

*Connecting...*

**20  
21**  
**OCT**  
**11-17**



*Fostering Inclusion, Connection & Equality*  
Cuimsiú, Caidreamh agus Comhionannas a chothú

**Mayo Social Inclusion Awareness Week 2021**  
**Seachtain Feasachta ar Ionshuimsiú Sóisailte Mhaigh Eo**



# MAYO SOCIAL INCLUSION AWARENESS

20  
21  
OCT  
11-17

**The winning Poem in the 2020 Poetry Competition- Other Tongue - Mother Tongue was by Peter Sheridan, Behymore National School, Co Mayo. This year's brochure was designed drawing inspiration from Peter's poem.**

*You're welcome in Mayo (Fáilte go Maigh Eo)  
In Mayo it doesn't matter if you come from Japan  
You can play for Mayo like Shairoze Akram.  
You may be Korean or from Senegal  
But in County Mayo your race doesn't matter at all.  
Ever since Black Lives Matter started in late May  
there have been crazy riots every day.  
Everyday people get bullied about their race  
this year we should stop racism because it's a disgrace.  
Everyone is a human being on earth just like me  
we are all leaves growing on the same tree.*

## About Mayo Social Inclusion Week

Mayo Social Inclusion Awareness Week 2021 is an initiative of Mayo Local Community Development Committee (LCDC) Social Inclusion and Community working group. Chaired by Cllr Neil Cruise the working group comprises representatives from many community groups and organisations throughout County Mayo.

This dedicated week is an opportunity to promote and highlight the very positive work that the public and the community sectors do on a day-to-day basis to reduce discrimination, racism, poverty and social exclusion. Whilst the week is a great opportunity to showcase work that is being done it also gives us an opportunity to reflect, challenge ourselves and improve the services we provide and identify where improvements can be made. In 2021 we faced the challenges that Covid 19 brought and life changed for many not least those in

our communities who are marginalised or don't have a strong voice. With the experience of 2020 and the knowledge we have gleaned, we now move forward slowly with hope that things will get better, services will reopen, that we will see each other, speak with each other face to face again soon and that we can start reconnecting with those we have been separated from and connecting with new people in our community. Based on this hope and anticipation the chosen theme for 2021 Mayo Social Inclusion Week is "Connecting". The theme, we hope, will challenge us all to add strength to the work we are already doing and add focus to what will become a very important topic in all our Mayo communities. We welcome much discussion and reflection on the concept of connecting and reconnecting through a singular **"Connecting"** theme. We pose a challenge to ourselves as advocates for change in our County as we reemerge, reconnect, connect and reach out from what has been an unprecedented time that has amplified the needs of many individuals and groups in our community.

## Steering Committee

The steering committee comprises many different organisations such as Mayo County Council, Mayo North East, South West Mayo Development Company, Mayo Traveller Support Group, Mayo Public Participation Network, Mayo Women Support Service, Healthy Mayo, Suicide Prevention Alliance, Mayo Mental Health, Mayo Sports Partnership, GMIT Mayo, Flourish, Mayo Intercultural Action, FAI, Ballyhaunis Direct Provision Residents Association, Tacu Family Resource Centre, Mayo Comhairle na n-Óg and many others.

## How do I get involved in Mayo SIAW?

Consider attending one of the many events being held during the week from October 11th to October 17th. There is a wonderful opportunity to learn more and to network with people from many communities throughout Mayo.

Why not find an event online that suits your interest or find an event that you can attend safely and enjoy listening to other people's experiences and enjoy their company?

### Where do I get more information?

<https://www.mayo.ie/socialinclusionweek>  
<https://www.facebook.com/MayoSocialInclusionWeek>  
E-mail [community@mayococo.ie](mailto:community@mayococo.ie)

## Chairman's address

Hi everyone and welcome to Mayo Social Inclusion Awareness Week 2021. As chairperson of the Mayo Local Community Development Committee's Social Inclusion and Community Development Working Group I am delighted to once again be part of a week that promises to be a real celebration of work being done throughout our communities by many wonderful volunteers and organisations. As well as the work already being done Social Inclusion Awareness Week also challenges us collectively to consider how we can improve and make things better within our county.



Following the last two tough years marginalisation of people has amplified throughout the country and in our county and now more than ever we need to reach in and offer a hand of support and help to those that are most vulnerable. The theme this year is Connecting and connecting has never been more important than now. I invite you to reach out a hand of support to someone you know that may need your help at this time and reconnect or connect in the spirit of Social Inclusion Awareness Week as we remerge from the pandemic.

I would sincerely like to thank the Working Group for their ongoing work and commitment to Mayo Social Inclusion Awareness Week. They all work tirelessly to make Mayo a better place for all. There is in the region of 40 events being planned by all our partners and stakeholders and I thank them for their engagement and involvement and wish everyone the best with their specific events.

Finally, I invite you the public to join us for Mayo Social Inclusion Awareness Week 2021. All events are free of charge and take place as physical events or online events. Thank you for your continued support and I hope you enjoy this very important week on our 2021 calendar.

*Le Meas,*  
**Cllr Neil Cruise**

## Mayo North East SICAP Manager

We are delighted to once again be part of the Mayo Social Inclusion Awareness Week organising committee. This year's theme of 'Connecting' is so appropriate as we emerge from the Covid 19 pandemic – a time when many of us felt disconnected albeit that we were connecting in ways that we never had before. References to zoom and 'I'm all zoomed out' have become part of our everyday conversation. However, there are many people within our communities that did not have access to these platforms and who were isolated and excluded because of this.



I think that as human beings, we adapt to new situations quickly in order to survive and our response to the Covid 19 pandemic highlighted everything that is good and positive about Mayo people. It will be strange for all of us to return to meeting in person having become used to online meetings and the use of other online platforms to connect. Some will find this transition more difficult than others. The pandemic is still here and it is essential that we remain vigilant. We need to be mindful of ourselves in the first instance and ensure that we are comfortable and safe as we connect. We also need to be mindful of others that may find this transition more difficult and ensure that there is a space for them to express their fears about connecting and supports to enable them to reconnect in their communities.

From my own perspective I am looking forward to being able to get back out and meet with people and especially the Local Community Groups and Social Enterprises that I work with. Nothing beats being able to sit down in person and have a chat over a cuppa. This is often where the best ideas and innovations emerge.

Finally, I would like to thank my fellow members of the organising committee and wish the best of luck for this year's Social Inclusion Awareness Week and express my gratitude to all the groups that have organised events as part of this important week.

**Anne Finn**  
**Mayo North East SICAP Manager**

All Physical events will adhere to Government Covid-19 Guidelines. Booking is essential.



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# 7th October

## Launch of Social Inclusion Awareness Week



The launch of Mayo Social Inclusion Awareness Week 2021 takes place on Thursday, October 7th from 9am-11am. This year we are delighted to be launching it on the Tommy Marren show on MidWest Radio, as an outside broadcast from Mayo County Councils main building Áras An Chontae, The Mall, Castlebar. The launch comprises speakers representing many different organisations throughout Mayo. The work these organisations do is key to advocate, support and bring about change for those in our society that are and feel socially excluded. MidWest and Tommy Marren have been key to local messaging over the years and the message for the need for connection



*Celesta Khosa speaking at the 2019 Mayo Social Inclusion Awareness Week Integration Seminar*



and social inclusion within our communities is a very important one which we hope will reach their listenership.

The launch is important to create awareness about the events taking place free of charge throughout Mayo during Social Inclusion Awareness Week. This year there are over 40 events taking place, some of them are physical and some are online. Our calendars Flagship Event for 2021 is a suite of LGBTI+ events. These are being led out by OutWest and comprise conversations around Gender and Sexual Identity. During the launch we will also shine a light on living with a disability and the challenges that that creates for people in our

County, and hearing about their lived experience.

Tommy will interview many representatives from various organisations whose work is very important to social inclusion and we look forward to a morning where we can all listen, hear and do more to promote social inclusion. Being aware of the need to be more socially inclusive is the first step and this awareness leads to positive change for other people in our County. Thanks to all our organisers, speakers and contributors, to MidWest Radio's Tommy Marren and to all those people throughout the County that make MSIAW possible. We look forward to a great week of Connecting and Social Inclusion Awareness.

**Further information on Mayo Social Inclusion Awareness Week can be found on-**

**Facebook:** <https://www.facebook.com/MayoSocialInclusionWeek>

**Website:** <https://www.mayo.ie/socialinclusionweek>

**Email:** [community@mayococo.ie](mailto:community@mayococo.ie)

**Or contact:** Anne Ronayne or Michael Galvin, Community Section, Mayo County Council at [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie) or [mgalvin@mayococo.ie](mailto:mgalvin@mayococo.ie)

# Monday 11th October

## OutWest LGBTI+ Community Adult & Parents/ Guardians Event

7pm  
-8.15pm

Venue: St Marys  
Hall, GMIT Mayo,  
Castlebar



OutWest  
invite you to  
an evening of Conversation on  
Gender and Sexual Identity with  
Panti Bliss in St Marys Hall,  
GMIT Mayo, Castlebar from -  
7pm -8.15pm

OutWest invites the adult  
community & parents/guardians  
to join them for an evening of  
conversation on gender and  
sexual identity with Panti Bliss.  
This event will be facilitated by  
Panti and the audience will have  
the opportunity to ask questions.

Booking is essential as numbers  
are limited to 75.

Book through Eventbrite on  
[https://www.eventbrite.ie/e/  
an-evening-of-conversation-  
on-gender-sexual-identity-  
tickets-174725718327](https://www.eventbrite.ie/e/an-evening-of-conversation-on-gender-sexual-identity-tickets-174725718327)

Contact: OutWest  
Tel: 087-9725586  
Email: [info@outwest.ie](mailto:info@outwest.ie)  
Website: [www.outwest.ie](http://www.outwest.ie)

## Mayo Arts and Disability Network Arts and Disability Mayo YouTube channel

Monday to Sunday

Online: [https://m.youtube.com/channel/  
UCbXeyaoZ99kp0HONzQL0iTG](https://m.youtube.com/channel/UCbXeyaoZ99kp0HONzQL0iTG)

Mayo Arts Disability Network was  
established in 2019. On this YouTube  
channel there is a selection of short  
films produced by groups of artists with  
disabilities in Mayo. Supported by Mayo  
County Council & the Arts Council.

Contact: Damien O'Connor, Arts  
and Disability Coordinator

Email: [doconnor@mayococo.ie](mailto:doconnor@mayococo.ie)

Tel: 094 906 4363

Web: [www.mayo.ie/arts/programme/  
arts-disability](http://www.mayo.ie/arts/programme/arts-disability)

## Luisne Art Group Light Through Our Dreams art installation

Monday to Sunday

Venue: Connaught Telegraph office  
window - Main Street, Castlebar Co.  
Mayo, F23 EY18

In 2019 the Luisne Art group  
received funding from the UPSTART  
programme to develop a ceramic  
installation with artist Amanda Hickey.  
The installation will be shown at the  
Connaught Telegraph Office, Main  
Street, Castlebar Co Mayo during  
Social Inclusion Week. Supported by  
Mayo County Council, the Arts Council,  
Western Care and Tacú FRC.

Contact: Breda Mayock,  
Luisne Coordinator

Email: [bredamayock@gmail.com](mailto:bredamayock@gmail.com)

Web: [www.artluisne.com](http://www.artluisne.com)



# Monday 11th October

## Mayo Traveller Support Group Crown – Hair and Identity in Traveller Culture

### Online Video

Traveller women have a unique aesthetic expression. How they express themselves and their sense of identity through their hair is a source of intrigue. Why this long luxurious flow in all its glory - plaits, rolls, ribbons, top knots and curls? What have the women to say about their hair, its physical appearance, its traditions, its rituals, and what it means to them? The portraits in the exhibition Crown beoir quietly offer some of the answers.

**Contact: Edith Geraghty**

**Tel: 094-9028400**

**Email:** [coordinator@mtsg.ie](mailto:coordinator@mtsg.ie)

<https://www.youtube.com/channel/>

## Mayo Traveller Support Group A Person Just Like You

### Online Video

Readings from The Universal Declaration of Human Rights by members of the Traveller Community, Mayo. Made for Mayo Traveller Support Group for Culture Night 2021. Speakers: Jessica McDonagh, Amy McDonagh, Bethany Ward, Andrea Ward, Joshua Maughan, Connor Allen and Eddie Allen

**Contact: Edith Geraghty**

**Tel: 094-9028400**

**Email:** [coordinator@mtsg.ie](mailto:coordinator@mtsg.ie)

<https://www.youtube.com/channel/>

## The Ballinglen Museum of Art Art is for everyone: looking and learning

11.00am

**Venue: The Ballinglen Museum of Art  
Main Street, Ballycastle, Co Mayo**

Come see the stunning exhibition of prints "Stoney Road Press 20 Years – A Survey" at the Ballinglen Museum and participate in examining in depth a few of the works to get to know them well.

Stoney Road Press, an art print workshop has been making prints with artists for 20 Years. This autumn they are showing a selection of these at The Ballinglen Museum of Art in Ballycastle. From wild powerful seascapes to neon explosions of colour these works fill the walls of the museum. On October 11th, we will lead a tour of the Museum and focus in on a few works to consider them in-depth.

An informal, interactive, and inclusive tour. We know that art is for everyone and that you don't need to know anything about art to enjoy and participate.

**Booking is essential.**

**Booking Details: email  
[ballinglenarts@gmail.com](mailto:ballinglenarts@gmail.com)  
to reserve a space.**

[www.ballinglenartsfoundation.org](http://www.ballinglenartsfoundation.org)

# Monday 11th October

## Mayo Sports Partnership Inclusive Walking Programme

12.00 noon

**Venue:** Lough Lannagh Castlebar

Mayo Sports Partnership are delighted to offer a morning of walking around Lough Lannagh in Castlebar. Meeting at Lough Lannagh car park at 12 noon.

### Booking Details:

**Contact:** Ray McNamara

**Tel:** 087 6973093

**Email:** rmcnamara@mayococo.ie

## Flourish Mindful Mondays

10.30am to 11.30am

**Venue:** via zoom

The Flourish project offers a guided practical session in Mindfulness techniques including gentle exercise and relaxation. No experience necessary. Come and join others online and take this time for yourself to quieten and energise yourself at the start of a week.

### Booking is essential

**Contact** Maura Horkan  
(Flourish) 094 9025900

**To Register Email:**

flourish@thefamilycentre.com

**Web:** www.thefamilycentre.com

## Le Cheile Community & Family Resource Centre One Million Stars Workshop 2021

10.00am to 11.00am

**Venue:** Tucker Street Castlebar Co. Mayo  
F23 C950

Le Cheile FRC community arts project will connect our community during Social Inclusion week through the craft of weaving stars. Each star represents light, hope and solidarity against violence. Each participant will be guided in how to make a star that will contribute to a larger scale project at the end of November

**Booking is essential-  
Numbers limited to 8 people  
per session.**

**Contact:** Ann Conway

**Tel:** 094 9025126

**Email:** ann@castlebarfrc.com  
info@castlebarfrc.com

# Monday 11th October

## Mayo County Childcare Committee Facebook campaign daily at

11.00am

**Venue: Facebook**

Childcare is, by its very nature, a socially inclusive practice connecting providers, children, parents and the community at large. Mayo County Childcare Committee celebrates Mayo Social Inclusion Awareness Week with a special Facebook campaign, showcasing inclusive childcare methods and programmes.

**Please visit <https://www.facebook.com/mayochildcarecommittee/>**

### **Contact:**

[mayochildcare@mayococo.ie](mailto:mayochildcare@mayococo.ie)  
<https://www.mayo.ie/childcare>

# Tuesday 12th October

## Local Link and Age Friendly Mayo Film club for active retired at Mayo Movie World (Time to be confirmed)

This event is being organised by Age Friendly Mayo, Mayo's Older Persons Council and TFI Local Link Mayo. Local link will arrange transport from various areas in the county to and from Castlebar. A film showing will be organised at Mayo Movie World. After the film, a bus will bring the group into Castlebar town for two hours. Local Link bus will then collect group from a designated collection point and bring people home that day.

Please be advised that travel pass cards are valid on all Local Link buses.

**Entry for film is free.**

**Booking is essential**  
**Booking Details Expression of interest form to be completed.**

**Please complete attached form:**  
<https://forms.office.com/r/WK04yPDc2s>

**Contact: Maura Murphy / Sarah Togher**  
**Email:** [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) / [sarah.togher@locallink.ie](mailto:sarah.togher@locallink.ie)

# Tuesday 12th October

## Le Cheile Community & Family Resource Centre

### Parents Walk and Talk

**Venue:** Greenway - beside the Bike Clinic  
F23XD77

9.30 am – 10.30 am

Bringing families and communities together to celebrate Social Inclusion Week focused on parents with young babies and children and working towards an all-inclusive society, bringing communities together for a reconnective walk and meet afterwards in an outdoor space for a cuppa and chat. The aim of this group is to reconnect while also having some physical exercise.

**Booking essential - Numbers limited to 15 people per session**

**Contact:** Ann Conway

ann@castlebarfc.com

info@castlebarfc.com

**Appropriate rain gear for walk required and please wear a Hi-Vis Vest**

## Mayo Sports Partnership Soccer for Adults with Intellectual difficulties

**Celtic Park, Castlebar**

11.30am

Mayo Sports Partnership and Castlebar Celtic are delighted to partner for a morning of fun football for adults with Intellectual disabilities. The Football will start at 11.30am – 1pm

**Booking details/contact Ray**

**McNamara 087 6973093**

rmcnamara@mayococo.ie

## Mayo PPN

### Connecting Communities while Staying Apart

**Venue:** Online 4pm

Mayo PPN will facilitate a workshop where community groups can work together in exploring opportunities for collaboration with groups in each of their Municipal Districts. This PPN event will enable communities to work together to celebrate the wonderful work done throughout the pandemic to support and protect the most vulnerable in our communities. The event will facilitate reconnection between groups and provide Community Groups with toolkits to bring back to their communities. It will assist those working with the marginalized, offering solutions to promote inclusion in their communities.

**Booking is required:**

mayopppn@mayococo.ie

**Contact:** Mary Costello, PPN  
Resource Worker.

**Tel:** 094 9064358

# Tuesday 12th October

## MSLETB Community Education

### Mayo

## Information for Community Groups asking the question: What is Autism?

**Venue: Online at 6pm**

The purpose of the Mayo Sligo and Leitrim ETB Community Education scheme is to promote and/or develop community education initiatives in local community settings. The Community Education scheme seeks to create opportunities for people to identify their learning needs, learn in their own communities and to support progression routes from this important base in the community, thus engaging communities in a process of empowerment and change. To this end we are delighted to work in collaboration with ASIAM in the presentation of this discussion around Autism.

### Booking is essential

**Contact Máirtín Ó Móráin**

**Email:** mairtinomorain@msletb.ie

**Booking Details:** Contact Tracey Davey by email to receive the link to the Presentation:  
traceydavey@msletb.ie

## Over 55 Club

### A knitting and crochet workshop facilitated by our club members.

**Venue:** The Kennedy Glasgow Centre, Quay Road, Ballina

**10.30am**

The members of the Over 55 Club are opening their doors to welcome the community to learn how to knit and crochet. Our highly skilled members meet on a weekly basis as one of their activities to practise on their already perfected skills of this art form.

This workshop aims to promote social inclusion between various age categories of our community and a sharing a skill that is not commonly used among the youth of today.

So just bring along any wool, knitting needles or crochet hooks that you might have and learn a new skill or just brush up on them again.

### Booking is required due to covid restrictions.

**Contact: Emma**

**Tel: 096-70905**

**Email:** community@moyvalley.ie



## **ShoutOut ABC OF LGBTQ+ A Workshop delivered by ShoutOut**

**2.30pm**

**Venue: Zoom**

ShoutOut in partnership with Mayo PPN and Mayo LCDC are offering a short 60-minute workshop which is open to all participants over 18 years of age on the ABC of LGBTQ+. ShoutOut believe in Inclusion through education and this 60-minute workshop aims to take the “?” out of LGBTQ+.

The workshop is ideal for adults who would like to be more informed and also to have some of their questions answered.

To register for this event  
please e-mail

[director@shoutout.ie](mailto:director@shoutout.ie)

**Contact:** 085-1139249

**Email:** [director@shoutout.ie](mailto:director@shoutout.ie)

**Website:** [www.shoutout.ie](http://www.shoutout.ie)

## **Mayo Traveller Support Group Lives of Traveller Men in Society**

**11.00am**

**Venue: Online via ZOOM**

Traveller men have been pushed to the margins of Society by changes to the law and lack of employment opportunities. This conversation facilitated by Dr Mark Garavan, seeks to understand the difficulties experienced and the lived experience of Traveller men in connecting with wider society in a meaningful way.

**Booking Details: Register with  
[coordinator@mtsg.ie](mailto:coordinator@mtsg.ie)**

**Contact: Edith Geraghty**

**Tel: 086-0820266**

**Email:** [coordinator@mtsg.ie](mailto:coordinator@mtsg.ie)

[www.mayotravellersupportgroup.ie](http://www.mayotravellersupportgroup.ie)

## **Castlebar Autism Friendly Town Information Meeting to be hosted**

**6.30pm**

**Venue: Online via ZOOM**

Castlebar Autism Friendly Towns Information Night on making our town more inclusive for those of us on the Autism spectrum. Help us make Castlebar a more inclusive community that welcomes those with autism to visit, live, work and socialise without obstacles or barriers!

**Contact: John Page**

**Tel: 086-6024914**

**Email:** [castlebarautismfriendly@gmail.com](mailto:castlebarautismfriendly@gmail.com)

**Web:** [www.asiam.ie](http://www.asiam.ie)

# Wednesday 13th October

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## CPN Mayo

### Mental Health Ireland's Five Ways to Wellbeing Workshop for Disability Services Staff

11.00am

Venue: Online via ZOOM

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Mental Health Ireland's Five Ways to Wellbeing explores the important topic of mental health, tips to manage wellbeing and self-care and connectedness. Two separate talks will be delivered to

#### 1. People living with Chronic Neurological Conditions

#### 2. Staff in Disability Services

Talks are informal, interactive and always popular with participants. The events are being co-ordinated by the Disability Federation of Ireland, delivered by Mental Health Ireland with thanks to funding from the South West Mayo Development company.

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**Contact:** Edel Killarney,  
Disability Federation of Ireland

**Email:** [edelkillarney@disability-federation.ie](mailto:edelkillarney@disability-federation.ie)

**Web:** [www.disabilityfederation.ie](http://www.disabilityfederation.ie)

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## Le Cheile Community & Family Resource Centre New Horizon Project 2021

10.30am to 11.30am

**Le Cheile FRC, Tucker Street, Castlebar, Co. Mayo, F23 C950,**

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Bringing families and communities together to celebrate Social Inclusion Week focused on people who are looking for a refocus from darker days to new beginnings. Le Cheile FRC community will explore a fresh start – post- Covid recovery - from darker days to new beginnings. The art and practise of mindfulness techniques and meditation. Mindfulness based stress management skills and techniques for all. Reconnect with your inner self and make plans to get ready for the new normal.

**Booking is essential**

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**Contact:** Ann Conway

**Tel:** 094 9025126

**Email:** [ann@castlebarfrc.com](mailto:ann@castlebarfrc.com)

**Web:** [info@castlebarfrc.com](http://info@castlebarfrc.com)

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## Castlebar Celtic FC

### Connecting with our neighbours

10.00am

**Venue:** Celtic Park, Castlebar

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Castlebar Celtic are delighted to host a morning of football fun in conjunction with the staff and pupils of St Brid's school. As part of Social inclusion Week, Castlebar Celtic are delighted to connect with our next-door neighbours for a morning of outdoor football fun at Celtic park. We understand the importance of supporting those in our community with specific needs who may need additional supports like pupils of St Brid's school, this event will give everyone a chance to enjoy the fun outdoor element of football.

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**Contact (Closed event)**

[procastlebarceltic@gmail.com](mailto:procastlebarceltic@gmail.com)

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## Wednesday 13th October

### Mayo Women's Support Services Information on Mayo Women's Support Services and the Criminal Offence of Coercive Control

11.00am

Venue: Online via ZOOM

Information on Mayo Women's Support Services and the Criminal Offence of Coercive Control which is at the very heart of domestic abuse. An hour-long Zoom presentation to include questions & answers. There will be information on services provided by Mayo Women's Support Services, the criminal offence of coercive control and the devastating effects it has on women's lives

#### Booking is essential

**Contact:** Hilda Gregg

**Tel:** 094 90 25409/086 238 9168

**Web:** [www.mwss.ie](http://www.mwss.ie)

#### Booking Details

**Email:** [administrator@mwss.ie](mailto:administrator@mwss.ie)  
and ask to book a place

### Belmullet Day Services Public awareness campaign to improve accessibility in Belmullet

11.00am

Venue: Aras Inis Gluaire, Belmullet

A raise awareness campaign to highlight the challenges experienced by people with disabilities when accessing their community. Key speakers on the day to talk about the challenges experienced and what we can do as a community to make Belmullet accessible for everyone.

**Contact:** Sarah Paradise

**Email:** [paradises@live.com](mailto:paradises@live.com)

## Thursday 14th October

### Local Link and Age Friendly Mayo The Psychology of Renewal

11.30am

Online via zoom

This dynamic online seminar will explore the psychological consequences of this pandemic and will offer pathways to learning from the experience and turning a new page aiming to help participants reconnect with the activities and interests they enjoyed pre-Covid.

Shane Martin (psychologist) is dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. Shane delivers an inspirational message post-Covid. The pandemic has tested us like nothing we have ever experienced. Our world has changed. Despite the success of vaccination programmes, there is a prevailing sense of insecurity affecting people at a subconscious level.

#### Booking essential

**Booking Details:** <https://forms.office.com/r/WK04yPDc2s>

**Expression of interest form to be completed.**

**Zoom link to follow once expression of interest is completed.**

**Contact:** Maura Murphy / Sarah Togher

**Email:** [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) / [sarah.togher@locallink.ie](mailto:sarah.togher@locallink.ie)

# Thursday 14th October

## South West Mayo Development Company Laughter Yoga workshops

### Online via zoom

Workshop 1, 14th October;

Workshop 2, 16th October

Time: Workshop 1, 7pm;

Workshop 2, 1pm

Leave all your cares behind and try out some laughter yoga! Laughter triggers the release of endorphins, the body's natural feel-good chemical and who doesn't want to feel good? You don't need to feel happy to try out this class – just the act of laughing will help you feel better! Laughter is a powerful cardio workout – just 10 minutes of hearty laughter is equal to 30 minutes on the rowing machine!

Other benefits include increased blood circulation, reduced blood pressure, and an antidote to stress. This is an online event and a great opportunity to test this out in a safe environment.

### Booking essential

#### Booking Details

**Contact:** Maria McHale

**Tel:** 087-229 8934

**Email:** mmchale@southmayo.com

## Mayo Sports Partnership GAA for All for Adults with a disability

11.30am to 1.00 pm

**Venue:** Castlebar Mitchel's GAA  
**Club,** Castlebar

Mayo Sports Partnership and Mayo GAA are delighted to partner for a morning of fun football for adults with disabilities. The session will start at 11.30am – 1pm

### Booking details

**Contact:** Ray McNamara

**Tel:** 087 6973093

**Email:** rmcnamara@mayococo.ie

## Wellbeing for Getting Back in Flow

6.30pm to 8.30pm

**Mount Street, Claremorris, Co. Mayo**

This workshop will show people how we can look after our mental and emotional wellbeing daily to enhance our levels of joy and peace and get back in flow after this global pandemic. The group is suitable for parents, teachers, people working from home or anyone who feels the need to get back on track and have some replenishing mind and body insights to take home and do daily for a happier and calmer mind.

### Booking is essential

**Contact:** Elaine Browne

**Tel:** 085 729 7451

**Places will be limited as this is an in-person workshop**

**Email:** perspectiveireland@gmail.com

**Web:** www.perspectiveireland.ie

## Thursday 14th October

**Flourish Social Prescribing service  
at the Family Centre.**

**Connecting and Reconnecting /  
Getting Back Out There**

**10.00am - 12.00pm**

**Venue: Online via Zoom**

A fun interactive Morning with Flourish Social Prescribing Service with lots of information on what is available to us in our community. How we can discover our interests and renew our energy? Participants will engage with these topics and each other in this session. Learn how we can discover our interests and renew our energy.

**Booking is essential**

**Register on Eventbrite** <https://www.eventbrite.ie/e/170697098617>

**Contact: Family Centre**

**Tel: 094 9025900**

**Email:** [info@thefamilycentre.com](mailto:info@thefamilycentre.com)

**Web:** [www.thefamilycentre.com](http://www.thefamilycentre.com)

## Friday 15th October

**Foróige  
Conversations  
with Cairde!  
Teenager Event**

**7.00pm - 8.00pm**

**Venue: Online**

A chance to have your say and chat with others about what it is like to be a young LGBTI+ young person in Mayo, with guest speakers, games and prizes.

**Booking is essential**

**Book through Eventbrite on**  
[https://www.eventbrite.  
ie/e/conversations-with-  
cairde-an-evening-of-fun-  
games-and-sharing-tick-  
ets-175552852307](https://www.eventbrite.ie/e/conversations-with-cairde-an-evening-of-fun-games-and-sharing-tickets-175552852307)

**Contact:** Ruairi 086-8371339  
or Stephaine 086-6017337  
**e-mail:** [Ruairi.kelly@foroige.ie](mailto:Ruairi.kelly@foroige.ie)  
**Instagram:** @foroigehub



# Friday 15th October

## John Hoban's Music Circle

9.00pm

**Venue:** Online via Zoom

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This music circle is a supportive community space based at the Flourish project at the Family Centre. It offers a space for individuals to enjoy singing, playing music, poetry, writing, or any such expression. The music circle is facilitated by John and Isabela Hoban, two very gifted and skilled musicians and singers, who have a keen interest in encouraging each person to develop their connection with music to enhance their lives. The session aims to support adults to make a lifelong connection with music and song and poetry. Each participant is invited - without any pressure - to share a song or poem or play something to the group, or to simply listen. All welcome and no experience necessary.

**Booking is essential**

**To register email:**

[flourish@thefamilycentre.com](mailto:flourish@thefamilycentre.com)

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**Contact:** Maura Horkan (Flourish)

**Tel:** 094 9025900

**Email:** [flourish@thefamilycentre.com](mailto:flourish@thefamilycentre.com)

**Web:** [www.thefamilycentre.com](http://www.thefamilycentre.com)

## CPN Mayo

### Mental Health Ireland's Five Ways to Wellbeing Workshop for People with Chronic Neurological Conditions

11.00am

**Venue:** Online via Zoom

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Mental Health Ireland's Five Ways to Wellbeing explores the important topic of mental health, tips to manage wellbeing and self-care and connectedness. Two separate talks will be delivered to

#### 1. People living with Chronic Neurological Conditions

#### 2. Staff in Disability Services

Talks are informal, interactive and always popular with participants. The events are being co-ordinated by the Disability Federation of Ireland, delivered by Mental Health Ireland with thanks to funding from the South West Mayo Development company.

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**Contact:** Edel Killarney Disability Federation of Ireland

**Email:**

[edelkillarney@disability-federation.ie](mailto:edelkillarney@disability-federation.ie)

**Web:** [www.disabilityfederation.ie](http://www.disabilityfederation.ie)

# Friday 15th October

## Irish Wheelchair Association - Erris Access and Advocacy Group *Back in 5* campaign

12 Noon - 2pm

**Venue:** Belmullet and Castlebar

During a day of action, wheelchairs are parked unexpectedly in car parking spaces around the county, to put the brakes on this illegal parking. The wheelchairs are parked in non-disabled spaces for bigger impact, with posters saying "back in 5" or "just ran in for milk" on the chair.

**Contact:** Rosaleen Lally

**Tel:** 087 0571393

**Email:** Rosaleen.lally@iwa.ie

**Web:** Back in 5 - Irish Wheelchair Association (iwa.ie)

## Group Social Farming (SWMDC and Western Care Association)

### Social Farming

12 noon

**Venue:** On a Farm in Claremorris

Social Farming provides people who use services with the opportunity for inclusion, to increase self-esteem and to improve health and well-being by taking part in day to day farm activities on a family farm. An opportunity to meet participants and social farmers on a Social Farming Placement Day, speak to the participants about their experiences and talk to the farmer.

**Booking is essential contact**

dfahey@southmayo.com

**Contact:** Deirdre Fahey 087-6233862

**Noreen McGarry** 087-1217726

**Web:** www.socialfarmingireland.com

## Books at One ROARING WHISPERS

4.00 pm

**Bridge Street, Louisburgh, Co. Mayo**

An author from the Irish Traveller Community, a neurodiverse artist, a sportsperson from the refugee community, and others, come together to connect through storytelling, art and sport. Oein de Bhairduin reads from "Why the Moon Travels". Zak Moradi talks about his "Kurdish blood and Irish heart". Followed by "The Talking Library". Check out a person and hear their story. Refreshments and free draw for a hamper.

**Booking is essential -**

**Email:** booksatone@gmail.com or  
phone 098 66885

**Contact:** Greg Fletcher

**Tel:** 098 66885

**Web:** www.booksatone.ie

## Mayo Comhairle na n-Óg Launch of Mayo Comhairle na n-Óg Disability Report

6.30pm

**Venue:** Online via Zoom

The young people from Mayo Comhairle na n-Óg (Youth Council) will launch their youth report on Disability in Mayo with Guest Speakers and a presentation via Zoom on Friday 15th October 2021. The report investigates the opinion of young people around the topic of Disability and makes recommendations for changes within Mayo.

**Bookings can be made by emailing**

stephaine.cook@foroige.ie

**or calling** 086-6017337

# Saturday 16th October

## Mayo Says No to Racism Festival:

**Venue:** Broadcast from 7pm to 8pm on Mayo.ie Facebook

There will be interviews, music performances and chat with keynote speakers. The aim of the event is to raise awareness about the presence of racism in Mayo and to try and to help stop it growing.

**Contact:** Jim Power

**Tel:** 087 2793085

**Email:** jpower@mayococo.ie

## Erris parkrun

9.30 am

**Venue:** Cross Lake, Binghamstown, Belmullet

Parkruns are free, weekly, community events all around the world which take place every Saturday morning over 5k in parks and open spaces. parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is free. Complete the online registration form on [www.parkrun.ie/register](http://www.parkrun.ie/register)

**Contact:** Pdraig Brogan

**Tel:** 086-8078925

**E-mail:** [erris@parkrun.com](mailto:erris@parkrun.com)

**Website:** [www.parkrun.ie/erris](http://www.parkrun.ie/erris)

## OutWest LGBT+Community Storytelling for children & Parents/Guardians Event

10.30am - 12.00 noon

**Venue:** Claremorris Town Hall Theatre

OutWest invites Parents/Guardians and young children (ages 3-7years) to a morning of storytelling at Claremorris Town Hall Theatre on Saturday October 16th, 10.30am-12 noon.

Stories will include topics on gender identity and the morning promises to be lots of fun. Parents/Guardians and children will have the opportunity to ask questions, as part of this event.

**Booking is essential as numbers are limited to 126.**

<https://www.eventbrite.ie/e/community-story-telling-for-children-tickets-174730292007>

**Contact:** OutWest

**Tel:** 087-9725586

**Email:** [info@outwest.ie](mailto:info@outwest.ie)

**Website:** [www.outwest.ie](http://www.outwest.ie)

# Sunday 17th October

## Westport United Football Club Westport Football for All

11am-12noon

**Venue: Westport United Park**

Football for All for Children and Young People – takes place Sunday mornings 11-12 noon at Westport United Park. We focus on fun, enjoyment and participation. Connecting is so important, and Football for All brings together all levels of abilities and skills to enjoy the game of Football.

**Booking is essential.** Please contact either Helen McGeough 085-7144294 or Philip McKiernan – 086-8079199

**Web:** [www.westportunited.com](http://www.westportunited.com)

**Email:** [westportunited1911@gmail.com](mailto:westportunited1911@gmail.com)

## Mayo Sports Partnership Inclusive Sensory Walk

10.00am

**Venue: Sports Complex Lough  
Lannagh Castlebar**

Sensory Walk for Children with sensory difficulties and their families in partnership with Park Run Castlebar and Mayo Autism Camp

### Booking details

**Contact: Ray McNamara**

**Tel: 087 6973093**

**Email:** [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)

## OUTWEST LGBT+ DROP-IN CENTRE

OPEN EVERY  
SATURDAY FROM  
2PM TO 6PM

Ground Floor, Tucker Street,  
Castlebar F23Y074

Email [info@outwest.ie](mailto:info@outwest.ie)  
for information or call/text  
the info line at **087 972  
5586**

Visit [www.outwest.ie](http://www.outwest.ie)  
and subscribe to our  
Newsletter.

## OutWest LGBT Helpline

**The OutWest LGBT  
Helpline operates  
every Thursday night  
from 8pm until 10pm.**

Call **094 937 2479** in  
confidence to  
speak to one of our fully  
trained volunteers.

**Covid-19 Helplines**  
**HSE Helpline 1850 24 1850**  
**Mayo Community Call Helpline 094 9064660**

## Other Helplines/Services

ORGANISATION	HOW TO ACCESS IT
<b>BelongTo Text Support</b>	<b>Text LGBTI+ to 086 1800 280</b> to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply) Visit <b>www.belongto.org</b>
<b>Crisis Text Line</b>	<b>Text TALK to 086 1800 280</b> (any time day or night, standard SMS rates may apply)
<b>Pieta (National)</b>	<b>Freephone 1800 247 247</b> (any time, day or night). <b>Text HELP to 51444</b> (standard message rates apply)
<b>Samaritans</b>	<b>Freephone 116 123</b> (any time, day or night) Email <b>jo@samaritans.ie</b>
<b>Women's Aid Domestic Violence Helpline</b>	<b>Freephone Helpline 1800 341 900</b> (24 hour national service). The Helpline provides support to callers where English is not their first language (operational daily, 8am-8pm) and for women who are deaf or hard of hearing through its Text Service facility 087 959 7980 (operational daily, 8am-8pm). Visit <b>www.womensaid.ie</b>
<b>YourMentalHealth Information Line</b>	<b>Freephone 1800 111 888</b> (any time, day or night) Visit <b>www.yourmentalhealth.ie</b>
<b>HSE Drugs Service</b>	Operating with reduced capacity, i.e. via telephone. Currently, not taking new referrals. <b>Mayo: Olive Brannigan 087 3395522</b> , email: <b>Olive.Brannigan@hse.ie</b>
<b>Roma Helpline for COVID-19 (National)</b>	<b>Call 087 126 4606</b> (Monday-Friday, 9am-5pm)
<b>Traveller Helpline for COVID-19 (National)</b>	<b>Call 083 1006300</b> (9am-9pm every day)
<b>Mental Health Ireland</b>	<b>Information line 01 284 1166</b> (from 9am to 5pm Monday to Friday)
<b>Mindspace Mayo</b>	Offering phone support <b>094 90 67001</b> or through email <b>info@mindspacemayo.ie</b> . Continuing to take referrals. Visit <b>www.mindspacemayo.ie</b>
<b>Pieta, Ballina</b>	Telephone appointments will be provided to replace face-to-face appointments: <b>Ballina 093 25586</b> Visit <b>www. www.pieta.ie/</b>
<b>Recovery Colleges</b>	Mayo: Offering a number of courses online through zoom. Timetable available on <b>www.facebook.com/MayoRecoveryC/</b> <b>Call 086 1304869/083 4806622</b> Email: <b>regarirecoverycollege@gmail.com</b>
<b>Alone</b>	Alone <b>Telephone 0818 222 024</b> (from 8am-8pm, Monday to Friday) Visit <b>www.alone.ie</b>
<b>LGBT Ireland</b>	LGBT Helpline <b>1890 929 539</b> (every day) Gender Identity Family Support Line 01 907 3707 Email <b>info@lgbt.ie</b> for support or information while face to face services are closed. An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun
<b>Male Advice Helpline (National)</b>	<b>Call 1800 816 588</b>
<b>Mayo Women's Support</b>	Providing phone support. <b>Telephone: 094 90 25409</b> <b>www.mwss.ie</b>





**This booklet was supported by Mayo North East.  
Social Inclusion Awareness week in co-operation with...**



Comhairle Contae Mhaigh Eo  
Mayo County Council



Oirthuaisceart Mhaigh Eo  
Mayo North East



**MAYO.IE**



Social Inclusion &  
Community Activation  
Programme



Coiste um Fhorbairt Pobail Áitiúil Mhaigh Eo  
Mayo Local Community Development  
Committee



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Mayo Autism Camp



South West Mayo  
DEVELOPMENT COMPANY CLG

Comhlacht Forbartha  
Iardheisceart Mhaigh Eo CTR



Mayo  
Public Participation  
Network



A TúsLA led national practice model



Empathise  
Energise  
Empower

**PARENTING  
SUPPORT  
CHAMPIONS  
PROJECT**

**museum**  
National Museum of Ireland  
Ard-Mhúsaem na hÉireann

Country Life



**MICHAEL DAVITT**  
GLOBAL REFORMER

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —

Mayo  
**Comhairle na nóg**  
Young Voices. Local Issues.

IRISH  
**SOCIAL ENTERPRISE NETWORK**



**Balla CRD**  
Chy 11456



Community Resource Centre  
The Square, Balla, Co Mayo  
T: 094 9365846 M: 087 1850860  
E: [ballaecd@gmail.com](mailto:ballaecd@gmail.com)  
[www.Balla.ie](http://www.Balla.ie)

Community Resource Development



**OutWest**  
Supporting the LGBT+ Community in the  
West of Ireland since 1997



**Mayo Arts Service**



Telephone: 094 9028400  
Email: [mtsginfo@gmail.com](mailto:mtsginfo@gmail.com)



**HE**  
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive









**Web:** <https://www.mayo.ie/socialinclusionweek>  
**Facebook:** <https://www.facebook.com/MayoSocialInclusionWeek>  
**Email:** [community@mayococo.ie](mailto:community@mayococo.ie)

**<https://www.mayo.ie/socialinclusionweek>**

