

EVENT PROGRAMME



One Donegal Social Inclusion Week 2018 4th – 13th October



Comhairle Contae
Dhún na nGall
Donegal County Council





Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2018 a chur in bhur láthair.

One Donegal - Social Inclusion Week 2018 provides an opportunity to highlight the various activities undertaken locally to involve and include

everyone in our County.

Intergenerational and community development work has been a priority this year and these themes are reflected in this year's programme.

This programme of events also provides an occasion to increase our awareness and understanding of inclusion and diversity in Donegal.

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 2018 agus tá súil agam go mbeidh tú páirteach linn sna himeachtaí agus sa cheiliúradh.

*Eilís Seamus Ó Domhnaill
Cathaoirleach*



Ba mhaith liom an deis seo a ghlacadh cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2018 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 2018 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 2018 den scoth a bheith againn, mar go mbaineann an Cuimsiú Sóisialta le gach duine.

*Seamus Neely
Chief Executive / Príomh-Fheidhmeannach*

Time	Activity/Event	Lead Partner	Venue	Description
4pm- 8pm	Health Information Night	SW. Donegal Community Health Forum (CHF) supported by DLDC/SICAP	Niall Mór Community & Enterprise Centre, Killybegs	With Health & Well-being to the fore, this information night offers people an opportunity to connect with a broad range of services including Diabetes Screening; Mental Health Supports among many others.
7pm	Getting children off to a great start: talking and thinking about picturebooks in the early years		Central Library, Letterkenny	Workshop with Dr. Mary Roche: In this multimedia presentation Mary will explain how parents, early educators and junior school teachers can use picturebooks for readalouds at individual level, small group and whole class level, for developing oral language, thinking skills and 'readerly habits'. Research shows that readalouds develop stronger vocabulary, build connections between the spoken and written word, develop visual literacy, increase attention span, provide a safe way of exploring strong emotions, develop cognition, and promote bonding and relationships - as well as providing pleasure and fun for all.



FRIDAY, 5TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
9am-2pm	Connecting for Life Conference Forever Changed? The impact of suicide on families, workplaces and communities		Radisson Blu, Letterkenny	The Connecting for Life Donegal Conference aims to build connections and share good practice in suicide prevention. The Conference is aimed at individuals from Health, Community, Education and Workplace organisations and Voluntary groups and individuals interested in suicide prevention. Booking for this event is essential. Contact: Mairead Cranley, mairiad.cranley@donegalcoco.ie
10am – 1pm	W.I.S.H Inishowen Womens Intercultural Support Hub	IDP	IDP Buncrana	Migrant Women – Social Network and Med Lit Information event.
10.30am-12.30pm	Coffee Morning	Moville Family Resource Centre	Moville Library	A coffee morning focusing on health and wellbeing. Open to all. For more information contact: Movillelib@donegalcoco.ie or 074 93 85110
11am	Bookworm Babies 5th Birthday celebration	Donegal County Library	Central Library, Letterkenny	Our <i>Bookworm Babies</i> are celebrating their 5 th birthday during Wainfest 2018. Please help us mark this special occasion by coming along to a birthday party on Friday the 5 th of October in the Central Library, Letterkenny at 11am. Since its launch by Dr. Mary Roche during Wainfest 2013 <i>Bookworm Babies</i> has gone from strength to strength, and Dr. Roche will be back to help us celebrate. <i>Bookworm Babies</i> is an initiative of the Library Service, Lifestart and Health Promotion and Improvement to promote the importance of reading with young children to their parents/guardians. The agencies have come together as part of the Education and Learning Sub-group of the Donegal Children and Young People's Services Committee.
4pm-6pm	International Culture Afternoon		Donegal Youth Service, 16-18 Port Road, Letterkenny	Following a success of previous editions of the event, DYS would like to deliver this unique experience in Donegal once again. Event is free, will be happening in DYS. We are planning to provide international experience, including food, cultural aspects, music and interesting workshops. Everyone is welcome.

Time	Activity/Event	Lead Partner	Venue	Description
10am to 1pm	Facebook for Business	Inishowen Development Partnership	Inishowen Development Partnership Buncrana	Promote the benefits of having a social media presence and equip them with the knowledge skill and competence to maintain and market their own FB presence to enhance their business sales. Target Audience: New start ups and small business owners. Contact: sinead@inishowen.ie / 074 93 62218
11am-2pm	Older Person's Information and Health Roadshow	Social Inclusion Unit, Donegal County Council	Halla na Paróiste, Gort a'Choirce	A Roadshow aimed at the older people in our communities, helping them to become winter ready while also providing them with information on services available to them. Free health checks will be available on the day. Contact: Mairead Cranley Mairead.cranley@donegalcoco.ie / 074 91 53900
3.30pm- 6.30pm	Open Day	Donegal ETB	AETC Letterkenny Ard O'Donnell	Information Day on courses available for anyone interested in joining. Contact: Emilia Puszczynska, emiliapuszczynska@donegalvec.ie
7pm	Pride of Place County Award Ceremony	Donegal County Council	Letterkenny PSC	Ceremony celebrating the work of 5 local groups who have contributed greatly to their communities. Contact: Róise Nic Laifearthaigh – 074 91 53900

TUESDAY, 9TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
10am-12.30pm	QQI L3 Major in Health & Fitness registration day	Donegal ETB in cooperation with Gartan Outdoor Education Centre	AETC Letterkenny Ard O'Donnell	This course is aimed at learners who are looking to gain major level 3 award (equivalent to JC) with focus on applying literacy and numeracy skills into areas of fitness and well-being. Contact: Emilia Puszczynska, emiliapuszczynska@donegalvec.ie
12.30pm	Launch of Voter education and registration project with Black and Minority Ethnic Communities	Donegal Intercultural Platform	Dillon's Hotel Basement reception area	Inviting representative organisations, council staff and elected representatives to launch of our Electoral Inclusion Campaign to build understanding and participation in the local government elections 2019. Contact: Paul Kernan donegalip@gmail.com / 0860841433
10am - 2pm	Creating a Newsletter	Inishowen Development Partnership	Inishowen Development Partnership Buncrana	Create and design professional newsletters for distribution. Target Audience: Community Groups Contact: sinead@inishowen.ie / 074 93 62218
10.30am	Monthly book club	Buncrana Community Library	Buncrana Community Library	Monthly book club where members meet to discuss their chosen title.
11am and 1.30pm	Donegal Road Safe Show	Donegal County Council	Aura Leisure Centre, Letterkenny	Transition Year Students from all Secondary schools
12pm – 2pm	Launch of Roma Community Project	Donegal Traveller's Project	Donegal Traveller's Project, Port House, Port Road, Letterkenny	An event that celebrates Roma culture as well as officially launching the Roma Community Project in DTP – all welcome Contact: Siobhan McLaughlin - 086 174 1056
7pm-9pm	Conversational Irish language class	Donegal ETB	AETC Letterkenny, Ard O'Donnell	This 8 week course allows to start and build on basic conversational skills in Irish with possible progression to an accredited course. Contact: Emilia Puszczynska, emiliapuszczynska@donegalvec.ie
7.30pm-9.30pm	Christmas Craft Workshop	Tobar na mBan & Supported by DLDC under the SICAP Programme	Coláiste na Carraige, An Charraig.	In preparation for the festive season, through Decoupage, this workshop will be open to women of all ages interested in learning how to make their own Christmas crafts and displays.

Time	Activity/Event	Lead Partner	Venue	Description
9.30am – 3pm Lunch included	Launch of the Donegal Children & Young People's Plan 2018-2020	Donegal Children and Young People's Services Committee	Shellbridge Suite, Clanree Hotel , Letterkenny	Launch of the Children & Young Peoples Plan 2018-2020 & <i>Information Seminar</i> : 'Re-imagining Disability, from accepting diversity to true inclusion'. <i>To book your place please contact:</i> Anne.TimonyMeehan@tusla.ie
10am-12pm	Christmas Craft Workshop	Mná Phort Mhaise & Supported by DLDC under the SICAP Programme	Ionad Mhachaire Rabhartaigh	In preparation for the festive season, through Decoupage, this workshop will be open to women of all ages interested in learning how to make their own Christmas crafts and displays.
11am	Donegal Road Safe Show	Donegal County Council	Aura Leisure Centre, Letterkenny	Transition Year Students from all Secondary schools
2pm- 4pm	Horticultural work display by learners	Donegal ETB in cooperation with CE Schemes: Letterkenny CDP & Letterkenny Together	Centre for Education, Kilmacrennan Rd	Our Letterkenny adult learners share their experiences on the course displaying their naturally grown produce. Anyone interested in Horticulture welcome. Contact: Emilia Puszczynska, emiliapuszczynska@donegalvec.ie
6pm-10pm	Child Safeguarding Training	IDP	IDP Buncrana	Child Safeguarding Training (Children 1 st 2015). Contact: pauline@inishowen.ie / gary@inishowen.ie / 074 9362218
7pm-9pm	Parent Training Evening	The Parenting Support Champions Project in conjunction with Middletown Centre for Autism	Mount Errigal Hotel, Letterkenny	This event is open to any parent of children or young people on the Autism Spectrum. The evening will also give parents the opportunity to meet up with other parents who have children and young people on the Autism Spectrum. To book a place on either of these free events go to: https://www.middletownautism.com/ , register and book your place under Training for Parents.

WEDNESDAY, 10TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
8pm	Mental Health Through the Ages	Mental Health Ireland and Donegal Mind Wellness	An Grianán Theatre	Come along and celebrate World Mental Health Day 2018. There will be a variety of entertainment including talks, drama and tips on well being for all age groups. The founder of Donegal Mind Wellness, Majella O'Donnell will also speak about her latest passions in positive mental health. This is a free event but tickets must be booked through An Grianán Theatre.

THURSDAY, 11TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
10am-1pm	Open Day	Donegal ETB	AETC Milford	Information Day on courses available for anyone interested in joining. For more information contact: Emilia Puszczynska, emiliapuszczynska@donegalvec.ie
10am-1pm	Open Day	Donegal ETB	ETB FET Centre Gortahork	Information Day on IT Courses for older people For more information contact: Georgina Thompson Dolores MhicGeidigh doloresmhicgeidigh@donegalvec.ie
10am-1pm	Open Day	Donegal ETB	ETB FET Centre Shore Road Buncrana	Information Day on IT Courses for older people For more information contact: Georgina Thompson georginathompson@donegaletb.ie
10am-1pm	Open Day	Donegal ETB	ETB FET Centre Main St., Stranorlar	Information Day on IT Courses for older people For more information contact: Georgina Thompson georginathompson@donegaletb.ie

Time	Activity/Event	Lead Partner	Venue	Description
11am	Rhyme Time for preschool children		Buncrana Community Library	Singing and storytelling for preschool children and their parents/guardians
12.30pm-3.30pm	Older Person's Information and Health Roadshow	Social Inclusion Unit, Donegal County Council	Finn Valley Centre, Stranorlar	A Roadshow aimed at the older people in our communities, helping them to become winter ready while also providing them with information on services available to them.
12.30pm	Book Club	Carndonagh Community Library	Carndonagh Library	Monthly book group, we'll discuss The Narrow Road to the Deep North by Richard Flanagan For more Information contact: b.glackin@donegalcoco.ie & c.cutliffe@donegalcoco.ie / 074 93 73701
2pm-4pm	Club 50	Club 50	An Chrannóg, na Doirí Beaga	Various events run by the Active Retirement Group. Contact Mairead at cfgd@eircom.net for more information.
6.30pm	Book Club	Carndonagh Community Library	Carndonagh Library	This month's book The Fishermen by Chigozie Obioma For more Information contact: b.glackin@donegalcoco.ie & c.cutliffe@donegalcoco.ie / 074 93 73701
7pm-9pm	Parent Training Evening Autism The Facts : The Teenage Years Promotion of Positive Behaviour	The Parenting Support Champions Project in conjunction with Middletown Centre for Autism	Bluestack Foundation, Donegal Town	This event is open to any parent of children or young people on the Autism Spectrum. The evening will also give parents the opportunity to meet up with other parents who have children and young people on the Autism Spectrum. To book a place on either of these free events go to: https://www.middletownautism.com/ , register and book your place under Training for Parents.

FRIDAY, 12TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
10am-3pm	Celebration of Lifelong Learning	DLDC	Finn Valley Centre	A wide variety of organisations that provide education and training activities will be showcasing their supports at this event. The event is open to the Public.
10am-11.30am	Community Food Initiative Network Event	IDP	Inishowen Gateway Hotel	Organised by IFAN and IDP, this event covering Healthy Lifestyle, Wellbeing and Eating as part of the Community Food Initiative supported by Safefood Ireland targeting Young People – 2 nd level and Youthreach programme
12 th October	Showcase of Education and Training Courses and opportunities from Levels 1 to 6 on NQF	Donegal ETB with Donegal Local Development Company	Finn Valley Centre	Information on courses available and opportunity to discuss and review outcomes. Contact: Rose Duffy roseduffy@donegaletb.ie
10am-12pm	“Our Outdoor Classroom”	ETB FET Centre, Drumcliff	Donegal Town	Horticulture students to display their products and talk about skills gained in horticulture, computers, communications and maths in an outdoor learning environment. Contact: Adele McElhinney adelemcelhinney@donegaletb.ie
10am – 1pm	Options Inishowen	IDP	Inishowen Gateway Hotel	Education and Training Fair outlining options available in the region. Contact: denise@inishowen.ie / 074 9362218

SATURDAY, 13TH OCTOBER 2018

Time	Activity/Event	Lead Partner	Venue	Description
11am-1pm	A Taste of Syria	Inishowen Development Partnership	Colgan Hall	In collaboration with Wainfest and the Community Food Initiative, this family event will offer tastings of teas, treats and traditions from Syria and an opportunity to meet some of the Syrian families that have moved to Carndonagh. Contact: denise@inishowen.ie / 074 9362218

OTHER EVENTS

Time	Activity/Event	Lead Partner	Venue	Description
5 –13 October Not open on Sunday 7 Opening Hours 10am – 4.30pm Mon- Fri 1- 4.30pm Saturday 12.30 – 1pm Closed for lunch	Exhibition: Know ME	Donegal County Museum	Donegal County Museum, High Road, Letterkenny	<p><i>Know ME</i> is a unique and captivating exhibition on loan from Monaghan County Museum which explores the challenges of discrimination and social exclusion in today's society through the voices of those who experience it.</p> <p>The exhibition features ten fictional characters based on the real life experiences of those who face discrimination and social exclusion in Ireland. It reflects how we can often make a judgment about someone solely on how they look and the stereotypes associated with them. This exhibition invites you get to know people in your community, and challenges you to <i>Know Me, not the Stereotype</i>.</p> <p>Admission free Exhibition runs to end of October</p>
7 – 13 October World Mental Health Week	Youth Mental Health Conference	Connect Mental Health & Supported by DLDC under the SICAP Programme	Donegal Town or Ballyshannon	A series of events promoting positive mental health and available support services For more information visit www.connectmentalhealth.ie
4 – 7 October	Rathmullan Choral Festival	Colmcille Gospel Choir and Errigal Singers		<ul style="list-style-type: none"> - 9pm, 4 October: Open Mic Night in the White Harte, Rathmullan. - 9pm, 5 October: Official Opening of the OCT Rathmullan Choral Festival in Big Paddy's, Rathmullan - 10am-4pm, 6 October: Workshops in St.Vincent de Paul Centre & Rathmullan Primary School - 8pm, 6 October: Choral Concert in Ray Community Centre - 12pm, 7 October: Sea Shanties at the Battery, Rathmullan

