



Welcome to our January 2021 Update E-Bulletin - Part 2

Local & National News

Hi {!Contact.FirstName}

Welcome to the second part of our January 2021 members update. In this part of our update you can catch up on local and national news relevant to the community & voluntary sector and you can find out about and register for some interesting events that are coming up.



- LOCAL NEWS -

Keep Well Campaign – As part of this national initiative Wicklow County Council has a Keep Well Page on their website. It's full of information on tips and supports to mind your mental & physical health as well as promoting community resilience. Find it [Here](#)

If your group is running an activity or service that supports people in your community, please let us know. We would love to advertise it for you.

Local Sports Partnership. Check out their [website](#) and [Facebook page](#) for activities to help us all get through these challenges times. Activities include Online Yoga, Couch to 3km and an Activities for All booklet.

County Wicklow Partnership.

Free Pregnancy Course for Wicklow Residents

This Free 'Minding Me' SICAP course may be of interest. Delivered online via Zoom over four sessions it will cover Pre-Natal Yoga and pregnancy and birth education. Contact Kay on 087 3803 669 for more information.

Mentoring programme online for Social Enterprises in Co. Wicklow.

If you are working with a Social Enterprise in Wicklow in either a start-up phase or you have long been in existence, this programme can help you launch and or grow your organisation. There will be two groups of participants:

- Community Hubs, Centres, Cafes, Museums and the like in early stages of development
- Established social enterprises with additional growth potential

To find out more and register click [HERE](#)

Wicklow County Library Service. Free support for expectant and new Mums (Mothers Meet Up) sessions online on Thursday evenings. Also remember to check the fantastic and diverse supports provided by our [Wicklow Library Services](#). There really is something for everyone!

Foroige New Online Youth Group aimed at young people aged 12-18 years & living in West Wicklow is being set up. The focus of the group will be to develop skills to create and produce a podcast.

The aim of the podcast group is to give young people a safe platform to discuss drugs and alcohol and share their views and thoughts through discussions and debates while clarifying misinformation and myths around substances. The Podcast group will meet online every Monday at 7pm.

Young people can sign up for the group via this link:
<https://forms.gle/2QgvG26RJZKwtu8x5>

Wicklow Comhairle na nÓg in collaboration with CYPSC have launched the 'Mind your Mood' project. Check out the Wicklow [Comhairle Facebook](#) page for more information

Blessington Sustainable Energy Community is asking all Residents in the area to participate in an [Energy Survey](#) that will feed in to an Energy Master Plan for Blessington.

West Wicklow Environmental Network are hosting an online meeting on Tuesday 2nd February at 7.30pm. They have lined up two interesting speakers:

Ian Davis, Pure Project - will present an overview of the innovative, multi-disciplined, approach, that the Pure Project utilises in tackling illegal dumping and creating environmental awareness, in the Wicklow/Dublin Uplands.

Jackie Rynhart who will share her family's experience of switching to an electric car, looking at what they have saved on running costs and their verdict after a year.

To get the Zoom call details visit [WWEN Facebook](#) page or email:
westwicklowen@gmail.com

Wicklow Heritage. Know Your Local Area - FREE online course from Irish Archaeology Field School now enrolling - excellent opportunity to discover desktop resources at your fingertips. Click [HERE](#) to find out more.

The course will be delivered through a series of online tutorials every Tuesday and Thursday over three weeks from February 16th to March 2nd.

Wicklow Dementia Support are seeking volunteers for their ALZPALS programme, a befriending service which supports people with dementia who are living at home. To find out more contact Jenny on 089 428 6928 or email:
info@wicklowdementiasupport.org

Jigsaw (National Centre for Youth Mental Health) new premises opened in Co. Wicklow.

Jigsaw, Wicklow is currently open and delivering direct clinical support to young people aged 12- 25 who live, work or receive their education in County Wicklow. Referrals for young people under the age of 18 are accepted from parents and health care professionals. Young people aged 18+ can refer themselves to Jigsaw. You can phone or email them to ask for an appointment. Their service is free of charge.

Jigsaw Wicklow is located at Unit 2, Aubrey Court, Parnell Road, Bray, Co. Wicklow.
Eircode is A98 XH50.
Phone Number is 01 524 0796.
Email Address is wicklow@jigsaw.ie

KWETB Microsoft Office Training. These courses will be delivered online

with support of an e-tutor.

Apply here if employed: <https://www.fetchcourses.ie/course/finder..>

Apply here if unemployed: <https://www.fetchcourses.ie/course/finder...>

New Wicklow Cross-Generational Project - Neighbourhood Network has teamed with up Creative Ireland to bring a new project to Wicklow. With an unpredictable winter ahead of us, they are worried that older people who are isolating are becoming increasingly forgotten or distanced from society. That's why they came up with a simple, fun community project to connect different generations in your neighbourhood! Find out more [HERE](#)



- NATIONAL NEWS -

COVID-19

National Guidelines: To keep up to date with the latest national COVID-19 guidelines and restrictions click [HERE](#)

HSE Resources: The HSE has developed Covid 19 Information posters, booklets and videos which include:
Guidance for Disability Services
Resources for People with Dementia, their carers and families
Resources for Accommodation Centre Residents
Click [HERE](#) to access these and other resources.

The HSE have also produced a series of videos [Minding Your Wellbeing](#)

Sustainable Development Goal Advocate Training 2021. Do you want to join Ireland's network of Active Citizens and create long-lasting change within your community whilst also contributing to achieving the Global Goals?

Saolta is recruiting 26 changemakers to become Ireland's SDG Advocates 2021. See information and application form [HERE](#)

Vulnerable Customers Register for users of energy and water. Whether you are an energy customer or a customer of Irish Water, there are a range of additional protection measures in place for registered vulnerable customers. This includes measures around communication, disconnection and other important areas. To find out more click [HERE](#)

Age Friendly Newsletter. This weekly newsletter is a great source of information on projects from throughout the country. We have included below links to some of the recent editions:

[Jan 15th](#)

[Jan 22nd](#) (Co. Wicklow PPN Super Charge Your Selfcare series of videos gets a mention)

Irish Heart Foundation Heart Failure Support Programme. This support service for Heart Failure patients includes monthly information sessions with expert speakers, a 7 episode informational podcast series, a peer-to-peer support closed Facebook group (Heart Support Network), monthly newsletters, a nurse Support Line for any medical queries and counselling sessions.

To find out more and join the programme click [HERE](#)

Social Justice Ireland launch Delivering Deliberative Democracy - Participation by the Public Participation Networks in Local Government

Decision-making Report. To access the report click [HERE](#)

Sligo PPN has worked with the [Digital Training Institute](#) to develop the Sligo PPN Social Media Academy to try and support their member groups to become proficient in all aspects of social media that may support the development of their community organisations and allow them to operate in a society which has become so reliant on online communications. They have very kindly shared this resource with us.

Access the [Sligo PPN Social Media Academy Page](#)

Tidy Towns Newsletter. We have included a link to [Tidy Towns Newsletters](#). Your group may find some interesting articles in them including the piece which links a group's activities to the Sustainable Development Goals.

The EU Agency For Fundamental Rights will host a meeting on Monday 1st February which will bring together civil society organisations and experts from EU and international organisations to discuss: 'Human rights work in challenging times – ways forward'.

To find out more and register for the meeting click [HERE](#)

South Leinster Citizens Information Service's webinar: "Bringing the Family Together -The Challenges of Family Reunification for Immigrant Families Settling in Ireland" which will take place on Thursday 25th February 2021 from 10am to 1.30pm. To find out more and register click [HERE](#)

Local Water Authorities Programme. Stories from the Waterside Celebrate World Wetlands Day 2021 on Tuesday 2nd February at 7pm with an evening of Storytelling and the launch of a dedicated website. Please register at <http://watersandcommunities.ie/>



Thanks for reading. We hope you picked up some useful information for your group.

Remember if you have any questions or would like more information please do contact us.



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