

## One Donegal Social Inclusion Week 2026

9th April - 17th April



Comhairle Contae  
Dhún na nGall  
Donegal County Council



Age Friendly  
DONEGAL



Healthy Donegal

Eat Well Think Well Be Well





Tá áthas orm cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2026 i nDún na nGall.

It is my great honour, as Cathaoirleach of Donegal County Council, to extend a warm welcome to you as you explore the programme for Donegal Social Inclusion Week 2026.

Céad míle fáilte to everyone joining us in this special week. In my role, I have the privilege of traveling across our beautiful county, and time

and again, I am struck by the generosity of spirit and the deep sense of community that binds our towns, islands, and rural areas together. Social Inclusion Week is the perfect expression of that spirit.

This week is about more than just events; it is about people. It is about reaching out a hand to a neighbour, celebrating the diverse cultures that now enrich our communities, and ensuring that every voice—no matter how quiet—has the chance to be heard. A county is only as strong as its most vulnerable members, and this week we shine a light on the values of equality, respect, and belonging that make Donegal such a special place to live.

I want to extend my sincere gratitude to the community activists, the volunteers, the family carers, and the staff of the Council and our partner organisations. Your dedication is the engine of this week and the foundation of an inclusive Donegal.

I invite you all to take part, to learn something new, and to celebrate the wonderful diversity that makes up the fabric of our county.

Bí linn sna himeachtaí atá beartaithe, le do thoil, agus cuidigh linn Seachtain um Chuimsiú Sóisialta 2026 den scoth a chruthú. Tá an cuimsiú sóisialta tábhachtach do chách.

Go raibh míle maith agaibh go léir.

Cllr Paul Canning  
Cathaoirleach



Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2026 a chur in bhur láthair.

Welcome to Donegal Social Inclusion Week 2026. As Chief Executive of Donegal County Council, I am proud to introduce a programme that truly reflects the heart of our county. We often speak of Donegal's stunning landscape, our rich heritage, and our economic potential—but our greatest asset has always been our people. This

week is a dedicated celebration of that asset, and a reaffirmation of our commitment to every single person who calls Donegal home.

Social inclusion is not just a policy objective; it is about the lived experience of our communities. It is about ensuring that our older citizens feel connected, that our young people feel heard, that our New Communities feel welcome, and that those with disabilities or barriers face no limits to their participation. It is about tearing down the walls of isolation and building bridges of understanding.

The events planned over the coming days are a testament to the incredible work happening in towns and villages across the county. From workshops and cultural celebrations to conversations and collaborative projects, this programme has been shaped by volunteers, community groups, and partners who work tirelessly to ensure that no one is left behind.

I encourage everyone—residents, families, and visitors alike—to engage with the programme, to listen to stories different from your own, and to play your part in fostering a spirit of inclusion.

Together, we can ensure that Donegal is not only a great place to live, but a kind and welcoming home for all.

Ba mhaith liom buíochas ó chroí a ghabháil le gach duine a ghlacann páirt in An tSeachtain um Chuimsiú Sóisialta 2026. Tá súil agam go mbeidh tú linn sna himeachtaí agus sa cheiliúradh.

Enjoy the week.

John G McLaughlin  
Chief Executive / Príomh-Fheidhmeannach

## ALL WEEK

Time	Activity/Event	Lead Partner	Venue	Description
<b>12.30pm - 1.00pm</b> <b>Daily 13th -17th April</b>	<b>Connect &amp; Stroll at ATU</b>	Atlantic Technological University	ATU Donegal Port Rd., Letterkenny	As part of Social Inclusion Week, we're inviting local community groups and individuals to come together with ATU staff and students for a relaxed Walk & Talk around campus. It's a great chance to connect, chat, meet new people, and enjoy some fresh air in a welcoming and inclusive environment. We'd love to see you there!
<b>Monday 13th to Friday 17th</b> <b>- Various times</b>	<b>Music Trail - Professional musicians' workshop and performance in 10 FRCs</b> <i>*see poster for more information</i>	Donegal County Council, Arts Service, Donegal Music Education Partnership & Network of Family Resource Centres	Cara House FRC, Donegal FRC, Downstrands FRC, Dunfanaghy FRC, Finn Valley FRC, Mevagh FRC, Moville FRC, Raphoe FRC, St. Johnston & Carrigans FRC, The Forge FRC.	This April, as part of Social Inclusion Week 2026, Donegal Arts Service and Donegal Music Education Partnership are teaming up with the Donegal Network of Family Resource Centres to bring a vibrant multicultural Music Trail to communities across the county. This project has been made possible through funding from Creative Ireland - See FRC social media for details.

### Thursday 9th April

Time	Activity/Event	Lead Partner	Venue	Description
<b>6.30pm - 7.30pm</b>	<b>Launch</b>	Donegal County Council Social Inclusion Unit	Letterkenny Islamic Association. St Anne's Court, High Rd, F92 F2RD	Launch of the Week

### Saturday 11th April

Time	Activity/Event	Lead Partner	Venue	Description
<b>9.15am</b>	<b>Run/Walk/Jog/ Wheel</b>	Sanctuary Runners	St Conal's Park	Join Sanctuary Runners at the Letterkenny Parkrun for a 5K run, walk, jog or wheel followed by cuppa and a chat after at the Vestry! Everyone is always welcome!

# Join the MUSIC TRAIL DONEGAL!

Celebrating Social Inclusion Week 2026!

April 13<sup>th</sup> – 17<sup>th</sup> • International Music Sessions in Family Resource Centres Across Donegal

Experience Music & Culture from Around the World!

## Participating Family Resource Centres:

- Cara House FRC • 074 912 39 86 • [info@carahouse.ie](mailto:info@carahouse.ie)
- Donegal FRC • 074 97 25337 • [office@donegalfrc.com](mailto:office@donegalfrc.com)
- Downstrands FRC • 074 954 5879 • [info@downstrandsfrc.ie](mailto:info@downstrandsfrc.ie)
- Dunfanaghy FRC • (074) 913 6548 • [dumfresource@gmail.com](mailto:dumfresource@gmail.com)
- Finn Valley FRC • 074 913 1245 • [admin@dpfss.ie](mailto:admin@dpfss.ie)
- Mevagh FRC • 074 915 5055 • [info@mevaghfrc.com](mailto:info@mevaghfrc.com)
- Moville FRC • 074 938 5548
- Raphoe FRC • 074 914 5796 • [info@raphocfrc.ie](mailto:info@raphocfrc.ie)
- St. Johnston & Carrigans FRC • 074 914 8551 • [coordinator@stjohnfrc.ie](mailto:coordinator@stjohnfrc.ie)
- The Forge, Pettigo FRC • 071 986 1924 • [theforgefrc@gmail.com](mailto:theforgefrc@gmail.com)

Contact your local FRC for days/times of performances  
Free entry

**CONNECT • CREATE • CELEBRATE!**

Claí Éire Idirleas  
Creative Ireland  
Project



Comhairle Contae  
Dhúin na nGall  
Donegal County Council



This project was made possible through funding from Creative Ireland



PEACEPLUS  
Northern Ireland - Ireland

Co-funded by the



**ONE DONEGAL  
SOCIAL INCLUSION  
WEEK 2026**



## OUR SHARED STORIES

A fun and interactive family event where facilitator and author Isla Mc Guckin will guide families to create their own story inspired by their favourite cultural tales, folklore, and books.

**16/04/2026**

**9.45AM-1PM**

**FREE EVENT BUT BOOKING ESSENTIAL!**

BOOK BY CONTACTING:

[freya@donegaltravellersproject.ie](mailto:freya@donegaltravellersproject.ie)

or call 0868257826



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Council of the Year 2025

**DTP**



## Sunday 12th April

Time	Activity/Event	Lead Partner	Venue	Description
1.00pm - 5.00pm	Islamic Centre Open Day	LIA <a href="mailto:info@islaminletterkenny.com">info@islaminletterkenny.com</a>	Isa ibn Maryam Islamic Centre, St. Anne's Court, High Road, F92 F2RD	We're opening our doors and inviting the people of Letterkenny and Co. Donegal to visit our centre, meet their Muslim neighbours, explore the rich cultures within our community, enjoy traditional food, and learn more about Islam in a friendly and relaxed setting. All are welcome!

## Monday 13th April

Time	Activity/Event	Lead Partner	Venue	Description
9.00 - 5.00pm	DCB Clinics - By appointment only	Inishowen Development Partnership - Michelle / <a href="mailto:michelle@inishowen.ie">michelle@inishowen.ie</a> Anne Marie, <a href="mailto:annemarie.lyons@inishowen.ie">annemarie.lyons@inishowen.ie</a>	Carndonagh & Buncrana	Information and advice on the DCB application process and various stages in the scheme
10.30am - 12.30pm	Café Connect	Adult Literacy Service Donegal ETB Gort an Choire Mairéad Somerville 086 174 0677	CDP Na Rosann Dungloe	Drop in for a friendly coffee morning where you can ask questions about using your smartphone. Enjoy easy demonstrations of handy features and fun things you can do with your phone. Everyone welcome!
10.30am- 1.30pm	Celebrating Women in the Community	Donegal Local Development Contact: Margaret Doherty, <a href="mailto:margaretdoherty@dldc.org">margaretdoherty@dldc.org</a> / 087 2792151	Ionad Naomh Pádraig Dobhar Bun Beag Leitir Ceanainn Tir Chonaill F92 EH6N	Open to all community groups and Guided by a 'Bean an T', celebrating 'Women in the Community' will allow women showcase their creativity, talk about their group, who they are, what they do, and invite/encourage new members to join or simply connect/network with other similar groups in/around their area.

## Monday 13th April


Time	Activity/Event	Lead Partner	Venue	Description
11.00am	<b>Bake Bread for Peace and Story Telling Session</b>	Pobail le Chéile, CDP, CLG	Ionad Garradh Cholmcille, Falcarragh, F92 W2H7	All welcome to share a loaf to join our call for peace in the world with Breezy Kelly, followed by Story Telling session by Sharon Dickson
11.00am -12.00pm	<b>Get to know your local Museum</b>	Donegal Public Participation Network & Donegal County Museum	Donegal County Museum, High Road, Letterkenny, Co.Donegal. F92 K123	Guided Tour of your Local Museum and the services available for Older People   <small>Donegal County Museum</small>
11.00 - 12.30pm	<b>Dunfanaghy Wellness Café</b>	Dunfanaghy Wellness Café	The Work House	We welcome new attendees to sample the wellness café  
11.00am – 12.30pm	<b>Community Coffee Morning</b>	An Garda Síochána /Cara House	Cara House, Pearse Rd., Letterkenny	Everybody Welcome
11.00 - 1.00pm	<b>Clonmany Wellness Café</b>	Clonmany Wellness Café	The Market House	We welcome new attendees to sample the wellness café
11.00 -1.00pm	<b>Paper and prose card making</b>	Finn Valley Irish Country Women's Trust	Finn Valley Resource Centre	Paper and prose card making to celebrate Social Inclusion

## Monday 13th April

Time	Activity/Event	Lead Partner	Venue	Description
11am – 2pm	<b>One Donegal Social Inclusion Week 2026</b>	Kieran Diver HSE	Outside main canteen at LUH	Raise profile of the HSE Social Inclusion Department work among Letterkenny Hospital Staff
1.00pm - 3.30pm	<b>World Music Celebration Day</b>	Cara House FRC	Cara House, Pearse Rd., Letterkenny	Music Performances and Refreshments
5.00 - 6.00pm	<b>Football for All</b>	Donegal Sports Partnership Hugh Carlin	Multiple Clubs	Inclusive Soccer Programme
6.00pm - 8.00pm	<b>Information Event for Lifelong Learning supports available to Farmers</b>	DLDC – SICAP Paul Mc Daid <a href="mailto:paulmcdaid@dldc.org">paulmcdaid@dldc.org</a>	Raphoe Mart	Farmers can get information from our Lifelong Learning Officer regarding FREE training supports available through SICAP



## Tuesday 14th April

Time	Activity/Event	Lead Partner	Venue	Description
10.00-11.30am	<b>Moville Wellness Café</b>	Moville Wellness Café	The Cosy Cottage 	We welcome new attendees to sample the wellness café
10.00am-12.00pm	<b>Cyber Security Staying Safe Online Workshop 2 hours</b>	Inishowen Development Partnership Emily Graham <a href="mailto:emily@inishowen.ie">emily@inishowen.ie</a>	IDP Buncrana	A practical session on how to protect your personal information, avoid online threats, and stay safe while using digital tools and the internet
10.00am-12.00pm	<b>Parents Plus Healthy Families Parenting Programme</b>	Inishowen Development Partnership, Sheila Keyes - <a href="mailto:sheilakeyes@inishowen.ie">sheilakeyes@inishowen.ie</a>  Check out <a href="http://www.inishowen.ie">www.inishowen.ie</a> for other programmes recruiting in April for May and June	Carndonagh Scoil Chroi Naofa	A six week Programme to support parents with a focus on healthy families and at the family table. Sláintecare Healthy Communities Programmes
10.30am - 1.00pm	<b>Board games and Brew.</b>	Ballybofey Community Garda and Finn Valley Community Health Forum. Email: <a href="mailto:finnvalleyhealthforum@outlook.com">finnvalleyhealthforum@outlook.com</a>	Finn Valley Family Resource Centre, Stranorlar Co Donegal F93 ET28	Relaxed morning designed to bring people from all backgrounds and abilities together through the joy of board games. Open to all who wish to attend and meet new people
10.00am-12.00pm	<b>Healthy Food Made Easy</b>	Inishowen Development Partnership Niamh Britton <a href="mailto:niamh@inishowen.ie">niamh@inishowen.ie</a> Check out <a href="http://www.inishowen.ie">www.inishowen.ie</a> for other community food programmes, <a href="mailto:sheilakeyes@inishowen.ie">sheilakeyes@inishowen.ie</a>	Carndonagh	A six-week Programme to support people with a focus on healthy eating at the family table. Sláintecare Healthy Communities Programmes
10.30am - 1.30pm	<b>Living Well, Warm &amp; Wise</b>	Donegal Local Development Contact: Margaret Doherty <a href="mailto:margaretdoherty@dlcd.com">margaretdoherty@dlcd.com</a> 087 279 2151	CDP na Rosann, Dungloe F94 Px82	Working in collaboration with MABS, ALONE, DLDC Food Waste & Donegal County Council, DLDC are hosting an info. event focusing on raising older people's awareness & understanding of managing their budgets, getting smart on energy saving and knowing what's available to help them with advice & guidance from the support agencies.

## Tuesday 14th April

Time	Activity/Event	Lead Partner	Venue	Description
10.30-1.30am	<b>Celebrating Women in the Community</b>	Donegal Local Development Contact: Margaret Doherty <a href="mailto:margaretdoherty@dldc.org">margaretdoherty@dldc.org</a> 087 2792151	Lifford Clonleigh Resource Centre	Open to all community groups and Guided by a 'Bean an T', celebrating 'Women in the Community' will allow women showcase their creativity, talk about their group, who they are, what they do, and invite/encourage new members to join or simply connect/network with other similar groups in/around their area.
11.00am -12.30pm	<b>Get to Know your Local Library</b>	Donegal Public Participation Network & Donegal Libraries	Leabharlann Phobail Ghaoth Dobhair	Guided Tour of your Local Library and the services available for Older People
11.00am -1.00pm	<b>Poetry and prose Session</b>	Carmel Gallagher Social Prescribing Link worker 0860406950	Buncrana Library	Everyone welcome
11.00am -1.00pm	<b>Employment Support Workshop 2 hours</b>	Inishowen Development Partnership PaddyMcMonagle <a href="mailto:paddi@inishowen.ie">paddi@inishowen.ie</a>	IDP Carndonagh	A practical session on CV preparation, job search strategies and interview preparation. Ukrainian Interpretation services available
11.00am - 3.00pm	<b>Drop In Coffee Morning SICAP Support Information event</b>	DLDC – SICAP Noelle Blaney <a href="mailto:nblaney@dldc.org">nblaney@dldc.org</a>	DLDC Unit 1, 2nd Floor Glenview Business Park Carnamuggagh Upper Letterkenny F92 X5EF	Call in for information on SICAP supports available – refreshments served.
3.00pm	<b>Lego For All</b>	Donegal Libraries	Buncrana Library	LEGO free play during the Spring into Storytime programme. Families and children

## Tuesday 14th April



Time	Activity/Event	Lead Partner	Venue	Description
3.00 - 7.00pm	<b>Public Consultation Event on Phase 2 of 'LK Green Connect'</b>	Donegal County Council, Regeneration & Development <a href="mailto:regeneration@donegalcoco.ie">regeneration@donegalcoco.ie</a>	An Grianán Theatre Foyer /Outdoor Public Realm	DCC's Regeneration & Development Team will hold a public engagement event which aims to share the Council's vision for the next phase of 'LK Green Connect' and get the public's views. Open to everyone
3.00pm - 7.00pm	<b>Public information event on progress to Letterkenny Courthouse Project</b>	Donegal County Council Capital Projects Delivery Unit	An Grianán Theatre Foyer /Outdoor Public Realm	Information purposes for the public on project progression in relation to Letterkenny Courthouse. Open to everyone.
3.30pm	<b>Intergenerational Café</b>	Dr. Gail Cummins Atlantic Technological University	ATU Donegal Port Rd Letterkenny	Intergenerational Café and free health checks. Students from the Dept of Nursing and Health Care will facilitate discussions on the changing role of technology and its impact on health, intergenerational challenges and barriers to accessing health care and how reciprocal learning relationships between different generations can improve health and wellbeing.
4.00pm	<b>LGBTQ+ Awareness Training</b>	Donegal Youth Services Megan Rushe 0852578223	Donegal Youth Service 16-18 Port Road, Letterkenny, Donegal	A session of LGBTQ+ awareness training delivered by DYS staff, with a space to ask questions openly and judgment-free, open to professionals engaging with members of the community.
4.00pm - 5.00pm	<b>Lego For All</b>	Carndonagh Community Library	Carndonagh Community Library	Lego for children of all ages
6.30pm - 7.30pm	<b>Ciorcail Comhrá</b>	Donegal Libraries	Twin Towns Community Library	Irish conversation group for adults
6-8pm	<b>Culture Club</b>	Dunfanaghy Family Resource Centre	Dunfanaghy Family Resource Centre, Main Street, Dunfanaghy. F92 VY13	Promoting health and wellbeing through creative arts activities.




## Wednesday 15th April

Time	Activity/Event	Lead Partner	Venue	Description
9.00 - 5.00pm	<b>DCB Clinics - By appointment only</b>	Inishowen Development Partnership Michelle / Anne Marie <a href="mailto:michelle@inishowen.ie">michelle@inishowen.ie</a> <a href="mailto:annemarie.lyons@inishowen.ie">annemarie.lyons@inishowen.ie</a>	Carndonagh & Buncrana	Information and advice on the DCB application process and various stages in the scheme
9.00 - 5.00pm	<b>2 Day Start your own Business Course</b>	Inishowen Development Partnership Sinead McDaid <a href="mailto:sinead@inishowen.ie">sinead@inishowen.ie</a>	Carndonagh	Start Your Own Business (2-Day Course): A practical, focused course that guides you through the key steps, tools, and supports needed to plan, launch, and run your own business
9.45am - 11.00am	<b>Inclusive Dance Fitness Programme</b>	Donegal Sports Partnership Hugh Carlin	St. Bernadette's	Inclusive Dance Fitness for kids
10.00am	<b>Rhyme Time</b>	Donegal County Childcare Committee	Carndonagh Community Library	Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am	<b>Stay &amp; Play</b>	Donegal Libraries Central Library	Central Library, Letterkenny	Join us for an hour of song and rhymes. Suitable for children under 5 years old.
10.30am	<b>'Self-Care for the Soul' A Wellness Walk (followed by Lunch)</b>	Inishowen Development Partnership Patricia Higgins <a href="mailto:Patricia.higgins@inishowen.ie">Patricia.higgins@inishowen.ie</a>	Buncrana Community Library	A gentle stroll along the shores of the Swilly, with space to connect to yourself, and others. It's a chance for everyone – for people of all faiths and none – to hear more of the stories of struggle, sanctuary and transforming grace connected with the place, and notice what they evoke
10am – 12.30pm	<b>An information visit to Ballybofey/Stranorlar Men's Shed for members of the Ukrainian community</b>	Refugee Response Unit, Donegal County Council	The Mens Shed, HSE Car Park, Ballybofey	The Refugee Response Unit of Donegal County Council in collaboration with the Ballybofey/Stranorlar Men's Shed Group invite older Ukrainian people to see the wonderful facilities and learn about the regular activities and how to get involved. It's hoped to address the issue of loneliness and support integration through shared activities and sharing stories in a safe space.

## Wednesday 15th April

Time	Activity/Event	Lead Partner	Venue	Description
10.15 - 11.30am	<b>Dungloe Wellness Café</b>	Dungloe Wellness Café	The Old Chapel Café	We welcome new attendees to sample the wellness café
10.00am - 11.00am & 11.15am - 12.15pm	<b>Lego Workshops</b>	Donegal Libraries	Donegal Town Library	Lego Workshops 
10.30am - 12.30pm	<b>SICAP Lifelong Learning Outreach Information Session</b>	DLDC Antoinette Clayton <a href="mailto:aclayton@dldc.org">aclayton@dldc.org</a>	Niall Mor Centre, Killybegs	Information on Community Development Supports, Lifelong Learning, employment supports and Enterprise.
11.00am	<b>Library visit – read aloud, craft, computers</b>	Donegal New Horizons CLG	Carndonagh Community Library	Training and support services of excellence for adults with intellectual challenges.
11.00am	<b>Workshop</b>	Donegal County Museum and Donegal Volunteer Centre	Donegal County Museum, High Road, Letterkenny, Co.Donegal. F92 K123	Donegal County Museum hosts a workshop with Donegal VolunteerCentre volunteers who will create handcrafted jewellery, which will then be donated to local charity shops. This Workshop is a closed event and not open to the public. 
11.00am - 12.30pm	<b>Get to Know your Local Library</b>	Donegal Public Participation Network & Donegal Libraries	Twin Towns Library	Guided Tour of your Local Library and the services available for Older People


## Wednesday 15th April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am – 1.00pm	Wellness Café at Garda Station	An Garda Síochána/ Donegal Wellness Café	Garda Station, Lifford, Co. Donegal	 Everybody Welcome
11.00am – 1.00pm	Digital Skills Course, 6-week programme	Inishowen Development Partnership, Denis Kelly <a href="mailto:denis@inishowen.ie">denis@inishowen.ie</a>	Moville FRC	Build essential digital skills to navigate services online securely and independently.
12.00pm - 4.00pm	Women's Health Day	Letterkenny Community Development Project	Letterkenny CDP Offices, 25 Courtyard Shopping Centre, Letterkenny.	Free Health Checks, Sample Holistic Treatments and Information Stands.
2.00pm	Read Aloud Group	Ascaín	Carndonagh Community Library	The service provides training and support services for people in recovery from mental ill health issues, with an emphasis on promoting positive mental health and recovery.
2.00pm - 3.00pm	Supporting Family Carers (Rights & Entitlements)	Family Carers Ireland	Ballyshannon Library	1 Hour Public Talk
2.00pm - 4.00pm	Learn More about your Family History!	Donegal County Council Library (Donegal Studies) & Archives	Events Space (downstairs), Central Library, Letterkenny	Free Family history drop in workshop. Come and learn how to start your family history research. Explore some of the invaluable resources of Donegal County Library and Donegal County Archives. The workshop will include displays of samples of the archives and books & materials that will guide you in your research. We will introduce you to the best free websites to commence your research. No experience needed and everyone is welcome! (suitable for all.)
3.00pm	Arts & Crafts	Donegal Libraries	Buncrana Community Library	Arts & Crafts during the Spring into Storytime programme. Families & Children

## Wednesday 15th April

Time	Activity/Event	Lead Partner	Venue	Description
4.00pm - 5.00pm	<b>Junior Chess Club</b>	Donegal Libraries	Lifford Community Library	Chess club for children
5.00pm - 8.00pm	<b>Chess</b>	Donegal Libraries	Leabharlann Phobal Ghaoth Dobhair	Chess for Adults
7.00pm	<b>Bridge Club</b>	Donegal Libraries	Buncrana Community Library	Bridge club - Open to all bridge players
7.00pm	<b>Writers Group</b>	Donegal Libraries	Buncrana Community Library	Writers group. Open to all writers
7.00pm-8.00pm	<b>Craic agus Ceol</b>	Elevate 55 Donegal Youth Service	'The Loft' 16-18 Port Road Letterkenny	Join us for live music from young musicians, dancers and a shared table.
7.00 - 8.00pm	<b>Walking Football</b>	Donegal Sports Partnership Hugh Carlin	Letterkenny Community Centre	Walking Football Programme
7.00pm - 9.00pm	<b>Mosaic Art Course with Macola Vonga (€40 -8 Week course starting on 18th March)</b>	Letterkenny Community Development Project & Donegal ETB	Letterkenny Men's Shed	Discover the beauty of mosaic art and unlock your creativity. For booking contact 087 036 3747

## Thursday 16th April

Time	Activity/Event	Lead Partner	Venue	Description
9.00 - 5.00pm	<b>2 Day Start your own Business Course</b>	Inishowen Development Partnership Sinead McDaid <a href="mailto:sinead@inishowen.ie">sinead@inishowen.ie</a>	Carndonagh	Start Your Own Business (2-Day Course): A practical, focused course that guides you through the key steps, tools, and supports needed to plan, launch, and run your own business
9.30am - 12.30pm	<b>Practical Irish Living and Cultural Integration training</b>	DLDC Oksana Krysynska <a href="mailto:okrysynska@dldc.org">okrysynska@dldc.org</a> Registration Required	DLDC Unit 1, 2nd Floor Glenview Business Park Carnamuggagh Upper Letterkenny F92 X5EF	This training programme is structured around four core modules - Life, Study, Labour Market Access and Community. All Welcome - Places limited please book your free place by email to: <a href="mailto:okrysynska@dldc.org">okrysynska@dldc.org</a>
9.45am - 1pm (with multiple breaks for families)	<b>Our Shared Stories</b>	Donegal Travellers Project – PEACEPLUS Programme ‘Pride Not Prejudice’	Central Library Letterkenny - The event space downstairs	Storytime with a Twist: Pre-schoolers and their families are invited to join children's author, Isla McGuckin, for a fun and relaxed workshop. We'll explore traditional tales together and then create a brand-new story. Kids will be encouraged to create a mega-doodle - and there'll be lots of snack and comfort breaks
10.00am - 11.00am	<b>Rhyme &amp; Storytime</b>	Donegal County Childcare Committee	Twin Towns Community Library	Rhyme and Storytime for toddlers and babies
11.00am	<b>Launch of the Money Matters Financial Literacy Resource</b>	Donegal County Council & MABS	Leabharlann Phobail na Rosann	Leabharlann Phobail na Rosann will host the official launch of Money Matters, a new financial literacy resource developed through a collaboration between the Money Advice and Budgeting Service (MABS) and Donegal County Council, as part of the county's Skills for Life programme.
10.00am - 11.00am & 11.15am - 12.15pm	<b>Lego Workshops</b>	Donegal Libraries	Bundoran Library	Lego Workshops 
10.00am - 1.00pm	<b>Co - Design Event for Youth</b>	Donegal Public Participation Network & Foróige	Letterkenny	Specific Event for Schools
10.30am - 11.30pm	<b>Inclusive Tennis Programme</b>	Donegal Sports Partnership, Hugh Carlin	Letterkenny Tennis Club	Inclusive Tennis Programme for kids

## Thursday 16th April

Time	Activity/Event	Lead Partner	Venue	Description
10.30am - 12.00pm	<b>Breastfeeding education</b>	Nicola Gillespie, PHN Mary Mc Feely PHN for traveller population.	Saint Conal's Hospital, Letterkenny	Breastfeeding Preparation Class aimed at parents from the travelling community
10.30am -12.30pm	<b>SICAP Lifelong Learning Outreach Information Session</b>	DLDC Antoinette Clayton <a href="mailto:aclayton@dldc.org">aclayton@dldc.org</a>	The Heritage Centre, Ardara	Information on Community Development Supports, Lifelong Learning, employment supports and Enterprise.
10.30 - 12.30pm	<b>A celebratory morning for our intercultural &amp; inclusive creative Women's Group</b>	Roisin O Neill Donegal Family Resource Centre,	Donegal FRC, F94 NW8C	Craft and Creativity session where MBE/IPAS women come together with women of the wider community.
10.30am to 12.00pm	<b>Letterkenny Wellness Café</b>	Letterkenny Wellness Café & Donegal Social Inclusion Unit	An Grianan Theatre	We welcome new attendees to sample the wellness café
10.30 - 12.30pm	<b>Ballybofey Wellness Café</b>	Ballybofey Wellness Café	The Coffee Loft	We welcome new attendees to sample the wellness café
10.30 - 12.30pm	<b>Ramelton Wellness Café</b>	Ramelton Wellness Café	Kernan's Ramelton	We welcome new attendees to sample the wellness café
10.30am -12.30pm	<b>Café Connect</b>	Adult Literacy Service, Donegal ETB, Gort an Choirce -Mairéad Somerville 086 174 0677	Creeslough Community Hub	Drop in for a friendly coffee morning where you can ask questions about using your smartphone. Enjoy easy demonstrations of handy features and fun things you can do with your phone. Everyone welcome!
10.30am - 1.30pm	<b>Living Well, Warm &amp; Wise</b>	Donegal Local Development Contact: Margaret Doherty <a href="mailto:margaretdoherty@dldc.org">margaretdoherty@dldc.org</a> / 087 2792151	Bundoran Community Centre Main Street Bundoran F94 RH33	Working in collaboration with MABS, ALONE, DLDC Food Waste & Donegal County Council, DLDC are hosting an info. event focusing on raising older people's awareness & understanding of managing their budgets, getting smart on energy saving and knowing what's available to help them with advice & guidance from the support agencies.
11.00am - 1.00pm	<b>SICAP Supports Information Sessions</b>	DLDC Patrick Carr <a href="mailto:pcarr@dldc.org">pcarr@dldc.org</a>	DLDC Office, Main Street, Dungloe	Information on Community Development Supports, Lifelong Learning employment supports and Enterprise.

## Thursday 16th April

Time	Activity/Event	Lead Partner	Venue	Description
11am	<b>Guided Tour</b>	County Museum	Donegal County Museum, High Road, Letterkenny, Co. Donegal F92 K123	Donegal County Museum invites to discover the history and heritage of County Donegal. Free of charge. Booking required to <a href="mailto:museum@donegalcoco.ie">museum@donegalcoco.ie</a> or T 074 9124613
11.00am	<b>Inishowen Family Action Network: Integrating Communities Subgroup meeting</b>	Inishowen Development Partnership, Denise McCool <a href="mailto:Denise@inishowen.ie">Denise@inishowen.ie</a> Alison McLaughlin, Patricia Higgins, Rachel Grant	Buncrana IDP	The purpose of the subgroup is to support the inclusion and integration of new communities, with a priority focus on refugees and asylum seekers, in the Inishowen area. The group also works to identify existing gaps in services and supports and respond to these needs by linking in or advocating with local agencies. IFAN IC has set up Inishowen Standing Together Against Racism – ISTAR
11.00am - 12.00pm	<b>Ciorcail Comhrá</b>	Donegal Libraries	Donegal Town Library	Irish Speaking Group - All Welcome
11.00am - 1.00pm	<b>Crochet &amp; Knitting Group</b>	Donegal Libraries	Leabharlann Phobal Ghaoth Dobhair	Crochet & Knitting
11.00 - 1.00pm	<b>Coffee Morning</b>	Letterkenny Community Development Project	Letterkenny CDP Offices, 25 Courtyard Shopping Centre, Letterkenny.	Meet & greet with our community and share information to include ethnic minority, travellers and people with disabilities.
11.15am - 13.15pm	<b>Walk and Talk</b>	Bluestack Special Needs Foundation Anna Good 074 9740828	Abbey Vocational school Sport Track	All welcome to a fully inclusive walk and talk where no topic is off the table. Join our members and the transition year students of Abbey Vocational School for an enlightening morning of natter.
11.30am	<b>Brendan McDonald (author)</b>	Donegal Libraries	Online	Online author workshop during the Spring into Storytime programme. National school children. Email <a href="mailto:ucutliffe@donegalcoco.ie">ucutliffe@donegalcoco.ie</a> for teams link
11.30 - 1.00pm	<b>Buncrana Wellness Café</b>	Buncrana Wellness Café	The Coffee Cup	We welcome new attendees to sample the wellness café

## Thursday 16th April

Time	Activity/Event	Lead Partner	Venue	Description
1.00pm - 1.45pm	<b>Reading for Health &amp; Wellbeing Online Talk</b>	Donegal Libraries Atlantic Technological University Library	Online	Reading for Health & Wellbeing Online Talk <a href="https://events.teams.microsoft.com/event/f6d37396-be3b-47ee-b9d7-d5c092da4d6c@47855545-00bb-4800-a65f-e79104ec0fc4">https://events.teams.microsoft.com/event/f6d37396-be3b-47ee-b9d7-d5c092da4d6c@47855545-00bb-4800-a65f-e79104ec0fc4</a>
3.00pm	<b>Board Games</b>	Donegal Libraries	Buncrana Community Library	Board games during the Spring into Storytime programme Families and children
3.00pm - 4.00pm	<b>Junior Chess Club</b>	Donegal Libraries	Twin Towns Community Library	Chess club for children
4.00pm - 5.00pm	<b>Junior Chess Club</b>	Donegal Libraries	Bundoran Library	Chess club for children
4.00pm - 6.00pm	<b>LGBTQ+ Inclusive Art Space for young people</b>	Donegal Youth Services, Megan Rushe 085 2578223	Donegal Youth Service 16-18 Port Road, Letterkenny, Donegal	A space to take part in an LGBTQ+ inclusive art session facilitated by DYS staff. Open to young people aged 14 - 17 yrs.
5.00pm - 7.00pm	<b>Chess Club</b>	Donegal Libraries	Carndonagh Community Library	Chess for children and young adults
5.00pm - 7.00pm	<b>Young adult book group/board games</b>	Donegal Libraries	Carndonagh Community Library	Space for young adults to meet and discuss books or play board games
6.00pm - 7.00pm	<b>Junior Chess Club</b>	Donegal Libraries	Raphoe Branch Library	Chess club for children



## Thursday 16th April

Time	Activity/Event	Lead Partner	Venue	Description
6.00pm - 8.00pm	Arts & Crafts for Donegal's first Ukrainian, led Youth Club	Donegal Youth Services Pearl Johnston 085402882	Youthland, Community Centre, Drumacrin, Bundoran, F94RH33	A visit to one of Donegal Youth Service's member youth clubs to facilitate an art session for young Ukrainian people aged 10+ and their peers
7.00 pm	Ciorcal Comhrá/ Conversational Irish	Donegal Libraries	Carndonagh Community Library	Bí Linn! Má tá tú líofa nó má tá cúpla focal agat, cuirfear fáilte mhór romhat. Whether you're fluent or only learning Irish you'll find a warm welcome here at Carndonagh Library's conversation group
7.00pm	An Historical enactment and walk through Letterkenny	Letterkenny CDP	Meeting point is the bottom of Church Lane	The event is supported and enacted by Letterkenny CDP and the Cathedral Quarter, Letterkenny. It's a live enactment of the cultural history of Letterkenny
7.00pm	Cultural Exchange Evening	Inishowen Development Partnership Alison McLaughlin <a href="mailto:Alison@inishowen.ie">Alison@inishowen.ie</a> Patricia Higgins <a href="mailto:Patricia.higgins@inishowen.ie">Patricia.higgins@inishowen.ie</a>	Buncrana. Contact Alison for further details	An evening of connecting and leaning about each others cultures. Attendees invited to bring something that represents you and your culture (song, item, poem etc)
7.00pm - 9.00pm	We Can Quit Smoking Cessation 8 week programme	Inishowen Development Partnership Sheila Keyes <a href="mailto:sheilakeyes@inishowen.ie">sheilakeyes@inishowen.ie</a> Check out <a href="http://www.inishowen.ie">www.inishowen.ie</a> for other programmes	Pastrol Centre Carndonagh	An 8 week fully supported smoking cessation group support. Free Nicotine Replacement Therapy and wrap around supports - Sláintecare Healthy Communities Programmes



## Friday 17th April

Time	Activity/Event	Lead Partner	Venue	Description
10.00am	Play and Stay	Donegal Libraries	Buncrana Community Library	Songs and stories for pre school children. Families and children under 5 years
10.00 - 11.00am	Play and Stay	Donegal Libraries	Bundoran Library	Songs and stories for pre school children.
10.00am - 12.00pm	Creating a Household Budget	Adult Literacy Service, Donegal ETB, Gort an Choirce, Mairéad Somerville 086 174 0677	Dunfanaghy Family Resource Centre	Join us for a quick, practical talk on creating a simple household budget. Perfect for everyone — individuals, families, and anyone wanting to take control of their money!
10.30am	Conversational English	Donegal Libraries	Carndonagh Community Library	English/ Ukrainian conversation group. An opportunity to practice speaking and reading aloud from English novels.
10.30am - 2pm	Carers clinic with Elaine Rooney	Donegal Libraries & Family Carers Ireland	Buncrana Community Library	Public workshop for carers. Public Event
11.00am - 11.30am	Lego Workshop	Donegal Libraries	Ballyshannon Library	Lego Workshop
11.00 - 12.00pm	Men Only Chair Exercise class with high tea after	Máire Uí Chomhaill, Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, Co. Dhún na nGall 074 95 32949	Ionad Naomh Pádraig	This Men Only Chair Exercise Class with High Tea offers a relaxed and welcoming space for men aged 50+ to enjoy gentle, low-impact seated exercises that improve strength, flexibility and balance, followed by high tea and good conversation. Designed especially for men who may feel isolated or prefer a male-only setting, the event promotes wellbeing, social connection and inclusion in a friendly, pressure-free environment. Transport is available to and from this class.
11.00am - 1.00pm	SICAP Supports Information Session	DLDC Patrick Carr, <a href="mailto:pcarr@dldc.org">pcarr@dldc.org</a>	An t-Sean Bheairic in Falcarragh	Information on Community Development Supports, Lifelong Learning, employment supports and Enterprise.

## Friday 17th April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am - 1.00pm	<b>Social Inclusion Dance</b>	Cara House Family Resource Centre	Regional Cultural Centre	2 Hand Dancing with Refreshments
11.30am - 12.00pm	<b>Story Time with Sarah</b>	Donegal Libraries	Ballyshannon Library	Story time
12.00 - 1.00pm	<b>Ladies Only Chair Exercise class with high tea after</b>	Máire Uí Chomhaill, Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, Co. Dhún na nGall 074 95 32949	Ionad Naomh Pádraig	This Ladies Only Chair Exercise Class with High Tea offers a relaxed and welcoming space for ladies aged 50+ to enjoy gentle, low-impact seated exercises that improve strength, flexibility and balance, followed by high tea and good conversation. Designed especially for ladies who may feel isolated or prefer a female-only setting, the event promotes wellbeing, social connection and inclusion in a friendly, pressure-free environment. Transport is available to and from this class.
2.00pm - 3.00pm	<b>Arts &amp; Crafts</b>	Donegal Libraries	Ballyshannon Library	Art & Craft session with ASD students from Ballyshannon Coláiste Colmcille
2.30pm - 4.30pm	<b>We Can Quit Smoking Cessation 8 week programme</b>	Inishowen Development Partnership Sheila Keyes <a href="mailto:sheilakeyes@inishowen.ie">sheilakeyes@inishowen.ie</a> Check out <a href="http://www.inishowen.ie">www.inishowen.ie</a> for other programmes	Inishowen Engineering Drumfries Inishowen	An 8 week fully supported smoking cessation group support. Free Nicotine Replacement Therapy and wrap around supports - Sláintecare Healthy Communities Programmes
3.00pm	<b>Stories with Ursula</b>	Donegal Libraries	Buncrana Community Library	Stories with staff members during the Spring into Storytime programme. Families and Children.



## Saturday 18th April

Time	Activity/Event	Lead Partner	Venue	Description
1.00pm	<b>Crazy Hair Day</b>	North West Carrick Group	Village of Carrick. Old school building	Joint creative self-expression of Irish and Ukrainian children. Entertainment

# 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](http://www.nomoreransom.org)

