

One Donegal Social Inclusion Week 2023

25 March – 1 April



Comhairle Contae
Dhún na nGall
Donegal County Council



The EU-Belong project is funded by the European Union's Asylum, Migration and Integration Fund





Social Inclusion Launch 21



Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2023 a chur in bhur láthair.

One Donegal - Social Inclusion Week 2023 provides an opportunity to highlight the 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.

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 2023 agus tá súil agam go mbeidh tú páirteach linn sna himeachtaí agus sa cheiliúradh.

Cllr Liam Blaney

Cathaoirleach



Ba mhaith liom an deis seo a ghlacadh cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2023 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 everyone in our communities and helping everyone to participate in all aspects of social, cultural, economic and political life.

One Donegal - Social Inclusion week 2023 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 2023 den scoth a bheith againn, mar go mbaineann an Cuimsiú Sóisialta le gach duine..

John Mc Laughlin

Chief Executive / Príomh-Fheidhmeannach

SATURDAY – 25 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
1.30pm	Launch of Social Inclusion Week and Festival of Colour	Donegal County Council with the Letterkenny Indian Community Centre	An Grianan Theatre, Letterkenny	<p>We are excited to invite you to the Launch of Social Inclusion week with Cathaoirleach Cllr Liam Blaney and a festival of colour. This colour festival will be a family event for all where you will make unforgettable memories.</p> <p>Dress Code: we encourage you to wear comfortable clothing that you don't mind getting stained with Colours.</p>
9:30am	Free 5K Fun Run, Walk, Jog	Sanctuary Runners	The Vestry, St. Conal's Hospital Campus, Letterkenny	<p>Join us for a fun, free and friendly 5K Run, Walk, Jog with Park Run LK. Tea/Coffee and light refreshments after upstairs in the Vestry.</p> <p>Everyone welcome! Sanctuary Runners meet every fortnight!</p>
2.00 pm	Launch of Pettigo Community Orchard	Donegal Local Development Company (DLDC) in partnership with Connect Mental Health	Termon Complex, Pettigo	<p>Launch of the Community Orchard as part of the Mind Your Melon initiative. This is a public event open to the entire community.</p>



SUNDAY – 26 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00 am - 2.00 pm	Let Play - Family event	Donegal Sports Partnership	Bernard Mc Glinchey Town Park, Letterkenny	Free family play day in the park



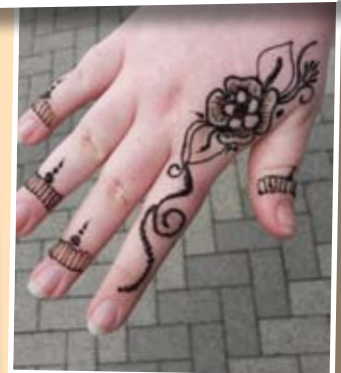
SI Week 21 - Lettermacaward Active Seniors Event



Black & Minority Ethnic Inclusion Launch



Onam Ponnonam 2022 - Indian Harvest festival



Henna tatoo

**NATURE IMMERSION WALK AND TALK WITH
 PAULA FLANNELLY**

Teacht Abhaile Community arts and outdoor
 education

WHEN: Tuesday 28th March @1pm
WHERE: Bundoran Community Garden

**NATURE WALK AND TALK WITH
 AENGUS KENNEDY**

Nature North West

WHEN: Friday 31st March @10.30am
WHERE: Ards Friary walk - Ards
 Friary Car Park

These events are family friendly with a particular focus on active retired and senior groups.
 Refreshments provided.



Comhairle na gGairm
 Aontas Eorpach
 Co-fundad by
 the
 European Union



Stádas na hÉireann
 Government of Ireland



An Bórd Inbheirte
 Tuaisle agus Párlaid
 Department of Rural and
 Community Development



*The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

DONEGAL COMMUNITY
 GARDEN NETWORK
 SPRING GATHERING EVENT

Community Garden Groups are invited to a
 networking morning with talks by guest
 speakers followed by a walk in
 Letterkenny Community Garden as part of
 Social Inclusion Week.

WHEN: Monday 27th March @11am
WHERE: The Vestry, Cairde Le Cheille, St.
 Conals Complex, Letterkenny
 Refreshments and food will be provided.



Comhairle na gGairm
 Aontas Eorpach
 Co-fundad by
 the
 European Union



Stádas na hÉireann
 Government of Ireland



An Bórd Inbheirte
 Tuaisle agus Párlaid
 Department of Rural and
 Community Development



*The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

MONDAY – 27 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am - 12 noon	DLDC Meet & Greet Event	Donegal Local Development CLG 0868124250	Termon Complex Pettigo	Meet DLDC Staff and get a better understanding of supports available from the organisation
10.00am - 4.30pm <i>(Closed for lunch 12.30-1)</i>	Donegal Museum Detectives backpack	Donegal County Council County Museum	Donegal County Museum	<p>Visit Donegal County Museum and become a Museum Detective.</p> <p>This fun and educational family backpack is available to borrow free of charge on your visit to the Museum.</p> <p>It contains a variety of activities designed to engage children and families with the Museum exhibitions.</p>
11.00am- 1.00pm	Donegal Community Garden Network Spring Gathering	Donegal Local Development Company (DLDC)	Cairde le Cheile, The Vestry, St. Conals Complex, Letterkenny	<p>An open invitation to all community gardens in Donegal to attend the launch of the new community garden network.</p> <p>Gardens will be invited to update their details for inclusion on a countywide map and represent their community gardens, build capacity and share knowledge.</p> <p>This will be followed by a walk to the Letterkenny community garden to see their space and meet the growers. Refreshments provided.</p>

TUESDAY – 28 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am - 4.30pm <i>(Closed for lunch 12.30-1)</i>	Donegal Museum Detectives backpack	Donegal County Council County Museum	Donegal County Museum	Visit Donegal County Museum and become a Museum Detective. This fun and educational family backpack is available to borrow free of charge on your visit to the Museum. It contains a variety of activities designed to engage children and families with the Museum exhibitions.
10.00am - 4.00pm	Donegal Older Persons Council AGM	Donegal Older Persons Council in conjunction with Donegal County Council	Clanree Hotel Letterkenny	Donegal Older Persons Council AGM. For registration to attend email: mlynch@donegalcoco.ie
10.00am	Rhyme Time Play and Stay Session	Donegal County Childcare Committee (DCCC)	Carndonagh Community Library	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4.
10.00am – 5.00pm	StagePass EU Project Transnational Partner Meeting	Inishowen Development Partnership	IDP Offices Buncrana	Project Partners from Poland, Holland, Ireland and Northern Ireland meet to discuss EU Project StagePass Hosting the Finale of the StagePass Transnational Partnership. The focus has been on young people and positive mental health supports through music, gathering and connecting.

TUESDAY – 28 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.30am – 11.30am	National Childcare Scheme Sponsors Referral Training	Donegal Children & Young People’s Services Committee	Online via MS Teams	<p>Front line services working with young children: This is an opportunity to find out more about how the sponsor process works. Each of the five sponsor bodies has its own eligibility criteria, which will be covered in this training session</p> <p>To attend the training, please email the name of your organisation and the names of who will be attending to Mairéad/Shane from Pobal, who will provide the training. Please add “Donegal” to your email subject.</p> <p>Email: eytraining@pobal.ie</p>
Contact Carmel for start time	Social Prescribing Cycle	Inishowen Development Partnership	Sustran’s Derry to Muff in Inishowen	<p>Please contact Carmel Tel – 086 0406950 or email - carmel@inishowen.ie if you wish to join our cycle for social prescribing from Derry to Muff along the beautiful Derry to Muff Greenway (nigreenways.com)</p>
11.00am - 1:00pm	Excel Training	Inishowen Development Partnership	IDP Offices Buncrana	Introduction To Spreadsheets: Basic Tools, Design Formulas, and concepts (6 Week Course)
11.00am - 1.00pm	Sláintecare Healthy Food Made Easy Inishowen	Inishowen Development Partnership	Moville men’s shed	Supporting men through a food and nutrition programme - Healthy Food Made Easy

TUESDAY – 28 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
11.00am – 1.00pm <i>(drop in to learn more about the group)</i>	Aphasia Conversation Group Open Morning: What is Aphasia?	Dr. Louise Sterritt, Senior Speech & Language Therapist louise.sterritt@hse.ie 087 1047333 Mr. Larry Masterson, Advocate and Person with Aphasia	Downstairs in the Central Library, Letterkenny	This event is for: <ul style="list-style-type: none"> • People with aphasia • Health professionals working with people with aphasia • Volunteers working with people with aphasia
11.00am - 1.00pm	Story Telling and Sharing of Memories with Maura Logue	Donegal Local Development Company (DLDC) in partnership with Active Retired, Dungloe	CDP na Rosann, Chapel Road, Dungloe – F94 PX82	A Donegal themed 1960s rural story told in an animated storytelling show.
1.00pm - 4.00pm	Nature immersion and walk and talk at community garden with Paula Flannery This event is aimed at Active retired/senior citizens	Donegal Local Development Company (DLDC)	Glór na Mara community garden. Bundoran	Meeting at the Bundoran community garden, enjoy a tour of the space. Followed by bulb/ seed planting tips. TBC on variety. Followed by tea and coffee. Mobility permitting, attendees will be invited to enjoy a walk along the coast with Paula leading the walk.



'Active Arranmore' Weekly Timetable

Monday

5pm - 6pm
Zumba Beginner Classes 16+
with Vlad
@ Community Centre

7pm - 8pm
Circuit Training
with Hall Staff
@ Community Centre

Thursday

9:30am - 10.30am
Walk and Talk
with Denis O'Donnell
@ Community Centre

6pm - 7pm
Underage Badminton
with Hall Staff
@ Community Centre

6pm - 7pm
Adult Tennis
with Mickey Dubh
@ HH Court

Tuesday

9:30am - 10.30am
Walk and Talk
with Denis O'Donnell
@ Community Centre

1pm - 2pm
Chair Aerobics
Bi-weekly with Brian Proctor
@ Day Centre

6pm - 7pm
Adult Badminton
with Hall Staff
@ Community Centre

6pm - 7pm
Underage Tennis
with Mickey Dubh
@ HH Court

Friday

6.30pm - 7.30pm
Buns & Tums Class
with Brian Proctor
@ Community Centre

Wednesday

3.30pm - 4.30pm
12-16s Football*
with Brian Proctor & others
@ Astro Turf
*starts 1st March

Saturday

2pm - 4pm
Chess Lessons & Tournaments
with Jessie Smith
@ Cultúrlann



Classes run in a six week cycle. For further info please contact the 'Active Arranmore' Co-ordinator, **Brian Proctor**, on bproctor@dlcd.org / 086 08 56 953 or search for the 'Active Arranmore' group on Facebook.



Garda National Cyber Crime Bureau



STAY SECURE

Update software regularly including antivirus and system updates.

Use reliable vendors or updates provided by your employer.

Be careful of unsolicited emails or insecure websites.

STAY CONNECTED

Don't use insecure public Wifi.

Use a VPN or Virtual Private Network to connect to your work systems.

Use logon credentials and change them regularly

STAY SEPARATE

Keep your personal and work data separate.

Never use the same platforms to share personal and work data.

Use encryption where available for maximum security

STAY SAFE

Backup your data regularly

If you have a problem or are hacked, report it to your employer & Gardai.

Use online resources to regain access to encrypted data - www.nomoreransom.org

OCTOBER

#ThinkB4Uclick

Covid19 has left many people connecting with family and work from home. This has opened personal and work data to abuse and exploitation by online criminals. GNCCB, in partnership with the National Cyber Security Centre and Europol, are working to ensure the public and businesses are cyber secure and cyber safe.

Online is the new work platform but it is also the new crime platform and these 4 simple steps will help make online work and relaxation more secure.

More information is available from the ENISA website or on www.garda.ie.

If you are a victim of online crime, report it to your local Garda station.

WEDNESDAY – 29 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00 am - 12.00 noon	DLDC Meet & Greet Event	Donegal Local Development CLG 086 8124250	Heritage Centre Ardara	Meet DLDC Staff and get a better understanding of supports available from the organisation
10.00am	Rhyme Time Play and Stay Session	Donegal County Childcare Committee (DCCC)	Central Library, Letterkenny	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4
10.00am	ETB Training Centre - Demonstration of welding and horticulture facilities	Donegal ETB in conjunction with DLDC	Donegal ETB Further Education and Training Centre, Ballyraine, Letterkenny	Donegal Men's Shed Network members are invited to attend a site visit and demonstration of welding and horticulture facilities at Donegal ETB training centre. Numbers are limited – registration required. To register contact bcarr@dldc.org
10.00am - 4.30pm <i>(Closed for lunch 12.30-1)</i>	Donegal Museum Detectives backpack	Donegal County Council County Museum	Donegal County Museum	Visit Donegal County Museum and become a Museum Detective. This fun and educational family backpack is available to borrow free of charge on your visit to the Museum. It contains a variety of activities designed to engage children and families with the Museum exhibitions.
10.00am	READ DL school quiz	Donegal County Library	Buncrana Community library	A school quiz for national school children based on the READ DL book The Lost Girl by Catherine Boyle
11.00am - 1:00pm	Get On IT Digital Skills	Inishowen Development Partnership	IDP Offices Carndonagh	Free Digital Skills Course – Learn how to use Internet Skills effectively (4 Week Course)

WEDNESDAY – 29 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
11.00am	Woodlands for Wellbeing Walk	Donegal Sports Partnership	Buncrana Swan Park	Woodlands for Wellbeing is a walking programme set in the woodlands environment, which promotes positive mental wellbeing and also an opportunity to learn about the environment and meet new people. Participants meet, walk and have some refreshments after in a local community setting.
11.00am	Woodlands for Wellbeing Walk	Donegal Sports Partnership	Stranorlar – Drumboe Woods	Woodlands for Wellbeing is a walking programme set in the woodlands environment, which promotes positive mental wellbeing and also an opportunity to learn about the environment and meet new people. Participants meet, walk and have some refreshments after in a local community setting.
5.00pm -7.00pm	Sláintecare Healthy Food Made Easy Inishowen	Inishowen Development Partnership	Buncrana community centre	Supporting men through a food and nutrition programme - Healthy Food Made Easy
7.00pm – 9.00pm	Pop-up restaurant of Ukrainian kitchen	Inishowen Development Partnership	McGrorys Hotel	The event will provide social inclusion for all participants and will be nice opportunity to create interpersonal links between Ukrainian and local communities.

Cybersecurity is a Shared Responsibility



Rialtas na hÉireann
Government of Ireland



STAY SECURE

Update software regularly including antivirus and system updates.

Use reliable vendors or updates provided by your employer.

Be careful of unsolicited emails or insecure websites.



STAY SEPARATE

Keep your personal and work data separate.

Never use the same platforms to share personal and work data.

Use encryption where available for maximum security



STAY CONNECTED

Don't use insecure public Wi-Fi.

Use a VPN or Virtual Private Network to connect to your work systems.

Use logon credentials and change them regularly



STAY SAFE

Securely Backup your data regularly

If you have a problem or are hacked, report it to your employer & Gardaí

Use online resources to regain access to encrypted data -

www.nomoreransom.org

THURSDAY – 30 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am - 12 noon	DLDC Meet & Greet Event	Donegal Local Development Company (DLDC) 086 8124250	The Old Court House Lifford	Meet DLDC Staff and get a better understanding of supports available from the organisation
10.00am to 12:30pm	Pathways To Progress	Inishowen Development Partnership (IDP)	IDP Offices Buncrana	Workshop on range of supports available with IDP to include Employment & Self-employment supports, Education, Training & Wellbeing
10.00am	ETB Training Centre - Demonstration of welding and horticulture facilities	Donegal ETB in conjunction with DLDC	Donegal ETB Further Education and Training Centre, Ballyraine, Letterkenny	Donegal Men's Shed Network members are invited to attend a site visit and demonstration of welding and horticulture facilities at Donegal ETB training centre. Numbers are limited – registration required. To register contact bcarr@dldc.org
10.00am - 4.30pm <i>(Closed for lunch 12.30-1.00)</i>	Donegal Museum Detectives backpack	Donegal County Council County Museum	Donegal County Museum	Visit Donegal County Museum and become a Museum Detective. This fun and educational family backpack is available to borrow free of charge on your visit to the Museum. It contains a variety of activities designed to engage children and families with the Museum exhibitions.
10.00am	Rhyme Time Play and Stay session	Donegal County Childcare Committee	Twin Towns Library, Stranorlar	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4

THURSDAY – 30 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am	Woodlands for Wellbeing Walk	Donegal Sports Partnership	Donegal Town	Woodlands for Wellbeing is a walking programme set in the woodlands environment, which promotes positive mental wellbeing and also an opportunity to learn about the environment and meet new people. Participants meet, walk and have some refreshments after in a local community setting.
10.00am	Rhyme Time Play and Stay Session	Donegal County Childcare Committee	Leabarlann Phobail Na Rosann	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4
10:30am – 12:30pm	MABS meeting with Mevagh Craft group	Pauline Collins 074 9155055 & Noreen Doogan MABS Derrybeg 081 8072650	Mevagh Family Resource Centre	MABS meeting with Mevagh Ladies Craft Group to inform them of Money Advice and Budgeting service available to all in the Mevagh area.
12.30 pm	Ukrainian Quilting Group	Donegal County Council Library	Carndonagh Community Library	An opportunity to join our Ukrainian friends in a quilting class in the library. Everyone welcome.
3.00pm – 5.00pm	Buail Isteach Social Inclusion Community Event	Donegal Local Development Company (DLDC)	An tSeán Bheairic Falcarragh F92 YE2C	Social get together promoting positive mental health, open to all members of the local Community. With Entertainment & Refreshments – All Welcome
7.00pm - 9.00pm	Sláintecare We Can Quit Buncrana	Inishowen Development Partnership	IDP Offices Buncrana	Week 4 of the We Can Quit Smoking Cessation Groups Programme in Buncrana Inishowen.

THURSDAY – 30 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
8.00pm	George Houston Album Launch (with support from Romie and Shauna McDaid)	Regional Cultural Centre	Regional Cultural Centre, Letterkenny	<p>Opening night to George Houston's Debut tour with his Undesired Album launch.</p> <p>George Houston is a singer-songwriter and performer from Inishowen County Donegal. With the much-loved German duo Romie and Donegal singer-songwriter Shauna McDaid on for support, it is not a night to be missed. Tickets €10</p> <p>https://regionalculturalcentre.com/events/george-houston-album-launch-with-support-from-romie-and-shauna-mcdaid/</p>



Black & Minority Ethnic Inclusion Launch



FRIDAY– 31 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am – 1.00pm	Coffee Morning for everyone	Letterkenny CDP in conjunction with Donegal County Council	Letterkenny CDP, Courtyard, Letterkenny	Come along and join us for a chat and light refreshments, a chance to meet people, share stories and we might even have a dance. The event will provide social inclusion for all participants and will be nice opportunity to create interpersonal links between all communities.
10.00am – 12 noon	DLDC Meet & Greet Event	Donegal Local Development Company (DLDC) 087 1912031	Halla Naomh Bhríde in Lettermacaward	Meet DLDC Staff and get a better understanding of supports available from the organisation
10.00am	Rhyme Time Play and Stay Session	Donegal Childcare Committee	Buncrana Community Library	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4
10.00am - 2:00pm	Customer Service Workshop (4 hours)	Inishowen Development Partnership	IDP Offices Buncrana	Customer Service Workshop. Focus is on the Experiential Customer Service: People, Product and Place.
10.00am	Rhyme Time Play and Stay Session	Donegal County Childcare Committee (DCCC)	Bundoran Community Library	Join staff from the Donegal County Childcare Committee in the library as they sing songs and rhymes for children aged 0-4

FRIDAY– 31 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
10.00am - 1.00pm	Stories of a Home workshop	ChangeMakers Donegal	Central Letterkenny Venue, details on booking with changemakers@inishowen.ie	You are invited to Stories of the Home, an interactive and informative workshop that brings in the global dimension, looking at housing as a social and economic justice issue. Explore housing as a human right with Francine Blaché-Breen & exchange stories about what home means to you with Eve Li. For up to 8 participants in a 3-hour workshop. For people living in direct provision.
10.00am - 4.30pm <i>(Closed for lunch 12.30-1)</i>	Donegal Museum Detectives backpack	Donegal County Council County Museum	Donegal County Museum	Visit Donegal County Museum and become a Museum Detective. This fun and educational family backpack is available to borrow free of charge on your visit to the Museum. It contains a variety of activities designed to engage children and families with the Museum exhibitions.
10.30am – 12.30pm	Nature Walk with Aengus Kennedy from Nature Northwest <i>This event is aimed at Active retired/senior citizens</i>	Donegal Local Development Company (DLDC)	Ards Friary, Ards.	Meet at the Ards Friary Café then enjoy a Nature walk of the woodland habitats led by Aengus Kennedy before emerging on the beach. This is a very beautiful walk with great contrast in habitat types, vegetation structure etc... We will finish the event with tea and coffee at the Ards Friary coffee shop.

FRIDAY– 31 MARCH

Time	Activity/Event	Lead Partner	Venue	Description
11.00am – 1.00pm	Discovering Ireland and County Donegal's Culture – a guide for new arrivals.	Donegal Volunteer Centre in conjunction with Donegal County Council and EU Belong Project	Regional Cultural Centre, Letterkenny	We are delighted to present a unique live performance by Keith Corcoran. The renowned Donegal author, folklorist and storyteller will share an engaging talk on our language, customs, geography and history for new arrivals to Donegal. Booking call 07491 26740 or email info@volunteerdonegal.ie Duration: 90 minutes Admission: FREE
2.00pm	Launch of Falcarragh Community Orchard	Donegal Local Development Company (DLDC) in partnership with Connect Mental Health	Pobal Eascarragh, Falcarragh.	Launch of the Community Orchard as part of the Mind Your Melon initiative. This is a public event open to the entire community.
2.00pm – 4.00pm	Discovering Ireland and County Donegal's Culture by Keith Corcoran	Donegal Volunteer Centre in conjunction with Donegal County Council and EU Belong Project	Regional Cultural Centre, Letterkenny	We are delighted to present a unique live performance by Keith Corcoran. The renowned Donegal author, folklorist and storyteller will share an engaging talk on our language, customs, geography and history for new arrivals to Donegal. Booking call 07491 26740 or email info@volunteerdonegal.ie Duration: 90 minutes Admission: FREE

SATURDAY – 1 APRIL

Time	Activity/Event	Lead Partner	Venue	Description
11.00am – 1.00 pm	Children's Outdoor musical workshop	Donegal Local Development & Playmatters CLG	Playmatters, Teach Biddy on the River Walk Dungloe. In the event of bad weather, the event will be held in CDP na Rosann	Children's musical workshop, where children will participate in a fun environment exploring the different sounds and vibrations from a variety of musical instruments. Age: 0 – 12 All children to be accompanied by an adult.
12.00 – 2.00pm	Easter Family Fun Day	Letterkenny CDP	Courtyard Shopping Centre, Letterkenny	Family Fun Day for Everyone with face painting, games, art and crafts and treats. Come and join us for loads of fun and an inclusive start to Easter.
12.00pm – 4.00pm	Cultural Awareness Celebration	Donegal Local Development Company (DLDC) in partnership with Áislann Cill Chartha	Áislann Cill Chartha F94 EYF4	Celebrating & encouraging mutual respect of differing cultures. (Open invitation to local & New Communities)
3.00pm	Diversity Showcase	Donegal County Council and EU Belong Project	An Grianan Theatre	Diversity Showcase event sharing talent, culture. This is a chance to see about the beautiful cultures in our area. It's a chance to hear a pome or song in native languages or a dance. Everyone welcome.

FREE HSE Stop Smoking Service (includes free nicotine replacement products)

The Stop Smoking face to face clinics run every second week.

The SI week is 'non-clinic' week so all appointments can be done virtually or by telephone that week.

If people would like to access the clinics they can call 086 0492465 or email Sarah.Thompson6@hse.ie

Clinics are run in:

- Buncrana Primary Care Centre
– every second Monday from 09:00 to 16:00
- Carndonagh Community Hospital
– every second Tuesday from 09:00 to 16:00
- Merville – Serenity House
– Every second Wednesday from 13:00 to 16:00
- Newtowncunningham Primary Care Centre
– Every second Friday from 09:00 to 16:00

Stop Smoking Service gives support service to those who want to stop smoking and advice on what and how much of the nicotine products to use.

Anyone that wants to stop smoking or vaping can use the service for free.

Cybercrime Awareness Campaign

Donegal Joint Policing Committee & Donegal County Council

All events will be highlight Cybercrime Awareness using the links below:

Video:

[Healthy Ireland - Young People Cyber Awareness](https://www.youtube.com/watch?v=RyjCF1Z6yNU&t=2s)

<https://www.youtube.com/watch?v=RyjCF1Z6yNU&t=2s>

[Healthy Ireland - Parent/Guardian Cyber Awareness](https://www.youtube.com/watch?v=Mf3UpqX9BVI&t=55s)

<https://www.youtube.com/watch?v=Mf3UpqX9BVI&t=55s>

Radio Advert:

[Cybercrime Ad - English](https://www.youtube.com/watch?v=58LOTs842gw&t=2s)

<https://www.youtube.com/watch?v=58LOTs842gw&t=2s>

[Cybercrime Ad - Irish](https://www.youtube.com/watch?v=Xow10JMLmFY&t=3s)

<https://www.youtube.com/watch?v=Xow10JMLmFY&t=3s>

MONEY MULING

Direct contact
in person or
through email

Social media (i.e. Facebook posts on closed groups)

Seemingly legitimate job adverts
(i.e. 'money transfer agents')

Online posting

Instant messaging
apps (e.g. WhatsApp)

The mule is a person who transfers illegally obtained money between different payment accounts, very often in different countries, while earning a commission payment



Criminals recruit victims using different methods

They can even copy a genuine company's website and have a similar web address to make the scam seem authentic

The most targeted profiles are:

Newcomers to a country
The unemployed, students and people in economic distress
Men (more likely than women) particularly those aged 18-34

WARNING SIGNS TO LOOK FOR

Unsolicited emails or contact over social media promising easy money

Job opportunities offering significant money for little to no effort, without listing education or experience requirements

Job duties are not described, except using your bank account to move money around

All interactions and transactions regarding this job will be done online

Adverts claiming to be an overseas company seeking 'local/national agents' to act on their behalf

An e-mail address associated with the offer using web-based services (Gmail, Yahoo!, Hotmail, etc.) instead of an organisation-based domain

Poor sentence structure with grammatical and spelling mistakes

#dontbeaMule



Acting as a money mule is illegal and allows organised crime groups to launder and move funds around the world easily

WHAT CAN YOU DO?

- ▶ If you have received suspicious e-mails, do not answer them or click on any links
- ▶ Check the details of any company that makes you a job offer (particularly if located overseas)
- ▶ Never provide your bank account details to anyone unless you know and trust them
- ▶ If you think you are involved in a money muling scam, stop transferring money immediately. Notify your bank, the service you used to conduct the transaction, and your national police

Created by Europol

ONLINE SHOPPING SCAMS

Online deals are often a good buy, but beware of scams.



WHAT CAN YOU DO?

- ▶ Use domestic retail websites when possible – it will be more likely that you can sort out any problems.
- ▶ Do your research – check reviews before buying
- ▶ Use credit cards – you have more chances of getting your money back.
- ▶ Pay only by using a secure payment service – Are they asking for a money transfer service or a wire transfer? Think twice!
- ▶ Pay only when connected to a secure internet connection – avoid using free or open public wifi.
- ▶ Pay only on a safe device – Keep your operating system and security software up to date.



- ▶ Beware of ads offering outrageous deals or miracle products – If it sounds too good to be true, it probably isn't!
- ▶ A pop-up ad stating you have won a prize? Think twice, you might just win malware
- ▶ If the product doesn't arrive, contact the seller. If there is no answer, contact your bank.



Always report any suspected fraud attempt to the police, even if you did not fall victim to the scam.

EUROPOL
EC3



Banking & Payments
Practitioners Ireland



Are You Safe? Report On
Your Online Activities
and Transactions

#CyberScams



EUROPOL
EC3



Banking & Payments
Practitioners Ireland



Social Inclusion Launch 21



DPC 1.0749.9121710



The Eli-Belong project is funded by the European Union's Asylum, Migration and Integration Fund

