Information Clinic	Donegal Local Development CLG & Donegal ETB	Online	As part of Social Inclusion week, Donegal Local Development Company in partnership with Donegal ETB will host an information clinic online in order to support Community Organisations with their training and development needs. E-mail mlarkin@dldc.org for details.
11am	Creative Rural Outreach – Brining Storytelling and Donegal Histories to rural communities.	Donegal Local Development CLG & Dark Daughter Productions	Cairde Le Cheile (Outdoors)	This will be an up close & personal One Woman Play Starring Maura Logue called Drumshee Dancehall Days. Wrap up warm, bring a deck chair, an umbrella and prepare to have some fun.
11am - 12pm	Introduction to RPL Programme	Donegal ETB	Room 3 (Craft Room) at Centre for Education Kilmacrennan Road, Letterkenny (close to St Connells, opposite A&E Dept.	Would you like to gain a qualification for the skills that you know and use? Recognition of prior learning is our new fast-track programme for experienced workers to gain a QQI qualification in their area. We value the knowledge, skills and competencies that you have gained through your work experience and in life. We want to help you get the qualification you deserve. To find out more about our RPL programme, join us for this information session.
11am – 1pm	"Meet your local Social Prescribing Co-ordinator"	IDP	The Exchange Buncrana	Anyone 18+
11am - 1pm	Coffee Morning Light Exercise Class with Physiotherapist	Ionad Naomh Padraig & Older Persons Council	Ionad Naomh Pádraig	Information Session with Kit Crowley, PHN and Mary Coyle, Ionad Naomh Pádraig. Target Audience: Older People

FRIDAY, 15TH OCTOBER 2021

Time	Activity/Event	Lead Partner	Venue	Description
12pm-1pm	Literacy and ESOL Club Promotional session	Donegal ETB	Further Education and Training (FET) Centre, Ard O' Donnell	Literacy and ESOL Club Invitation: visit us to book your place and enjoy a series of informal and interactive sessions Further Education and Training (FET) Service (Learning for Living Programme, Letterkenny)
1pm	Launch of Donegal Town as an Age Friendly Business Town	Donegal Age Friendly	Donegal Town	Donegal Town will be launched as an Age Friendly Business Town. All business involved will receive their Age Friendly Business Certificates.

SATURDAY, 16TH OCTOBER 2021

Time	Activity/ Event	Lead Partner	Venue	Description
10am to 12pm	Easi Bookkeeping for Small Businesses (Session 2)	IDP	Online via zoom	A practical workshop for new business start-ups, giving an insight into the Importance of source documentation to support good bookkeeping. Will cover Cashbook, recording Sales, Budgeting and Trading Profit & Loss.
11.30am	Walk, Talk and Learn	DLDC, Donegal County Museum and Donegal Volunteer Centre	Letterkenny and Donegal County Museum	DLDC, Donegal County Museum and Donegal Volunteer Centre have invited the residents of the new Port Road Accommodation Centre in Letterkenny to join them on a guided tour of Letterkenny with Amanda Clarke, finishing up at Donegal County Museum where they can discover more about the history and heritage of their new County. The guided tour and event has been supported by SICAP and the Donegal Local Development Company. This event is not open to the public.

TRAVELLER PRIDE DONEGAL 2021

DONEGAL TRAVELLERS PROJECT WOULD LIKE TO INVITE YOU TO JOIN US ONLINE TO CELEBRATE THE LAUNCH OF OUR SOCIAL HISTORY PHOTOGRAPHIC COLLECTION OF TRAVELLERS LIVING THROUGH COVID-19

'STILL HERE















WHEN: MONDAY 18TH OF OCTOBER @12NOON

RSVP: KATEHAGANDTP@GMAIL.COM

LAUNCHED BY SENATOR EILEEN FLYNN



Time	Activity/ Event	Lead Partner	Venue	Description
From Oct 11th Monday-Friday 10am - 4.30pm (lunch 12.30pm - 1pm) Saturday 1pm-4.30pm	Volunteering in the Community" Photographic Exhibition	Donegal County Museum	Donegal County Museum High Road Letterkenny	This exhibition showcases the images entered into a photographic competition which celebrates Volunteering in the Community organised by the Donegal Volunteer Centre and Donegal County Museum. The photographs, submitted by amateur photographers from throughout the County, recognise the extraordinary contribution volunteers make to the lives of their communities. Admission to the Museum is free.
18 th Oct 11am	Eco Carn Biodiversity Action Plan Launch	ECO Carn Network	Outdoors at Barrack Hill Town Park	Al welcome. We are planning for outdoors, inviting our local community, ECO Carn members, schools, businesses along with some guest speakers (to be finalised). It will also involve planting of bulbs and distribution of bird and bat boxes

SAVE THE DATE

Eco Carn

Biodiversity Action Plan Launch

with special guest

Duncan Stewart

18th October 2021, 11am Barrack Hill Town Park, Carndonagh







Donegal Sports Partnership in conjunction with Donegal County Council are hosting a FREE online CHAIR **AEROBICS** Come & Try Event delivered by Paul Smyth Inclusive Health & Fitness

The event which is being hosted as part of Social Inclusion Week will be delivered via Facebook Live.

Details:

Monday 11th October 7.00-7.30pm

Facebook Live

https://www.facebook.com/smythincfit

MORE INFO









