

Sligo County Community Forum E-Bulletin December 2011



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Thanks to all our sources: j4Bgrants, Activelink, DCWC and everyone who sends us in information on local events.

1. Funding

1.1 Elevate - Sales Development Programme for Small Business

If you're a small company that needs to increase its sales, why not take your business up a level with InterTradeIreland Elevate - our NEW sales development programme for small business. Industry and Trade/Marketing experts will work with you on a one-to-one basis to develop and implement a sales plan for your business, kick-start your sales and help you to get on the fast track to cross-border trading.

It is 100% funded by InterTradeIreland and the application process is very simple. All you have to do is complete a short application form and we will fund **up to** £10k/€1K worth of advice and assistance from your chosen industry or trade/marketing expert.

Benefits

Work with an industry or trade/marketing expert to develop your winning sales plan;
Identify new customers and markets across the island;
Increase your sales.

To take part in the Elevate programme - companies must: Be registered in Northern Ireland or Ireland; Be a manufacturing or tradeable service company with an annual turnover below €1.2m/£1m; Have a satisfactory track record and a trading history in their home market (minimum of 18 mths); Be focused on winning new cross-border sales; Have not generated more than 30% of their total turnover in the target cross-border market; Have the capacity (human, financial and production) to deliver the project; Have a sufficiently unique product that does not displace existing products in the market place.

For more information contact:

Roisin Keenan

Elevate Project Manager

T 00 44 28 3083 4143

E roisin.keenan@intertradeireland.com

1.2 Global Fund for Women – Women's Fund

Open for Applications

Application Deadline: Ongoing

Grant Value: Grants range from \$5,000 to \$50,000 per year for operating and re-granting expenses. First-time grant awards generally range from \$5,000 to \$25,000 per year.

The Global Fund for Women is a publicly supported grant making foundation that advances human rights by investing in women-led organisations worldwide. Funding is available to organisations outside the United States that advance the human rights of women and girls. Three types of grant are available:

- General support grants.
- Travel grants.
- Organising meeting/event grants

Access the website and application form here –
<http://www.globalfundforwomen.org/apply-for-a-grant/womens-fund-criteria>.

2. Training

2.1 *National Adult Literacy Agency*

One-day plain English course from the National Adult Literacy Agency
This course will help you learn how to clearly say what you mean in your letters, booklets and reports.

It should also help you write to colleagues and customers with less effort.

Region: Nationwide, Expiry date: 31/01/2012, <http://www.activelink.ie/node/7614>

2.2 *CEO2CEO Managers Forum: Sligo - 7 December 2011*

Wheelie Course Type: Leadership

Training provider: The Wheel

Date / time: 7 Dec 2011 - 8:00am - 9:30am

Venue: Resource Centre, Forthill, Sligo

Location: Sligo

Price details: This event is free but registration is a must.

The CEO Forum is a series of peer networking meetings open to CEO level people working in non profit organisations.

Bottom of Form

Course details:

A Confidential and Private Forum

These meetings will be restricted to the most senior manager in community/voluntary organisations and no one else will be in the room.

Register via email at: sligonorthside@hotmail.com

2.3 *Nourish My Child – Sligo workshop*

Nourish My Child is holding a workshop in Sligo to help parents understand how they can provide optimum nutrition for their child. Good nutrition during childhood creates a strong foundation for health well into adulthood.

Good nutrition is essential if you want to give your child the energy, vitality and mind agility necessary in meeting today's challenges. More importantly good nutrition will

allow your child to enjoy sports, bring out their creativity and give them the inner confidence that allows them to be their own person.

Many people in the western world today are overfed but undernourished. As parents we are constantly bombarded with the newest "good for you" food we absolutely MUST be giving our children. Various reports seem to totally contradict one another. We are so overwhelmed by the information we are getting from all angles that it is sometimes easier to just go along with what we know our child will eat.

The Feed Your Child Thrive Not Just Survive evening is a clear common-sense approach to looking at food. You will learn which foods provide the best nutrients for a child's growing body and brain. You will learn which foods to either radically reduce or cut out altogether - some of these will surprise you. You will learn how to incorporate healthy eating into your family's lifestyle and how to make it fun and delicious.

You will come away from the talk armed with some really delicious recipes, handouts from the talk for you to absorb at your leisure. Most importantly you will leave with the confidence to know that what you are doing is the right thing by your child. You need never worry again that they are missing out on nutrients. You will have the joy of watching your child thrive and know that you have given them the best possible start in life.

You can find out more and book your place by visiting
www.nourishmychild.com/sligo-workshop
Look forward to seeing you on the night!

3. General Information

3.1 Winter-Ready Information Campaign

The Minister for Justice, Equality and Defence, Mr. Alan Shatter, T.D., launches the Winter-Ready Information Campaign

Today, the Minister for Justice, Equality and Defence, Mr. Alan Shatter, T.D., launched the Winter-Ready Information Campaign at the National Emergency Coordination Centre in Dublin. Also in attendance at the launch were Mr. Phil Hogan T.D., Minister for the Environment, Community and Local Government and Mr. Leo Varadkar T.D. Minister for Transport, Tourism and Sport, together with representatives from the various Departments and Agencies tasked with emergency response.

The launch coincided with a meeting of the Government Task Force on Emergency Planning, Chaired by Minister Shatter, which dealt with winter-preparedness issues.. The advice has been categorised under various headings including: the Home, Road Safety, Schools, the Farming Community and the Business Sector. A synopsis of the information available has been compiled into a booklet which can be downloaded from the website. This is the first time that such a campaign has been undertaken. Through a dedicated website www.winterready.ie, advice is being made available from a number of sources

including Government Departments, An Garda Síochána, the Health Service Executive, Local Authorities and the transport providers.

The main objectives of the campaign are:

- To provide practical advice to on how best to prepare for the coming winter.
- To ensure the public are aware of where advice and help can be found, if needed.
- To reassure the public that preparations are being made and arrangements have been put in place to ensure that there will be a coordinated response to severe weather events.

Minister Shatter said that the main message that he wished to convey today is – to be prepared, stay safe and know where to find help if you need it.

Contact details: Sligo Co. Council (071) 9111111

3.2 *Dublin European City of Science 2012*

Dublin is set to host the Euroscience Open Forum (ESOF), Europe's largest general science meeting, in July 2012.

The event will bring together leading international scientists and senior government officials from across Europe to address major global issues such as energy, climate change, food and health. While the main event will take place over five days between 11-15 July, the 'City of Science' theme is to run throughout the year. Planning is underway for a large number of science-related conferences and activities over the course of 2012.

ESOF 2012 will incorporate a number of distinct streams:

A science programme of seminars, workshops and debates on the latest research.

A media programme to promote science communication.

A business programme to link basic research with industrial applications.

A careers programme for young researchers.

An exhibition to showcase the best of European public and private research.

An outreach programme to engage with the general public.

Visit the Dublin City of Science 2012 website for further information (opens in new window).

Source: DCoS 2012, 21/11/2011

3.3 *DCWC HELP Project Conference – Letterkenny Dec 9th*

The DCWC Harnessing Equality for Lasting Peace (HELP) Project will be hosting an end of project conference in The Station House Hotel, Letterkenny, on Friday 9th December 2011. The theme of the event is Community Work Approaches to Peace Building – The Impact of the Community & Voluntary Sector on Supporting Peace and Building Democracy.

This conference aims to:

To highlight the contribution that community work has made to building peace and democracy and supporting reconciliation and social change in the North & South of Ireland

To present case studies examining this work.

To identify collective strategies for the community sector in the north and south to continue to make a positive impact on supporting peace and building democracy.

Agenda and booking forms are available on our website www.cwc.ie

3.4 Women's Aid 16 Days of Action

25th November to 10th December 2011

The 16 Days Campaign is an effective way of raising awareness of this issue at national and local level. Groups and individuals help to make the issue visible by engaging at local level during the campaign.

Further information:

<http://www.womensaid.ie/campaigns/16days.html>.

3.5 Irish Cancer Society: X-HALE Youth Awards 2012

The Irish Cancer Society's X-HALE Youth Awards 2012 is now open for applications. The X-HALE Youth Awards is project of the Irish Cancer Society which works with young people to address the issue of smoking in their communities. The Awards aim to empower young people to tackle issues around smoking by supporting the development of positive youth-led projects in their communities.

Region: Nationwide, Expiry date: 05/01/2012, <http://www.activelink.ie/node/7630>

3.6 Spread Your Wings: Online Song Writing Competition

Spread Your Wings: Online Song Writing Competition in Aid of Parkinsons Association of Ireland

Music4you.ie are running an online songwriting competition to raise much-needed funds to support the work of the Parkinson's Association. The Parkinson's Association is a charity supporting people with Parkinson's, their carers, and families. This exciting project will raise much needed awareness of the condition. It will put Parkinson's out onto the airwaves where more people will talk about the condition, to reach new patients who need support.

Region: Nationwide, Expiry date: 30/11/2011, <http://www.activelink.ie/node/7395>

4. Local Information

4.1 New Routes for Knock Airport

Cathaoirleach Councillor Michael Fleming says the news that Knock Airport is to provide four additional Ryanair flights will be a major boost to the North West. 'At a time when we are facing up to unprecedented economic challenges, it is heartening to see a key element of our transport infrastructure progress and thrive. The importance of Ireland West Airport cannot be over-stated.

It is a major presence in our lives with a local and regional significance, and it is an unqualified success story for the west of Ireland.'

‘The announcement of the new routes conveys a very positive message that the west of Ireland is very much open for business, and that there is now even greater access to and from markets in the West of Ireland and beyond.’ The new direct services from Barcelona, Frankfurt, Milan and Paris will commence in March 2012.

4.2 Visiting delegation from Henan Province, China

Cathaoirleach Councillor Michael Fleming welcomed a visiting delegation from Henan Province, China, to County Hall. The delegation was led by Mr Gong Liqun, Vice Chairman of Henan Provincial People’s Political Consultative Conference.

The meeting was attended by members of the Irish-Chinese Cultural Society, and the Cathaoirleach said it was ‘an honour to extend the hand of friendship to our distinguished visitors from Henan Province. In March 2011, Sligo County Council and Henan Province signed a memorandum confirming a shared objective to enhance our friendship and foster mutual understanding. This association has the potential to deliver exchange programmes in the areas of enterprise, education, tourism, culture, education and sport.’

4.3 Sligo Success at National Pride of Place

Banada Development Agency took runner-up prize in the annual Co-operation Ireland All-Island Pride of Place Awards announced at the gala ceremony in Gorey, County Wexford on Saturday 5th November. They received their award in Category eight, which is a single-issue themed category ‘*Community Health Initiative*’.

The All-Island Pride of Place Competition recognises and celebrates the vital contributions that community partnerships make to society. The focus is on people coming together to shape, change and enjoy all that is good about their local area. The Competition is run by Co-operation Ireland in conjunction with the Pride of Place Steering Committee. Each year community groups are nominated by Sligo County Council to represent the county in this prestigious competition.

Further information is available from Dolores McDonagh, Community and Enterprise Telephone 071 9111802.

4.4 Christmas with joyn – children’s art workshops

In the Christmas craft workshops children learn to create beautiful stars from transparent paper, silver paper and straw, and make beautiful decorations for windows and Christmas trees. Time: Thursdays, 5pm - 6pm, (children from age 6), Cost: €10, Saturdays: 12am - 1pm (for parents with children under the age of 6) Cost: €12, At the studio space of joyn-company for art & therapy, 3 Charles Street, Sligo

For Bookings contact Pia at 087 7752361, joyn.us.now@gmail.com,

www.joynarttherapy.com Children will learn simple origami techniques, and improve their fine motor skills by tying knots, cutting shapes and pricking patterns into stars.

Thursdays 4pm-5pm: Open Studio for children

Thursdays 6:30pm-7:30pm: Open Studio for teenagers Costs: €12 per session For Bookings contact Pia 087 7752361. In these weekly workshops you can try lots of creative things, like working with clay and soap stones, making puppets and papier-mâché creatures, jewellery from recycling materials. In our studio are many other things to do, like painting, drawing and badge-making.

Workshops are facilitated at Joyns Studio Space 3 Charles Street, Sligo by Art Therapist and Artist Pia Lück and are tailored to suit children from 6-11 years and Teenagers from 12-16 years.

4.5 Sligo County Council – Winter Ready Campaign

COUNCIL ENCOURAGES PUBLIC TO KEEP IN TOUCH THIS WINTER

The prolonged spell of severe last winter highlighted the need to look beyond the traditional means of conveying news and information to the general public in emergency situations. The Office of Emergency Planning (Department of Defence) and the Sligo Local Authorities have produced information leaflets advising people on dealing with severe weather conditions, and a range of new measures to keep the public informed during emergency situations. You can pick up the ‘Be Winter Ready’ information leaflet from the Sligo County Council website or www.winterready.ie. Also see ‘safeguarding your water supply’ on www.sligococo.ie. If winter weather comes Sligo County Council will be tweeting updates and they will be providing an emergency number.

People wishing to register for the text alert facility can do so by e-mailing details of their mobile phone to: communications@sligococo.ie, or by registering their details on-line at www.sligococo.ie.

To find out more about preparing for the winter, visit the dedicated section on Sligo Local Authorities websites... www.sligoborough.ie or www.sligococo.ie or contact the Council’s Communications Office at 071 9111017

4.6 LEADER sounding board participants nominated for an award

Fermanagh’s Sounding Board participants nominated for Sounding Board, the music technology programme led by Sligo LEADER is full of pride after learning that 4 of its participants are up for a Special Achievement Pride of N.Ireland Award. The participants, all from Co Fermanagh were part of the cross border Open College Network training course RAPP (Reconciliation and Leadership) organised by Sligo LEADER and delivered by YMCA, Belfast. It ran during the summer months.

Nominees are Shea Daly (Lisbellaw), Cona Gallagher (Belcoo), Louise O’Neill (Belleek) and Hayley McCauley (Belleek).

Majella Flanagan, Sounding Board Development Worker, explains how this has come about. “The four participants were part of a group of 11 young people from Fermanagh and county Sligo. The cross border cross community RAPP training was expertly delivered by 2 great tutors from YMCA, Jill Caskey and Darryl Petticrew, August to late September. The group showed a great commitment to the training as it was over 90 hours and was often very challenging but they all completed it with great humour to receive the OCN II Diploma. I am so pleased that their hard work has been acknowledged by other people and in such a high profile way. I am familiar with the Daily Mirror Pride of N.Ireland Awards and important role that they play in supporting

N.Ireland's youth sector. We are all very proud of our 4 Special Achievers and wish them all the best. I and the rest of the training group will be attending the Award ceremony to cheer them on."

The Pride of N.Ireland Awards is on Saturday evening Dec 3 in Stormont Castle and promises to be a memorable evening for all.

Sounding Board is funded by the International Fund for Ireland. For information on activities contact Majella on mflanagan@sligoleader.com

Selections of Christmas Cards have been created by the children at the Afterschool Club and will be on sale at the Afterschool Club. Cards are priced at €2.00 each or 3 for €5.00

4.7 Ballymote Youth Steering Ltd

Ballymote Youth Steering Ltd will be hosting their annual Childrens' Christmas Concert in the Loftus Hall on Thursday night December 8th commencing at 8 p.m. There will be a ticket raffle on the night and the children will provide a good nights Show. At the interval we will have Santa and some surprise guests. Please put this date in your diary, you will not want to miss this great night of entertainment.

Another date not to miss is December 22nd, a Childrens' Christmas Disco will be held in the Coach House Hotel. There will also be a ticket raffle on the night. Admission to disco is €5 and face painting is included in the admission charge, so come along and support our Clubs' activities.

Ballymote Youth Steering Ltd has a selected number of vacancies at their Afterschool Club, which is situated on the main Sligo Road out of Ballymote. This facility offers a quiet supervised atmosphere where the children can complete their homework, partake in games and activities within the Club. During the course of the school year different projects are undertaken, so the children will be encouraged to participate in them and have a fun time. We are open from 2p.m. to 5.45 each day. Please contact Bridie @ 071 9189835 for further details.

4.8 Upcoming Events, Enniscrone Community:

Christmas Fair

Sandcastles Childcare Centre, Enniscrone will hold their Christmas Fair on Sunday Dec 11 from 12 noon to 3pm. Santa will visit at 1pm. Contact Karen at 096 37516 for details.

Transition Year Students

The Transition Year Students of the Jesus & Mary Secondary School Enniscrone, present their play "Around the World in 80 Days" in the school hall on Wed 23 & Thurs 24 Nov. Doors open at 7.30. Tickets priced at €7.

Sale of Work

St. Anne's Church Easkey are holding their annual Sale of Work on Saturday the 3rd of December in the Community Centre Easkey at 7.45pm. Everyone is more than welcome to come along on the night. Ticket sellers are going from house to house selling raffle tickets for €2 with great prizes on offer again this year. So please support.

4.9 Upcoming Events Templeboy Community

- The Templeboy Senior Citizens/Parish Christmas Party will take place on Sunday, 11th December in the Diamond Coast Hotel, Enniscrone. Tickets are now on sale contact any member of the parish counsel. Adults €20.00, Juveniles €10.00.
- Ceoltoiri Tireragh are holding their annual fundraising concert on Saturday, Dec 3rd at 8 pm in Dromore West Community Centre. This will be a feast of music song and dance. Tea and refreshments served. Admission €10.00 children free. All welcome.
- Christmas Fair & Jumble Sale In aid of St. Vincent De Paul in Templeboy Parish Hall (Old School) Sun 4th Dec 11am- 2pm Books, Crafts, Jumble Sale, Bric a Brac, Cakes & Buns. Santa will be visiting too. Drop off any unwanted books or jumble sale items eg. delph, lamps, pictures, etc On Sat 3rd Dec 7pm -9pm to the hall. Must be in good condition! Enquiries contact Jacinta Gormley 087 2210845 or jacgormley@gmail.com Hall will be open from 9.30 am for traders and on Saturday evening 7pm-9pm
- St Farnan's Ladies GAA presents The Magic of Christmas Flower Arranging by Martina Flynn Sligo Flower and Garden Club, on Thursday, 1st December 2011 @ 8.30 pm Dromore West Community Centre, Doors open @ 8.00 pm, Admission €0, Spot Prizes, Refreshments Served, Tickets available from Club Members, Tel: Mary (086) 8123395, Bernie (086) 7363965
- St Farnan's GAA Club – Volunteers needed for bag packing in Supervalu Ballisodare on Friday, 2nd December. Please contact Imelda on 087 9442749.
- Beltra Country Market takes place in Beltra Hall every Saturday from 10 am – 12 noon. Fresh local products available, vegetables, bread, cakes, and fresh meat, along with a variety of local crafts. Tea, Coffee and pastries also in the tea room. Your homemade weekend starts here. Saturday, 10th December - Christmas Cake Decorating. Please place your Christmas Orders for cakes, mince pies and puddings, Gluten

4.10 Upcoming Events Riverstown Community

- **END OF YEAR CLEAN UP**
Riverstown Village Enhancement Association would like to thank all the users of the Riverstown playground who have been getting involved with the monthly clean ups of the playground, ballcourt and picnic area. The next clean up will take place on Saturday, December 3 from 10am onwards as this is the final clean up of the year it would be great to have a good turn-out. If possible bring brushes, shovel, gloves etc.
- **TABLE QUIZ**
A Table Quiz will take place in Des McDonagh's Bar on Saturday, December 3 at 9pm supporting Lough Arrow Christmas Day Swim for North West Hospice. All welcome.
- **ADVENT SONGS OF PRAISE**
A special ecumenical celebration led by Canon Swann will take place on Sunday, December 4 at 4pm in Taunagh Church, Riverstown. The Sligo Gospel Choir will take part. All members of the community are welcome. Refreshments will be served afterwards in Cooper Memorial Hall.

- **SANTATOWN 2011**
Riverstown Enterprise Development (Sligo) Ltd would like to announce that the dates for Santatown 2011 have been confirmed and that early booking is essential for what promises to be a great show as the Sligo Folk Park transforms into a Christmas Wonderland. See the Christmas lights display and join in with the carol singers. Watch the elves on stage with the annual Christmas Pantomime and receive a special present from Santa. Dates and show times are as follows: Saturday, December 10, 4pm. Sunday, December 11, 2pm and 4pm. Saturday, December 17, 4pm. Sunday, December 18, 2pm and 5pm. For bookings contact Josephine on 071 9167013. Children €15 (price includes show and present) and adults €5. Free car parking is available on site and Millview Restaurant will be open serving Christmas Fare.
- **DANCE CEILI**
A set dance Ceili will take place in Skreen/Dromard Community Centre on Saturday, December 10 from 10pm to 1am. Music by the Long Note Ceili Band. Refreshments will be served. Everyone welcome.
- **CHRISTMAS DAY SWIM**
The Annual Lough Arrow Christmas Day Swim will take place at 1pm. Sponsorship Cards are available in local pubs and from Committee Members. This is the eleventh Christmas Day swim and the Committee would like to thank all the sponsors and supporters who turn out on the day to support our swimmers. Looking forward to seeing you all again on Christmas Day.

4.11 Tubbercurry Upcoming Community Events:

SOUTH SLIGO AC:

Terry Hayes Head Coach with Sligo AC will be holding a six week training session for runners of all abilities starting Sat. Dec. 3rd in Kilcoyne Park, initially starting 11 a.m. These sessions are free of charge and cater for all abilities from the novice runner to the more seasoned runner. Please come along and bring a friend to what should be an enjoyable series. Contact Ph. 087 9722927.

THE COMHALTAS MONTHLY TRADITIONAL SESSION

The Comhaltas Monthly Traditional Session takes place in Brennans Bar on Friday Dec. 2nd at 10p.m. Junior session at 9 p.m. and everyone is welcome. Thanks to everyone who contributed to 'Trad for Trocaire' Session in October. The session raised €161 for Trocaire.

Annual Craft Fayre at the Garden Centre, Gallagher House, Tubbercurry is taking place on Sunday 11th December, from 12 midday to 4 pm. Large selection of crafts for sale on the day. Raffle taking place and refreshments will be served."

GIY Tubbercurry are hosting a Christmas Wreath making workshop facilitated by Martina Killian on Tuesday December 6th at 7pm in Teach Laighne. Cost €5. All Welcome. For further details please contact Breege Walsh at 087 6590549 or giytubbercurry@gmail.com

"TUBBERCURRENCY 1995"

"Tubbercurry 1995" a DVD featuring social events and aspects of life recorded in Tubbercurry during 1995 will be launched in Cawleys Hotel on Friday 9th December in conjunction with a function being organised by the Pauline Whittington Memorial Fund Committee to mark the end of another year's successful fund-raising. All proceeds from sale of the DVD will go towards the fund..

CHRISTMAS PANTOMIME. "BAH HUMBUG"

For the third time ever the Phoenix Players will put on a Christmas Pantomime. "Bah Humbug" Rehearsals are well underway with St Bridgids Hall echoing with Christmas songs throughout the week. 'Bah Humbug' is a twist on the Dickens classic A Christmas Carol and is directed by Mark Dunne. The line up includes many Phoenix Players regulars with lots of new faces joining the cast also. Final rehearsals are in full swing so there is plenty of Christmas cheer around the place already. The panto runs from 11th Dec to 17th Dec except for 16th and there will be a matinee on Sun 11th. A great nights entertainment will be surely guaranteed. Tickets will be on sale soon.

SINGER PATRICK FEENEY

Singer Patrick Feeney is performing in St. Brigid's Hall on December 16th as a dance is being organised by the hard working Old Fair Day Committee. Nationally acclaimed singer Feeney performed live at the Old Fair Day despite the incessant rain that fell on the day and he is looking forward to performing for his many fans in more pleasant surroundings at the renowned St. Brigid's Hall venue. Mark the date in your diary as the ideal way to kick start the Christmas celebrations.

4.12 Upcoming Events: St Mary's Community:

BEGINNING EXPERIENCE:

The next meeting is on Tuesday,

December 6th at 8.00 pm in the Centre at Church Hill, Sligo

RAINBOWS a programme of support for children and teenagers who have experienced the loss of a parent through separation or death commencing on January 10. Forms from the centre: St Michaels Family Life Centre 071-9170329

CLUB ALL-STAR AWARDS 2011:

The Sligo GAA/Sligo Champion Club All Star Dinner in association with AIB will take place in the Sligo Park Hotel on Friday 2nd December 2011. The 15 recipients will be announced on the night and will receive their Sligo Champion sponsored awards in the Inaugural Club All Stars event for Sligo GAA. St Mary's have 3 players nominated, Conor Carroll, Johnny Martyn and Mark Breheny, and it would be great if as many people could attend what promises to be a very enjoyable evening. Tickets can be purchased from Sligo GAA Office, Aughamore Near, Carraroe or by contacting Eamonn McMunn on 087-0524574. Tickets are priced very reasonably at €35.00, and we look forward to seeing you there on the night.

Website: The Club's website is live at <http://stmarys.sligo.gaa.ie/>. The Club's email address is stmarys.sligo@gmail.com.

4.13 Upcoming Events: Geevagh Community:

FLOWER ARRANGING & CRAFT FOR CHRISTMAS

Saturday 17th December from 10.30am-5pm in the Family Life Centre, Boyle 0719663000. Facilitated by: Glenda Devlin. Cost €40. This day will show you how to prepare beautiful flower arrangements and/or crafts to decorate your home this Christmas or to give as a gift. Each participant will leave with at least three arrangements. An enjoyable and relaxing day! A list of readily available and economical flowers and equipment will be sent to participants in advance. Closing date for booking is Friday December 9th to enable us to send out appropriate information. Concessions available.

YOUNG MUMS GROUP

For All Young Mums and Mums to be. The Young Mums Group is a joint initiative with Boyle Neighbourhood Youth Project and Family Life Centre, Boyle. The group will take place in Boyle NYP (Over Lookwell Cleaners on Main Street) on Thursday mornings 11am to 12.30pm. This is a fun, friendly and free group. Young Mums up to 25 years of age are welcome. Contact Caroline on 0868531641 or Louise on 0719663000.

COUNSELLING & PSYCHOTHERAPY

Appointments available Monday to Friday, day and evening. Counselling at the Centre is for Couples, Individuals, Children & Families. The cost is on a sliding scale and is negotiable. Please contact Marie at 0719663000 or Denise at 0719663841 at the Family Life Centre, Boyle if you need any of our services. All our programmes and services are confidential and professional.

4.14 "Message in a Bottle" project

LIKE ALL brilliant ideas, it's the simplicity of it that's striking. And yet it could save countless lives. Known as the "Message in a Bottle" project, it's a joint effort between Sligo Lions Club and the various emergency services to encourage people, particularly the elderly, those living alone and those with certain conditions, to keep basic personal, medical and other information in one place, for example in a special container inside their fridge. Emergency personnel, if called to the person's house, would then be able to retrieve this important -- perhaps even life- saving -information, having been made aware of it by a special green sticker or label on the inside of the front door, and on the door of the fridge.

There are special forms available on which to record personal and medical information. These forms may then be placed in the special bottles, which are available free of charge from local Lions Clubs, doctors' surgeries, chemists, neighbourhood water coordinators, Age Concern, Social Services and other places.

The "Message in a Bottle" scheme was launched during an event in The Glasshouse Hotel attended by Mayor Rosaleen O'grady, Chairman of Sligo County Council Michael Fleming, District Vice Governor of Lions Ireland and Midlands Correspondent for RTE Ciaran Mullooly, Sligo Lions Club President Bryan Corcoran, Sligo Lions Club Secretary Gerry Munnally, Lions Club members and supporters, and representatives of the various emergency services, the HSE, medical profession, clergy and active retirement groups. Mayor O'grady said the "Message in a Bottle" Scheme "would be a source of great comfort to the most vulnerable people in our society."

4.15 Keep Sligo Beautiful Table Quiz

Sligo Tidy Towns are working to Keep Sligo Beautiful.

The Sligo Tidy Towns along with The Harp Tavern bar are hosting a fundraising table quiz.

It will take place on Thursday 8th December at 9.30pm in The Harp Tavern.

Table of 4 €20, there will also be a raffle on the night with spot prizes.

It promises to be a very entertaining night so why not come along and support Sligo Tidy Towns.

Mail: sligotidytowns@gmail.com, Twitter @sligotidytowns

Text: 085 821 8888, Facebook\sligotidytowns

4.16 Buy One hour parking, Get One Free in Sligo for xmas

HAPPY CHRISTMAS FROM SLIGO BOROUGH COUNCIL.

CHRISTMAS 2011

From Monday 5th December to Saturday 31st December 2011

On-Street & Hourly Car Parks. Buy one get one free promotion!

Pay for one hour's parking and get the second hour free!

Simply pay as usual and the Traffic Warden will add on the additional hour when checking the ticket on display.

(Hourly car parks include: Wine Street Car Park, Stephen Street Car Park, Quay Street Car Park, John F. Kennedy Parade Car Park, West Gardens Car Park, Lower New Street Car Park, Adelaide Street Car Park, Abbey Street Car Park & The Mall(Higgins) Car Park.)

PARKING IS FREE EVERY SUNDAY IN DECEMBER IN ALL CAR PARKS AND ON-STREET.

CHRISTMAS 2011

From Monday 19th December to Saturday 31st December 2011

Daily Car Parks Free Parking (Daily car parks include: Market Place Car Park, St. Anne's Car Park, Lower Connaughton Road Car Park, Lower Forthill Car Park, Upper Forthill Car Park, Upper Connaughton Road, Finisklin Road Car Park, Showgrounds Car Park)

PARKING IS FREE EVERY SUNDAY IN DECEMBER IN ALL CAR PARKS AND ON-STREET.

4.17 Ballintrillick Christmas Craft Fair

Ballintrillick Environmental Group are holding a Christmas Craft Fair at The Benwiskin Centre on Sunday, 4th December 2011 from 2pm - 5pm.

The Fair is yet another initiative by Ballintrillick Environmental Group to bring the community together and promote local crafts and trades. There will be a variety of exhibitors at the Fair.

The Benwiskin Centre

Gortnahowla

Ballintrillick

Co Sligo,

4.18 Connecting Calry

Connecting Calry Photography Course - Thurs 15th Dec Exhibition of work and Community Calendar in Clarion Hotel from 8pm-11pm .Everyone welcome.

Calry Parent & Toddler Group meeting in Dunally Daycare Centre - a lovely warm & relaxed place for people and their little ones to meet, chat and play. Friday mornings 10-12.

Youth Drama - places available in Jan 2012.

Calry Community Calendar 2012 available from Margaret at 0863755538 or connectingcalry@gmail.com . A beautiful collection of photos taken locally - perfect Christmas gift for overseas friends.

Connecting Calry are looking for photographs and video/film footage of performances, plays and music sessions from the past. We will be putting them together along with interviews etc to create a dvd celebrating the long and rich tradition of music and drama in Calry. Please contact Margaret on 0863755538 or email connectingcalry@gmail.com

4.19 Sligo Forum is now on Facebook!

Become our friend on facebook. Go to [facebook.com/sligocommunityforum](https://www.facebook.com/sligocommunityforum)