

Event Programme

One Donegal Social Inclusion Week 2024

16 – 24 March



Comhairle Contae
Dhún na nGall
Donegal County Council



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



**DONEGAL COUNTY COUNCIL
CIVIC DOLLARS PROJECT
IMPROVING YOUR HEALTH HAS
NEVER BEEN MORE
REWARDING!**

SCAN ME



- RossylonganEstateDonegal
- MallParkBallyshannon
- ToryIslandPlayground
- WaterworldPlaygroundBundoran
- Community SwanParkBuncrana
- Dunfanaghy
- Beach** KilleaPlayground
- BrucklessPlayground Ballyliffen
- Bundoran StJohnBoscoPlayground
- ArranmoreShorefrontPlayground Carrick
- CarrickRiverWalk Carndonagh
- Bernard** Foreshore Cloghan
- BackstrandBeachArds Carrigart
- Gweedore Killygordon
- Town**
- Letterkenney Portnoo
- Ballymacool Churchhill
- Island Promenad Walk Kilmacresnan
- DrumboeWoods BarrackHillPark Moville
- FiddlersBridgeMinesoPathWalkFalcarragh
- Arranmore Kilarc Playspace
- Playpark **Aura** Forest
- Raphoe ArdaraPlayground Falcarragh
- River Nuff **Dungloe** Ray Killybegs
- Centre WestendPlaygroundBundoran
- Milford **McGlinchey**
- Glencolmille RosanowloughBeach
- Ards** Glenties StranorlarPlayground
- MachaireRabhartaigh (Magheroarty)Beach
- Rathmullan**
- BuncranaPlayground
- BallyliffenPlayground Rosanowlough
- BuncranaAmazingGraceHeritageTrail
- OweneeRiverParadeArdara
- Culdaff**

**FOR MORE INFORMATION SEE:
WWW.DONEGALCOCO.IE/COMMUNITY/HEALTHYDONEGAL/
CIVIC%20DOLLAR**





Ba mhaith liom an deis seo a ghlacadh cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2024 i nDún na nGall.

Social Inclusion is about creating a fair and inclusive society. It is about ensuring that everyone has the

opportunity to be part of the community in which they live regardless of their circumstances or background. Social Inclusion is about supporting everyone in our communities and helping everyone to participate in all aspects of social, cultural, economic and political life.

One Donegal - Social Inclusion week 2024 is an opportunity to showcase the great work taking place throughout the County which aims to improve the quality of life for all.

Bí linn sna himeachtaí atá beartaithe, le do thoil, agus cuidigh le Seachtain um Chuimsiú Sóisialta 2024 den scoth a bheith againn, mar go mbaineann an Cuimsiú Sóisialta le gach duine.

Cllr Martin Harley
Cathaoirleach



Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2024 a chur in bhur láthair.

One Donegal - Social Inclusion Week 2024 provides an opportunity to highlight the activities undertaken locally to involve and include everyone in our County.

This programme of events also provides an occasion to increase our awareness and understanding of inclusion and diversity in Donegal.

I wish every success to the week of events and would urge everyone to take part in the celebrations and activities.

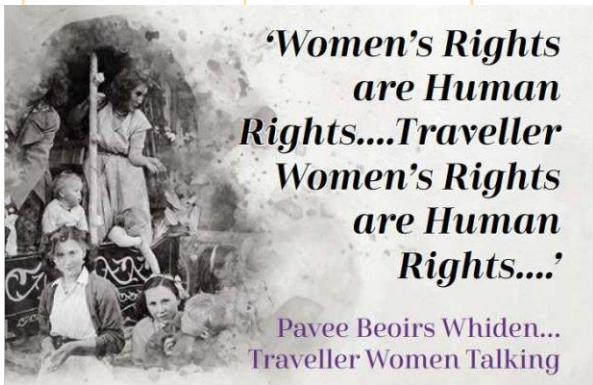
Ba mhaith liom buíochas a ghabháil leis an lucht eagraithe agus le gach rannpháirtí in An tSeachtain um Chuimsiú Sóisialta 2024 agus tá súil agam go mbeidh tú páirteach linn sna himeachtaí agus sa cheiliúradh.

John Mc Laughlin

Chief Executive / Príomh-Fheidhmeannach

ALL WEEK - Exhibition on Tuesday - Friday

| Time | Activity/Event | Lead Partner | Venue | Description |
|-------------------------------------|--|--|--|---|
| 19th-22nd March 11am – 1:00pm | One Million Stars Donegal: Exhibition & workshops Solidarity against domestic abuse and all forms of violence | Donegal County Council Arts Service, Donegal Volunteer Centre & the Regional Cultural Centre (074) 9129186 | Regional Cultural Centre, Letterkenny, F92 C8HD | Donegal Arts Service and the Regional Cultural Centre will partner with Donegal Volunteer Centre in curating over ten thousand stars at the Regional Cultural Centre. This is a multi-cultural exhibition with star making workshops throughout Social Inclusion Week. The event is co-funded by Creative Ireland/Éire Ildánach.  |
| 14th-27th March 10.00am - 4.00pm | Pavee Beoirs Whiden... Traveller Women Talking' | Donegal Travellers | Donegal Public Service Centre, Donegal Town | This exciting exhibition told through the use of creative arts tells us a story of the lived realities, experiences and struggles of Traveller women living across Donegal. This creative arts exhibition brought together 14 Traveller women and 11 Traveller girls across Donegal to explore their unique connections as well as experiences living across Donegal. This exhibition explores the creation of six unique and powerful mannequins which carry a piece of Traveller identity, pride, and the journey which binds Traveller women and girls together. Each mannequin tells a different story, ranging from identity, culture, addiction, mental health and gender equality. You will see bright buttons, brooches, medals, beads, and paper flowers to celebrate the distinct Traveller heritage, culture, and lived realities as experienced by Traveller women and girls. |



ALL WEEK - Exhibition on Tuesday - Friday

| Time | Activity/Event | Lead Partner | Venue | Description |
|-----------------------------|-------------------|--|------------------------------------|--|
| 19th - 23rd March | C-Pens | Donegal County Library Service | Available in all Donegal libraries | The C- Pen is a major technological breakthrough for anyone learning English and is a life-saver for those who suffer from reading difficulties such as dyslexia. The Reader Pen is a totally portable, pocket-sized device that reads text out aloud with an Irish accent human-like digital voice. The in-built dictionary puts the power of the Collins & Oxford Dictionary in your hands. Simply pass the nib across a word and it instantly displays the definition and reads it aloud. |
| 19th March 11am -12pm | Exhibition Launch | Donegal Travellers Project Eimear Heaney, eimearheaneydtp23@gmail.com and ATU Letterkenny Sinead Campbell, Sinead.Campbell@atu.ie | ATU Letterkenny | Donegal Travellers Project are collaborating with ATU Letterkenny to launch a photo exhibition featuring members of Donegal's Roma and Traveller communities. Speakers at the launch will include Hugh Friel, the Roma Health Coordinator for Donegal, Sligo and Leitrim, Margaret Joyce, a graduate of ATU Letterkenny and David Carpaci, a member of Donegal's Roma Communities. The photo banners will be on display at ATU Letterkenny for the duration of Social Inclusion Week. |



Saturday 16th & Sunday 17th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|--------------------|---|--|--|---|
| 16th Mar 3:30pm | St Patrick's Parade | Dunkineely Community Ltd dunkineelycommunity@gmail.com | Main Street Dunkineely | Dunkineely's 2 nd St Patrick's Parade. Come celebrate with Us Ages 0-100 welcome in the local community, which is an opportunity to gather as a village. |
| 1.00 - 3.00pm | St. Patrick's Day Non Alcohol Party | Letterkenny C.D.P 074 9120633 E: mtoner@lkcdp.ie | Unit 24 The Courtyard Shopping Centre, Letterkenny | Celebration of Irish Culture with Traditional Irish Stew, Music and Arts & Crafts. All ages and Nationalities Welcome. |
| 1.00 - 3.00pm | Family Fun Day  | Letterkenny C.D.P 074 9120633 E: mtoner@lkcdp.ie | Unit 24 The Courtyard Shopping Centre, Letterkenny | Music/Games/Dance/ Refreshments/ Facepainting. Target Audience children and their families from all communities.  |
| 17th Mar 1.45pm | Music and Dance | Letterkenny Chamber of Commerce | Market square Letterkenny | Entertainment with a band and Irish dancing entertaining the crowd from the stage at Market Square. Bands along the Main Street from 2pm. Free photos at the Photobooth, Get your photo taken at our photo frame. |
| 17th Mar 3.00pm | St Patricks Day Parade | Letterkenny Chamber of Commerce | Main Street Letterkenny | Letterkenny St.Patrick's Day Parade is a traditional family day with prizes for best entries in the Parade. Join in the Parade with your local clubs or come and watch and join in the fun. |

Sunday 17th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|--------------------|------------------------|-------------------------------|----------------------|--|
| 17th Mar 2.30pm | St Patricks Day Parade | Moville St Patrick Committee | Main Street Moville | Our annual parade is a day for all so we want everyone to feel part of it as an individual, community and voluntary group, business etc . The day belongs to all. We invite all in our area to march behind their National or County flag, even better put in a float representing your Country or County. |
| 17th Mar 1.00pm | Live Music | Buncrana St Patrick Committee | Buncrana Main Street | Rock up for you St. Patrick day celebrations with live music from Teraways. |
| 17th Mar 3.00pm | St Patricks Day Parade | Buncrana St Patrick Committee | Buncrana Main Street | This will be a One Donegal themed St Patricks day parade where there will be a large celebration of culture with parade, music, dancing, and a whole lot of green. |

Monday 18th March

| | | | | |
|--------------------------------|---|---|--|---|
| 18th Mar 2.00pm - 4.00pm | Open Music Session, for all ages and cultures | Milford and District Resource Centre in association with Sounds Music Camps | The Gallowglass Community Centre, Milford, F92CD51 | Welcoming all music lovers and players. An open music session to show the wonderful range of talent and diversity in the Milford and District area. Bring along your instrument, voice, or tapping toes and get involved! The session will be led by Tracy Friel of Sounds Music Camps. |
|--------------------------------|---|---|--|---|

Tuesday 19th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|------------------------------------|---|---|--|--|
| 19th March 9.30am - 12.30pm | Digital Hub | Donegal ETB | FET Centre Gort an Choirce F92 Y44Y 074 91 35218 | Drop in to our digital hub for expert help with any of your phone, tablet or computer queries. We can also advise you about online transactions and how to keep your information safe. Call to reserve your space. This free service is available every Tuesday until the end of May 2024. |
| 19th March 10.00am | Story and Rhyme Time | Donegal County Childcare Committee | Carndonagh Library | Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee. |
| 19th March 10.00am | Irish language Taster Class and Museum Tour | Donegal County Museum with our partners Donegal Volunteer Centre and Cara House FRC | Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 | This event is open to all interested in learning more about the Irish Language and Culture; it will feature a conversation circle, traditional Irish music, a museum tour and light refreshments. Due to limited spaces, please prebooking is essential Call 074 9124613 or museum@donegalcoco.ie |
| 19th March 10.00am - 11.30am | Moville Wellness Café | Donegal Wellness Cafes Sharon Ferguson 087 4023384 | Cosy Cottage Moville | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |

Tuesday 19th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|----------------------|---|--|---|--|
| 10.00am - 12.00 noon | Sláintecare Healthy Communities – Parenting Programme | IDP - claire@inishowen.ie check out www.inishowen.ie | Carndonagh and Moville | Parents of children aged up to 12 years with a focus on Healthy Families |
| 10.00am - 1.00pm | Celebrating Inclusion | Donegal ETB Adele McElhinney adelemcelhinney@donegaletb.ie 086 0849284 | Donegal Central Library Oliver Plunkett Road, Letterkenny F92 R273 | Drop in to learn more about the social inclusion and learning opportunities available from Donegal ETB and its partners in the Regional Literacy Coalition. If you or someone you know is looking to improve their digital skills, find a new hobby, join the library, and make new friends along the way, then come along to this event and see what we have to offer. |
| 10.00am - 4.00pm | Discovering your Potential | Donegal Local Development Company (DLDC) | DLDC, CLG Unit 1, 2nd Floor Glen View Business Park, Carnamuggagh Upper Letterkenny Co. Donegal F92 X5EF | Discover the various opportunities and support services offered by DLDC by meeting with our staff. No registration required, call in at a time that suits you for an informal conversation about education, training, personal development supports, and assistance with obtaining employment. |
| 10.00am – 4:30pm | One Million Stars Donegal: Workshops Solidarity against domestic abuse and all forms of violence | Donegal County Council Arts Service, Donegal Volunteer Centre & the Regional Cultural Centre (074) 9129186 | Regional Cultural Centre, Letterkenny, F92 C8HD | Donegal Arts Service and the Regional Cultural Centre will partner with Donegal Volunteer Centre in curating over ten thousand stars at the Regional Cultural Centre. This is a multi-cultural exhibition with star making workshops throughout Social Inclusion Week. Due to limited spaces, please prebook, call 074 9129186 <i>The event is co-funded by Creative Ireland/Éire Ildánach.</i> |



Clár Éire Ildánach
Creative Ireland
Programme



Tuesday 19th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|------------------|--|---|---|---|
| 10.30am - 2.00pm | Older Persons Networking Day - Interacting to exchange information | DLDC For further information Brian Carr bcarr@dldc.org 086 0753076 | St Brigid's Community Centre Ballintra | Social Inclusive Engagement Event for Older People in the Bundoran, Ballyshannon, Rosstown, Pettigo, Ballintra, Laghey and Donegal town areas. Facilitating activities, information sharing & speakers on recycling from Alone and the Fire Service. Followed by music, dancing, tea and scones on arrival and tea and sandwiches at lunchtime. |
| 11.00am - 1:00pm | A4A – Access for All – IPAD Training | IDP Denis Kelly denis@inishowen.ie | IDP Offices Buncrana | Free Digital Skills Course – Learn how to use an IPAD effectively to access all the essential online services and how to Stay safe online (4 Week Course) |
| 1.00pm - 4.00pm | Digital Hub | Donegal ETB | FET Centre Ballyshannon F94 DN30 071 98 51276 | Drop in to our digital hub for expert help with any of your phone, tablet or computer queries. We can also advise you about online transactions and how to keep your information safe. Call to reserve your space. This free service is available every Tuesday until the end of May 2024. |
| 2.00pm - 5.00pm | Digital Hub | Donegal ETB | Central Library, Letterkenny | The Digital Hub is a free service where you can receive support for all your digital needs. Feel free to bring your device with you or you can use the device provided by the tutor. |
| 4.00pm | English Conversation group | DDC, Carndonagh Community Library | Carndonagh Community Library | English/ Ukrainian conversation group. An opportunity to practice speaking and reading aloud from English novels. |

An Intercultural Approach to Migrants Integration in Europe's Regions



The Project will:



Improve migrants' socio-economic inclusion and sense of belonging through a strong intercultural approach based on equality, diversity as advantage, and positive interaction

Increase the competences of public and private stakeholders to effectively address the integration challenges.

Define a regional multi-level and multi-stakeholder framework for intercultural inclusion strategies.

Design and test a replicable methodology for the development and implementation of regional intercultural strategies.

Boost the exchange of experiences and transnational cooperation among European regions and EU stakeholders.



Learn more:

@EU_Belong

aer.eu/eu-belong

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



Garda National Cyber Crime Bureau



STAY SECURE

Update software regularly including antivirus and system updates.

Use reliable vendors or updates provided by your employer.

Be careful of unsolicited emails or insecure websites.



#ThinkB4Uclick

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



STAY CONNECTED

Don't use insecure public Wifi.

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

Use logon credentials and change them regularly



STAY SEPARATE

Keep your personal and work data separate.

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

Use encryption where available for maximum security

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

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

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



STAY SAFE

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

Wednesday 20th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|----------------------------------|--|---|---|--|
| 10.00am | Story and Rhyme Time | Donegal County Childcare Committee | Central Library, Letterkenny | Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee. |
| 10.00am - 11:15am | Dungloe Wellness Café | Donegal Wellness Cafes Sharon Ferguson 087 4023384 | Old Chapel Café Ionad Teampaill Chróine | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |
| 10am – 12 noon (Closed event) | Ireland & Ukraine Concert, Creative Ireland Guitar concert | Donegal Arts Service, the Regional Cultural Centre & Ballymore NS, Creeslough NS, Holy Trinity NS, Killygordon NS | Regional Cultural Centre | <p>Donegal Arts Service and the Regional Cultural Centre will partner with Ballymore NS, Creeslough NS, Holy Trinity NS and Killygordon NS to stage a multi-cultural musical concert in the RCC. 120 pupils will take to the stage to perform.</p> <p><i>The event is co-funded by Creative Ireland/Éire Ildánach.</i></p>    |
| 10.00am - 4.00pm | Discovering your Potential | Donegal Local Development Company (DLDC) | DLD CLG Unit 1, 2nd Floor Glen View Business Park Carnamuggagh Upper Letterkenny Co. Donegal F92 X5EF | Discover the various opportunities and support services offered by DLDC by meeting with our staff. No registration required, call in at a time that suits you for an informal conversation about education, training, personal development supports, and assistance with obtaining employment. |

Wednesday 20th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|----------------------|--|---|---|---|
| 10.00am - 5.30pm | EU Belong Transnational Knowledge Sharing Event. Intercultural Integration: A Shared Journey towards Equality & Belonging. | EU Belong | Donegal County Council & Assemble of European Regions Letterkenny | A day conference will gather international experts, regional politicians and civil servants, professionals and volunteers engaged in creating intercultural societies, to: <ul style="list-style-type: none"> ◆ Learn in about the policies and practices ◆ Meet peers working on similar challenges ◆ Engage in mutual learning ◆ Showcase regional initiatives Due to limited spaces, please pre-book by emailing codonnell@donegalcoco.ie |
| 10.30am - 12.00 Noon | Swilly-Mulroy Wellness Café | Donegal Wellness Cafes Sharon Ferguson 087 4023384 | Sip & Slice Ramelton | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |
| 11.00am-12.30pm | Lifford Wellness Café | Donegal Wellness Cafes Sharon Ferguson | Lifford Old Courthouse | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |
| 11.00am -1:00pm | Pathways To Progress – Employment Support Workshop | IDP Emily Graham emily@inishowen.ie | IDP Offices Carndonagh | Workshop on range of Employment Supports available within IDP to include Job Searching Strategies, how to prepare for Interview & an Overview of Employment Support programmes (CE & Tús). |
| 11.30am | Presentation & Chat for service users | An Garda Síochána & Irish Wheelchair Ass. | IWA Letterkenny | Talk in relation to fraud at home & personal security |
| 11.30am | Presentation & Chat at 'The Alzheimer Café' | An Garda Síochána & The Alzheimer Society of Ireland | Villa Rose Hotel, Ballybofey | Talk in relation to fraud at home & personal security |
| 1.00pm - 3.00pm | Sláintecare Healthy Communities – Inishowen response to Food Insecurity | IDP niamh@inishowen.ie check out www.inishowen.ie | Buncrana | Focus group of the research identifying responses to food insecurity and poverty |

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

Wednesday 20th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|-----------------|---|--|---|---|
| 1.00pm - 3.00pm | Digital Hub | Donegal ETB | GTEIC Gaoth Dobhair F92 PT38 086 6479121 | Drop in to our digital hub for expert help with any of your phone, tablet or computer queries. We can also advise you about online transactions and how to keep your information safe. Call to reserve your space. This free service is available every Thursday until the end of May 2024. |
| 1.15pm - 4.00pm | Digital Hub | Donegal ETB | FET Centre Donegal Town F92 D28H 074 97 21705 | |
| 2.00pm - 4.00pm | Digital Hub | Donegal ETB | FET Centre Letterkenny F92 HX4F The Business Hub 086 6479121 | |
| 2.00pm - 4.30pm | Kurling & Dancing Social Event for Older People | DLDC For further information Contact Brian Carr bcarr@dldc.org 086 0753076 | CAKE Centre in Killygordon | Social Inclusive Engagement Event for Older People in the Raphoe, Lifford, Ballybofey/Stranorlar, Castlefinn, Letterkenny, Convoy, and Manorcunningham areas. Combining Kurling and dancing, music, speakers and refreshments for an enjoyable afternoon for all. |
| 3.00pm - 5.00pm | TUSLA PPFS Rainbows in Inishowen | IDP sheilakeyes@inishowen.ie | Carndonagh | Children who have experienced a loss due to divorce or separation |
| 7.00pm - 9.00pm | Sláintecare Healthy Communities – We Can Quit Group Quit Date | IDP –quitsmoking@inishowen.ie check out www.inishowen.ie | Anglers Centre Buncrana | Sláintecare Healthy Community priority Target Groups who want to quit smoking |
| 6.30pm - 8.00pm | “Waves of Welcome” - Film Screening | For further info Fiona Ní Ghloinn fnighloinn@dldc.org 0860856953 | Ionad an Chrois Bhealaigh, Árann Mhór, Co Dhún na nGall F92 Yt52 | This film was made by the local Foróige UBU group in West Donegal which includes young people from Ukraine now living in Arranmore & W. Donegal. The event will feature music and food from Ireland and Ukraine following the film showing. All welcome. |

Thursday 21st March

| Time | Activity/Event | Lead Partner | Venue | Description |
|----------------------|---|--|--|---|
| 9.30am - 12.30pm | Digital Hub | Donegal ETB | FET Centre Shore Rd Buncrana F93 ND23 074 93 62466 | Drop in to our digital hub for expert help with any of your phone, tablet or computer queries. We can also advise you about online transactions and how to keep your information safe. Call to reserve your space. This free service is available every Thursday until the end of May 2024. |
| 9.30am - 12.30pm | Digital Hub | Donegal ETB | FET Centre Stranorlar F93 F663 074 9190610 | |
| 10.00am | Story and Rhyme Time | Donegal County Childcare Committee | Twin Towns Library & Leabharlann Phobail Na Rosann | Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee. |
| 10.00am - 4.00pm | Discovering your Potential | Donegal Local Development Company (DLDC) | Forbairt Áitiúil Dhún na nGall (DLDC) Áislann Ghaoth Dobhair Na Doirí Beaga Co. Dhún na nGall F92 D60W | Discover the various opportunities and support services offered by DLDC by meeting with our staff. No registration required, call in at a time that suits you for an informal conversation about education, training, personal development supports, and assistance with obtaining employment. |
| 10.30am - 12.00 noon | Letterkenny Wellness Café | Donegal Wellness Cafes Sharon Ferguson 0874023384 | An Grianan Theatre Letterkenny | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |
| 2.00pm – 4:00pm | One Million Stars Donegal: Workshops Solidarity against domestic abuse and all forms of violence | Donegal County Council Arts Service, Donegal Volunteer Centre & the Regional Cultural Centre (074) 9129186 | Regional Cultural Centre, Letterkenny, F92 C8HD | Donegal Arts Service and the Regional Cultural Centre will partner with Donegal Volunteer Centre in curating over ten thousand stars at the Regional Cultural Centre. This is a multi-cultural exhibition with star making workshops throughout Social Inclusion Week. Due to limited spaces, please prebooking, call 074 9129186 The event is co-funded by Creative Ireland/Éire Ildánach. |



Clár Éire Ildánach
Creative Ireland
Programme



Thursday 21st March

| Time | Activity/Event | Lead Partner | Venue | Description |
|------------------|--|---|---|--|
| 11.00am - 2.00pm | Planning Ahead for Living Well – Interactive Information Event for the over 50s. | DLDC For further information Contact: Margaret Doherty margaretdoherty@dldc.org / 087 2792151 | Ionad Naomh Padraig, Dobhar, Co. Dhún na nGall. F92 EH6N | DLDC in collaboration with ALONE are hosting an interactive information event focusing on Planning Ahead for Living Well with advice & guidance from legal and medical experts, along with the Alzheimer Assoc., MS Ireland, Nat. Council for the Blind, HSE Memory Assessment Supp. Services, CROÍ, Vision Ireland, Social Prescribers, MABs, Donegal ETB, Age Friendly Donegal among others. |
| 11.30am - 1.00pm | Buncrana Wellness Café | Donegal Wellness Cafes Sharon Ferguson 087 4023384 | Coffee Cup Supervalu, Buncrana | The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness |
| 1.00pm - 3.00pm | Wellbeing event | Cara House FRC, Pearse Road, Letterkenny, F92KW20 083 8638315 | Cara House, Letterkenny | Wellbeing event for Older People with Nutritional Talk, Yoga Chair Workout and Light refreshments served. Limited spaces are available please prebook, Call 074 9123986 |
| 2:00pm - 4.00pm | Customer Service Workshop | IDP Ana McColgan ana@inishowen.ie | IDP Offices Buncrana | Customer Service Workshop. Focus is on the Experiential Customer Service: People, Product and Place. |
| 2.00pm - 5.00pm | Digital Hub | Donegal ETB | Donegal Town Branch Library & Carndonagh Library | The Digital Hub is a free service where you can receive support for all your digital needs. Feel free to bring your device with you or you can use the device provided by the tutor. |



Thursday 21st March

| Time | Activity/Event | Lead Partner | Venue | Description |
|-----------------------------------|--|--|--------------------|--|
| 2.00pm - 5.30pm (Closed Event) | EU Belong Transnational Knowledge Sharing Event - Intercultural Integration: A Shared Journey towards Equality & Belonging. | EU Belong Donegal County Council & Asseble of European Regions | Letterkenny | Knowledge Sharing with international experts, regional politicians and civil servants, professionals and volunteers engaged in creating intercultural societies, to: <ul style="list-style-type: none">◆Engage in mutual learning◆Showcase regional initiatives◆Discuss key operational elements |
| 7.00pm - 9.00pm | Sláintecare Healthy Communities - Parenting when separated programmes | IDP claire@inishowen.ie check out www.inishowen.ie | Buncrana | Parents who have separated or divorced and are co-parenting |



Friday 22nd March

| Time | Activity/Event | Lead Partner | Venue | Description |
|------------------|--|---|--|---|
| 10.00am | Story and Rhyme Time | Donegal County Childcare Committee | Buncrana Community Library & Bundoran Community Library | Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee. |
| 10.00am - 1.00pm | Digital Hub | Donegal ETB | Letterkenny Training Centre Ballyraire F92 WR89 086 6479121 | Drop in to our digital hub for expert help with any of your phone, tablet or computer queries. We can also advise you about online transactions and how to keep your information safe. Call to reserve your space. This free service is available every Friday until the end of May 2024. |
| 11.00am – 1.00pm | One Million Stars Donegal: Workshops Solidarity against domestic abuse and all forms of violence | Donegal County Council Arts Service, Donegal Volunteer Centre & the Regional Cultural Centre (074) 9129186 | Regional Cultural Centre, Letterkenny, F92 C8HD | Donegal Arts Service and the Regional Cultural Centre will partner with Donegal Volunteer Centre in curating over ten thousand stars at the Regional Cultural Centre. This is a multi-cultural exhibition with star making workshops throughout Social Inclusion Week. Due to limited spaces, please prebook by calling 074 9129186 |


The event is co-funded by
Creative Ireland/Éire Ildánach.



Clár Éire Ildánach
Creative Ireland
Programme



Friday 22nd March

| Time | Activity/Event | Lead Partner | Venue | Description |
|-------------------|---|---|--|--|
| 11.00am-3.00pm | Visit to Derry City Museums | IDP/Triax Carmel Gallagher – 086 040 6950 carmel@inishowen.ie | Derry City | Social prescribing participant's day trip to The Siege Museum and Free Derry Museum with a walk around The Derry walls.  |
| 11.00am – 12.30pm | Aphasia Conversation Group Open Morning: What is Aphasia? | Dr. Louise Sterritt, Senior Speech & Language Therapist louise.sterritt@hse.ie 087 1047333 Mr. Larry Masterson, Advocate and Person with Aphasia | Na Rosa / Dungloe Library F94 KH74 Leabharlann Phobail na Rosann Ionad Teampaill Chróine, An Chlochán Liath | Drop in to learn more about the group - People with aphasia -Health professionals working with people with aphasia -Volunteers working with people with aphasia |
| 5pm | IDP Community & Voluntary Groups Grant programme | IDP Denise/Rachel 9362218 denise@inishowen.ie rachel@inishowen.ie | Closing date for grant applications | IDP SICAP Grant programme is open to community, voluntary and social enterprises based in Inishowen |
| Mar-22 | DIGITOUR Final Seminar | IDP Denise/Rachel 9362218 denise@inishowen.ie rachel@inishowen.ie | Online | Final seminar by DIGITOUR partners, hosted by Malta Business Bureau. Focus on digital skills for the tourism sector. Website: www.digitourproject.eu and training platform https://digitourproject-training.eu/ |

Saturday 23rd & Sunday 24th March

| Time | Activity/Event | Lead Partner | Venue | Description |
|------------------|-------------------------------|--|---|---|
| 1.00pm - 5.00pm | Holi - Colour Festival | Letterkenny Indian Community Centre | Pre-booking required. https://www.facebook.com/IndianCommunityCentreLetterkenny/ | This colour festival will be a family event for all where you will make unforgettable memories with Indian food and dance. Dress Code: we encourage you to wear comfortable clothing that you don't mind getting stained with Colours. |
| 11.00am -12:30pm | ISEN Network Meeting | IDP Barry McLaughlin barry@inishowen.ie | Online | ISEN (Inishowen Social Enterprise Network) meeting. |



Cybercrime Awareness Campaign

Donegal Joint Policing
Committee &
Donegal County Council

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

Video:

Healthy Ireland - Young People Cyber Awareness
<https://www.youtube.com/watch?v=RyjCF1Z6yNU&t=2s>

Healthy Ireland - Parent/Guardian Cyber Awareness
<https://www.youtube.com/watch?v=Mf3UpqX9BVI&t=55s>

Radio Advert:

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

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



MONEY MULING



WARNING SIGNS TO LOOK FOR

Unsolicited emails or contact over social media promising easy money

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

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

All interactions and transactions regarding this job will be done online

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

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

Poor sentence structure with grammatical and spelling mistakes

#dontbeaMule



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

WHAT CAN YOU DO?

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

Created by Europol

ONLINE SHOPPING SCAMS

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



WHAT CAN YOU DO?

- ▶ Use domestic retail websites when possible – it will be more likely that you can sort out any problems.
- ▶ Do your research – check reviews before buying.
- ▶ Use credit cards – you have more chances of getting your money back.



- ▶ Pay only by using a secure payment service – Are they asking for a money transfer service or a wire transfer? Think twice!
- ▶ Pay only when connected to a secure internet connection – avoid using free or open public wifi.
- ▶ Pay only on a safe device – Keep your operating system and security software up to date.

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



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



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

