

Event Programme

One Donegal Social Inclusion Week 2025

28th March – 5th April



Comhairle Contae
Dhún na nGall
Donegal County Council



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







Tá áthas orm cuireadh a thabhairt duit páirt a ghlacadh in An tSeachtain um Chuimsiú Sóisialta 2025 i nDún na nGall.

Social Inclusion Week is about more than just raising awareness—it's about action. In Donegal, we are proud of our strong tradition of working together to create an inclusive and welcoming county for all.

From community groups to local organisations, the power of collaboration makes events like this possible and drives real change. This week is a chance to recognise and celebrate the incredible efforts of those who work tirelessly to make a difference in people's lives. It is also an opportunity for each of us to reflect on how we can contribute to a more inclusive society. By coming together, sharing ideas, and supporting one another, we can continue to make Donegal a place where everyone feels they belong.

I encourage you to take part in this important week, to engage with the events, and to be part of the conversation. Social inclusion is about ensuring that no one is left behind—it's something we all have a role in shaping.

Bí linn sna himeachtaí atá beartaithe, le do thoil, agus cuidigh linn Seachtain um Chuimsiú Sóisialta 2025 den scoth a chruthú. Tá an cuimsiú sóisialta tábhachtach do chách.

Cllr Niamh Kennedy

Niamh Kennedy
Cathaoirleach



Tá lúcháir orm an bróisiúr le haghaidh An tSeachtain um Chuimsiú Sóisialta 2025 a chur in bhur láthair.

One Donegal – Social Inclusion Week 2025 is an opportunity to celebrate the diversity of our communities and the ongoing efforts to ensure that everyone feels valued and included. This week serves as a reminder of the importance of social inclusion—not just as a concept, but as something we actively build every day in Donegal. Through this programme of events, we can highlight the fantastic work being done across the county to foster understanding, respect, and equal opportunities for all. These initiatives help to create a more inclusive society, where everyone, regardless of their background or circumstances, has the chance to participate fully in community life.

I want to extend my sincere thanks to all those involved in organising and supporting Social Inclusion Week 2025. Your dedication and commitment are what make this initiative a success. I encourage everyone to take part in the events and continue to champion inclusion in their communities.

Ba mhaith liom buíochas ó chroí a ghabháil le gach duine a ghlacann páirt in An tSeachtain um Chuimsiú Sóisialta 2025. Tá súil agam go mbeidh tú linn sna himeachtaí agus sa cheiliúradh.

John G Mc Laughlin

John G. McLaughlin
Chief Executive / Príomh-Fheidhmeannach

ALL WEEK

Time	Activity/Event	Lead Partner	Venue	Description
Various Dates & Times	DCB Schools Resiliency Programme	IDP Denise McCool & Rachel Grant denise@inishowen.ie rachel@inishowen.ie	Various schools around Inishowen	6-week Resiliency Programme for Primary School children teaching coping skills for living with Defective Concrete Blocks in their homes.

Friday 28th March

Time	Activity/Event	Lead Partner	Venue	Description
7.00pm - 8.00pm	Launch	Donegal County Council Social Inclusion Unite	An Grianán Theatre, Letterkenny	Launch of the Week
8.00pm - 9.30pm	Intercultural Cabaret	Donegal County Council Arts Service in partnership with An Grianán Theatre	An Grianán Theatre, Letterkenny	The Intercultural Cabaret will have a mix of arts and culture. Featuring an internationally renowned artist alongside Donegal based artists and performers.



Clár Éire Ildánach
Creative Ireland
Programme



Monday 31st March

Time	Activity/Event	Lead Partner	Venue	Description
9.00am - 5.00pm	Fly-a Kite for Diversity Day	Donegal County Council Arts Service in Partnership with Mevagh FRC	Mevagh FRC / Local Schools	Kite-making / colouring activity for national school children / local Youth Clubs. 'Supported by the Housing Finance Agency'
10:00am –16:00pm	Find out more about Self Employment	Donegal Local Development CLG	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.
10.00am - 3.00pm	'A Day in the Life - Donegal' photographic exhibition	Donegal Public Participation Network in partnership with Cara House FRC	Cara House FRC Letterkenny	An exhibition of photographs showcasing the people of Donegal.
10.00am - 4.30pm	Exhibition Mná na nGall – Donegal Women 1922 -1980	Donegal County Council Museum	Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 T: 074 9124613 E: museum@donegal coco.ie	Visit Donegal County Museum's latest exhibition that examines women's lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women's rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. Call/Email or Find us on Social Media.
9.00am - 4.00pm	DCB Clinics	Michelle & Georgina michelle@inishowen.ie georgina@inishowen.ie	Carndonagh & Buncrana	Information and advice on the DCB application process and various stages in the scheme.

Monday 31st March

Time	Activity/Event	Lead Partner	Venue	Description
10.30am -12.00pm	Community Garda Intercultural Coffee Morning	An Garda Siochana & Cara House	Cara House FRC	Intercultural Coffee Morning in collaboration with the Community Policing Unit, providing information and support.
9.00am -5.00pm	Fly-a Kite for Diversity Day	Donegal County Council Arts Service in Partnership with Mevagh FRC	Mevagh FRC / Local Schools	Kite-making / colouring activity for national school children / local Youth Clubs. 'Supported by the Housing Finance Agency'
11.00am -12.30am	Clonmany Wellness Café	Donegal Wellness Cafes	The Market House, Clonmany	The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness.
12.00pm -2.00pm	Laughing without limits	Donegal Local Development Máire Mhic Pháidín mmhicphaidin@dldc.org 0861720610	Leabharlann Phobail Ghaoth Dobhair Aislann Ghaoth Dobhair Páirc Ghnó Ghaoth Dobhair Doirí Beaga F92 PT38	Join us for a light hearted comedy show tailored at visually impaired individuals. Refreshments served.
12.00 Noon	A discussion on how to make a Just Transition socially inclusive and also how to make sure any dialogue and engagement on the issue is socially inclusive.	Just Transition Commission and Social Justice Ireland	Central Library Letterkenny	The event will highlight the goals set out in the European Green Deal and the ongoing work taking place under the EU's legal framework to meet the 2030 emission reduction target. It will also promote sustainable lifestyle / living and environmental awareness at local level. Membership of the Just Transition Commission comprises nominees from the five pillars of social dialogue, together with independent experts with backgrounds in a range of areas relevant to the work of the Commission, including human rights and equality, skills development, rural and community development, social inclusion, the green economic transition, and youth perspectives.

Monday 31st March

Time	Activity/Event	Lead Partner	Venue	Description
12.30pm - 2.00pm	Cultural Music Celebration	Cara House FRC & The New Land Choir	Cara House FRC	Musical performances by Cara House various language classes, Ukrainian music
2.00pm	Donegal PPN in partnership with 'Donegal Mindfulness' Mindfulness Workshop	Donegal Public Participation Network	Online	Online Mindfulness Workshop. All Welcome Register at donegalppn@donegalcoco.ie
4.30pm – 6.30pm	Eid Celebration	Finn Valley FRC	Finn Valley Family Resource Centre	An event filled with fun activities, delicious food and vibrant cultural experiences. Offering a wonderful opportunity for families to connect and celebrate the significance of Eid for many in our community.
5.00pm – 6.00pm	Football for All	Donegal Sports Partnership Multiple Clubs		Inclusive Soccer Programme. More information Hugh Carlin email: hugh@activedonegal.com
6.30pm	Donegal PPN in partnership with 'VitalObs Donegal' Accredited First Aid/CPR Training	Donegal Public Participation Network	IDP Buncrana	Accredited First Aid / CPR Training All welcome but limited numbers apply. Register at donegalppn@donegalcoco.ie

Tuesday 1st April

Time	Activity/Event	Lead Partner	Venue	Description
10.00am -11.30am	Moville Wellness Café	Donegal Wellness Cafes	Cosy Cottage Moville	The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness
10.00am -1.00pm	Fly a Kite for Diversity	Donegal arts service in partnership with Moville and District Family Resource Centre	Scoil Eoghain, St. Columbs, Gael Scoil	Moville and District Family Resource Centre will be hosting 3 Fly a Kite for Diversity Workshops in conjunction with three primary schools, Scoil Eoghain, St Columbs, Gael Scoil. These workshops will be for six class students as part of a transition programme to secondary school.
10.00am	Parent's Plus Healthy Families programme	Inishowen Development Partnership www.inishowen.ie	St Patrick's School Carndonagh	Parent Support programme under Sláintecare Healthy Community programme Inishowen
10.00am -12.00pm	Employment Support Workshop	IDP Offices, Carndonagh emily@inishowen.ie	IDP Offices Carndonagh	Employment Support Workshop, Career Planning & Job Search Strategies
10.00am - 3.00pm	'A Day in the Life - Donegal' photographic exhibition	Donegal Public Participation Network in partnership with Cara House FRC	Cara House FRC Letterkenny	An exhibition of photographs showcasing the people of Donegal.
10am - 4.30pm (Lunch 12.30 -1pm)	Exhibition Mná na nGall – Donegal Women 1922–1980	Donegal County Council Museum	Donegal County Museum, High Road, Letterkenny, Co Donegal. F92 K123 T 074 9124613 E: museum@donegalcoco.ie	Visit Donegal County Museum's latest exhibition that examines women's lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women's rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. T: 074 9124613; E: museum@donegalcoco.ie or Find us on Social Media.

Tuesday 1st April

Time	Activity/Event	Lead Partner	Venue	Description
10.00am -12.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Tir Hugh Centre Ballyshannon, Raphoe FRC & Aras Sheaghain Bhain, Baile na Finn	Employment Supports provided include: -Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
10:00am -11:30am	Find out more about Self Employment	Donegal Local Development CLG Pauline Cannon (pcannon@dldc.org)	Zoom: https://us02.web.zoom.us/j/8445122222 /register/BPycifJvSf2xtJOEgKtE6Q	This session is for people who have recently moved to Donegal and want to learn more about self-employment in Ireland.
10.00am -2.30pm	Fly-a-Kite for diversity Day	Donegal County Council Arts Service in Partnership with Finn Valley FRC	St Mary's National School, Sessiaghoneill National School, Welchtown National School.	Four workshops will be facilitated in each of the listed schools. The schools will identify the class. The workshops consist of both discussion kite making and decorating. Each workshop will explore inclusion, diversity and togetherness and how these issues affect our everyday life. Each child will design and make a kite which is taken home to use with family and friends. The children will also learn how to take care of their kite and where and how to fly their kite safely. 'Supported by the Housing Finance Agency'
10:00am -16:00pm	Find out more about Self Employment	Donegal Local Development CLG	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.


Tuesday 1st April

Time	Activity/Event	Lead Partner	Venue	Description
10.30am - 12.00 noon	One Million Stars Donegal Workshop on making stars to support solidarity against domestic abuse and all forms of violence	Donegal Volunteer Centre & Donegal County Museum	Donegal County Museum, (High Road, Letterkenny, Co. Donegal)	This workshop is a part of One Million Stars Ireland initiative, an inclusive community arts project against all forms of violence. In this workshop, volunteers are weaving eight-point stars. Each star symbolizes light, hope, and solidarity against all forms of violence.
				Due to limited spaces, please prebook by calling (074) 912 4613
10.30 - 1.00pm	Rhythms & Realities	Donegal Local Development Nuala Diver; Email: ndiver@dldc.org Tel: 086 0753076	St Brigid's Community Hall Ballintra F94 X7TD	An information morning with talks on Wills & Inheritance, Crime Prevention by the Gardai, Alzheimer's Society of Ireland will present on new Dementia Inclusive Communities. Performances of music, songs and poems Ballintra Active Retirement and Ballyshannon Active Retirement. Finish off with a bit of jiving from the host group.
11.00am - 1.00pm	Information/Advice & Advocacy	Letterkenny CDP	24 Courtyard Shopping Centre	Women, Men and young people affected by poverty and marginalisation

Tuesday 1st April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am –1.00pm	Kite Colouring Day	Donegal County Council Arts Service in Partnership with Cara House FRC & Educate Together National School	Educate Together, Letterkenny	“Fly a kite for diversity” - intercultural event including kite colouring with 2nd class students. ‘Supported by the Housing Finance Agency’
11am	Donegal PPN in partnership with ‘Healing Flow Yoga’ Chair Yoga	Donegal Public Participation Network	Online	Online Chair Yoga Workshop. All Welcome Register at donegalppn@donegalcoco.ie
12:30pm –2:30pm	Employment Support Drop-in Service	Donegal Local Development CLG	Bundoran Community Centre	Employment Supports provided include: -Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
1.00pm	Parent’s Plus Healthy Families programme	IDP www.inishowen.ie	Carndonagh Community School	Parent Support programme under Sláintecare Healthy Community programme Inishowen
1.00pm – 3.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Black Memorial Hall, Convo	Employment Supports provided include: -Providing a weekly job listing - Assistance with job applications - CV preparation -Interview preparation
2.00pm	English Conversation group	Donegal County Council Cultural Services	Carndonagh Library	English/ Ukrainian conversation group. An opportunity to practice speaking and reading aloud from English novels.
2.00pm –4.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Ionad Teampaill Cróine, An Clochán Liath	Employment Supports provided include: - Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation

Tuesday 1st April

Time	Activity/Event	Lead Partner	Venue	Description
3.30pm	Fly a kite for diversity	Donegal County Council Arts service in partnership with Donegal Family Resource Centre	Donegal Family Resource Centre	Kite making workshop for Children aged 5 – 11 years. 'Supported by the Housing Finance Agency'
6.00pm – 7.00pm	Athletics for Kids	Donegal Sports Partnership	Glenties Comprehensive	Athletics Programme for Kids with Autism. More information Hugh Carlin email: hugh@activedonegal.com
6.00pm - 7.30pm	The Forge FRC Youth Club kite decorating & flying	Donegal County Council Arts service in partnership with The Forge FRC The Forge FRC Youth Club	Pettigo Methodist Hall	Young people 
6.30pm	Donegal PPN in partnership with 'VitalObs Donegal' Accredited First Aid/CPR Training	Donegal Public Participation Network	Donegal Family Resource Centre	Accredited First Aid / CPR Training. All welcome but limited numbers apply. Register at donegalppn@donegalcoco.ie
7.00pm	We Can Quit Group Programme Week 5	Pastoral Centre Carndonagh	Inishowen Development Partnership www.inishowen.ie	Smoking Cessation Group programme running for 8 weeks under Sláintecare Healthy Community programme Inishowen

Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
9.00am	Flower Planting	Cara House Children's Centre	Cara House Children's Centre	Planting flowers in the large planters to the front of the building with the ECCE children
09:30am –16:30pm	Empowerment through Employment conference	Bluestack Foundation Training and Progression Programme	The Abbey Hotel, Donegal Town	This conference is open to all members of the local community with the aim of enhancing the community through inclusive employment. There will be a focus on identifying and breaking down barriers for employers, potential employees and the wider community. Trainees from the Bluestack Foundation will be highlighting their work related achievements gained through the Workability funded Training and Progression Programme.
9.45am –11.00am	Inclusive Dance Fitness Programme	Donegal Sports Partnership	St.Bernadette's	Inclusive Dance Fitness for Kids. More information Hugh Carlin email: hugh@activedonegal.com
10.00am -12.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Pettigo FRC, Foresters Hall Killybegs, Dunfanaghy FRC.	Employment Supports provided include: -Providing a weekly job listing - Assistance with job applications -CV preparation -Interview preparation
10.00am	Play and Stay	Surestart/Donegal County Childcare Committee	Carndonagh Library	Parents of young babies and toddlers. Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am -3.00pm	'A Day in the Life - Donegal' photographic exhibition	Donegal Public Participation Network in partnership with Cara House FRC	Cara House FRC Letterkenny	An exhibition of photographs showcasing the people of Donegal.



Empowerment through Employment

WORKING TOGETHER FOR
DONEGAL



Lets work together to
navigate a way to fully
inclusive practice

Light refreshments will be provided.

Free to attend

A conference brought to you
by trainees on the Training
and Progression Programme

Keynote speaker



Edel McSorley,
Operations Director Mr Price

Also featuring:



Aine Curran
Donegal Bees



Staff of the
Bluestack Foundation



This conference is open to all members of the local community with the aim of enhancing the community through inclusive employment. There will be a focus on identifying and breaking down barriers for employers, potential employees and the wider community. Trainees from the Bluestack Foundation will be highlighting their work related achievements gained through the Workability funded Training and Progression Programme.

For more information or to register scan the QR code, email progression@bluestackfoundation.com or whatsapp 087 771 2932



Rialtas na hÉireann
Government of Ireland



Amo chomhcheiliú ag
an Aontas Eorpach
Co-funded by the
European Union



pobal
government supporting communities

This project is co-funded by the Government of Ireland, through the Department of Social Protection, and the European Union.



MNÁ NA NGALL 1922 - 1980



DONEGAL WOMEN



A powerful exhibition on women's lives in Ireland from 1922 – 1980

Donegal County Museum, Culture Division,
Donegal County Council



Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
10am - 4.30pm (Lunch 12.30 - 1pm)	Exhibition Mná na nGall – Donegal Women 1922–1980	Donegal County Museum	Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 T 074 9124613 E: museum@donegalcoco.ie	Visit Donegal County Museum's latest exhibition that examines women's lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women's rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. Telephone 074 9124613; email museum@donegalcoco.ie or Find us on Social Media.
9.00am -4.00pm	DCB Clinics	Michelle / Georgina michelle@inishowen.ie georgina@inishowen.ie	Carndonagh & Buncrana	Information and advice on the DCB application process and various stages in the scheme
10.00am -12.00pm	Employment Support Workshop	IDP emily@inishowen.ie	Family Resource Centre Movice	Employment Support Workshop CV Planning & Interview Techniques
10.00am	Play and Stay	Surestart/Donegal County Childcare Committee	Central Library, Letterkenny	Parents of young babies and toddlers Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am - 12 noon Closed Event	Ireland & Ukraine Concert, Creative Ireland Guitar Concert	Donegal County Council Arts Service, the Regional Cultural Centre & Ballymore NS, Creeslough NS, Holy Trinity NS, Killygordon NS	Regional Cultural Centre	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 with 120 pupils taking part on stage.
10.00am -11.15am	Dungloe Wellness Café	Donegal Wellness Cafes	Old Chapel Café/ Ionad Teampaill Chroine	The Wellness café is a safe space to drop in sit and chat over a cuppa & connect with friendly people who put the WE in Wellness. For everyone 18+



Clár Stíle Tíre
Creative Ireland
Éireann



Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
10:00am –16:00pm	Find out more about Self Employment	Donegal Local Development CLG	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.
10.30am	Alcohol & the Brain –tackling an important health inequality	Alcohol Forum Ireland	Alcohol Forum Ireland, Head Office, Enterprise Fund Business Park, Ballyraine, Letterkenny, Co. Donegal	Workshop and coffee morning for community, voluntary organisations and service providers. This event will support greater understanding of the neurotoxic effects of alcohol and why and how some groups within the population are more at risk. Alcohol is a risk factor in both the onset and progression of 12 neurological conditions and yet at a community level there is very little understanding of the risks and why prevention matters. Participants will also hear about the work of Alcohol Forum Ireland in supporting people with an Alcohol Related Brain Injury and their family members here in Donegal.
10.30am –4.30pm	Disability Equality Training Workshop	Donegal PPN in partnership with 'Independent Living Movement Ireland'	Donegal Centre of Independent Living, Ballymacool, Letterkenny.	Disability Equality Training workshop, contact donegalppn@donegalcoco.ie
10.30am - 12.00 noon	One Million Stars Donegal Workshop on making stars to support solidarity against domestic abuse and all forms of violence	Donegal Volunteer Centre & Donegal County Museum	Donegal County Museum, (High Road, Letterkenny, Co. Donegal)	This workshop is a part of One Million Stars Ireland initiative, an inclusive community arts project against all forms of violence. In this workshop, volunteers are weaving eight-point stars. Each star symbolizes light, hope, and solidarity against all forms of violence. Due to limited spaces, please prebooking, call (074) 912 4613

Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
10.30am	Walk and Talk	Donegal County Council LAIT (Local Authority Integration Team)	Buncrana (meet at library)	The Donegal County Council Integration team is hosting a guided walk of the town for Refugees, including those fleeing the war in Ukraine, and Asylum seekers, explaining the history and heritage of some key areas, followed by a warming bowl of traditional Irish soup and the opportunity to ask questions of the walk leader and the LAIT team representative. Interpretation available in Arabic / Ukrainian.
10.30am -12.00 noon	'Self-Care for the Soul': A Wellness Walk (followed by Lunch)	Patricia Higgins patricia.higgins@inishowen.ie	Starting point IDP Offices Buncrana	A gentle stroll along the shores of the Swilly, with space to connect to yourself, and others. It's a chance for everyone – for people of all faiths and none – to hear more of the stories of struggle, sanctuary and transforming grace connected with the place, and notice what they evoke
10.30am	Walk and Talk	Donegal County Council LAIT (Local Authority Integration Team)	Stranorlar (Meet at Church)	The Donegal County Council Integration team is hosting a guided walk of the town for Refugees, including those fleeing the war in Ukraine, and Asylum seekers, explaining the history and heritage of some key areas, followed by a warming bowl of traditional Irish soup and the opportunity to ask questions of the walk leader and the LAIT team representative. Interpretation available in Arabic/Ukrainian.
10.30am -12.00pm	Carndonagh Wellness Café	Donegal Wellness Cafes	The Butterbean, Carndonagh	The Wellness café is a safe space to drop in sit and chat over a cuppa & connect with friendly people who put the WE in Wellness.
11.00am -1.00pm	Introduction to Spreadsheets	IDP denis@inishowen.ie	IDP Offices, Carndonagh	5- week course using Ms Excel

Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am -12.30pm	Lifford Wellness Café	Donegal Wellness Cafes	Lifford Old Courthouse	The Wellness café is a safe space to drop in sit and chat over a cuppa & connect with friendly people who put the WE in Wellness. For everyone 18+
11.00am	Launch of resources for Adult Literacy students and English for Speakers of Other Languages (ESOL)	Donegal County Council Library	Buncrana Community Library	Donegal County Library commissioned the creation of eight workbooks to accompany eight titles aimed at Adult Literacy and ESOL learners. Forty copies of each book were also acquired and these can be borrowed from libraries around the county. The resources are available free online. This has been commissioned by Donegal County Library and funded by Adult Literacy for Life (ALL) through Donegal ETB.
11.00am	Donegal PPN in partnership with 'Irvine Training' Canva Workshop	Donegal Public Participation Network	Online	Online Canva Workshop All Welcome Register at donegalppn@donegalcoco.ie
11.00 – 2.00pm	“Glac agus tabhair ar ais” (Getting involved and giving back)	Donegal Local Development Contact: Ailbhe Ni Fhearáin afarren@dldc.org 086 2032718	Áislann Rann na Feirste Rannaferisde Anagaire F94TV76	An interactive fayre of the many activities on offer in our Gaeltacht area. Guest Speakers Donegal Volunteer Centre and ALONE. An event to show how our elder members of the community can engage, contribute and have fun in their own communities.
12:00 Noon	Keeping Safe Online	Health Promotion & Improvement	SVP Centre Rathmullan	This presentation on Keeping Safe Online; trustworthy sources of health information; Healthy Ireland at your Library is targeted at Older People in Communities
12.00 noon - 4.00pm	Women's Health Day	Letterkenny CDP	24 Courtyard Shopping Centre	All Women who are affected by poverty/isolation and lack of education regarding health issues

Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
12:30pm –2:30pm	Employment Support Drop-in Service	Donegal Local Development CLG	Inver Community Centre	Employment Supports provided include: - Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
1.00pm – 3.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Ardara Community Centre	Employment Supports provided include: - Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
2.00pm	Donegal PPN Day Centre Entertainment	Donegal Public Participation Network	Mevagh Day Centre Carrigart	Entertainment Event for Mevagh Day Centre users.
2.00pm - 4.00 pm	Kite Decorating Workshops	Cara House FRC	Cara House Children's Centre	Kite Decorating Workshops with the Afterschool children, allowing them to celebrate diversity in a fun and familiar environment
2.00pm –4.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Milford & District Resource Centre	Employment Supports provided include:-Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
3.00pm	Donegal PPN in partnership with 'EvelynMcMarketing' Social Media Workshop	Donegal Public Participation Network	Online	Online Social Media Workshop All Welcome Register at donegalppn@donegalcoco.ie
3.00pm –5.00pm	Lego Club	Donegal County Council Cultural Services	Moville Library	Calling all young builders. Unleash your creativity and have tons of brick-tastic fun!

Wednesday 2nd April

Time	Activity/Event	Lead Partner	Venue	Description
3.30pm	Fly-a-Kite for diversity Day	Donegal County Council Arts Service in Partnership with Finn Valley FRC	Finn Valley Family Resource Centre	A fun-filled event celebrating creativity and community! Kids will get a chance to design their own unique kites at the Finn Valley FRC, where they will celebrate diversity through art. 'Supported by the Housing Finance Agency'
4.30pm -5.30pm	Her World Her Rules	Donegal Sports Partnership	ATU Letterkenny	Girls Basketball Programme. More information Hugh Carlin email: hugh@activedonegal.com
6.00pm	Healthy Food Made Easy (week 6)	Inishowen Development Partnership in collaboration with Donegal travellers project www.inishowen.ie	Manorcunningham Community Centre	Healthy Food made easy is a 6 week programme under Sláintecare Healthy Community programme Inishowen – we can offer this in any town or village with our community partners across SHCP Inishowen please get in touch
7pm–9pm (1 of 5 events commencing mid-March)	The ChangeMakers Donegal Bookless Bookclub: Climate, Chaos & Change: A Path to Hope (Zoom)	Myra McAuliffe myra@inishowen.ie	Zoom	Over four evenings, connect with like-minded individuals to explore a pressing question: With rising climate crises and a decline in support for The Green Party, what does it mean to be a changemaker now? Share insights, collaborate, and chart a way forward together.

Thursday 3rd April

Time	Activity/Event	Lead Partner	Venue	Description
10.00am	Play and Stay	Surestart/Donegal County Childcare Committee	Twin Towns Community Library	Parents of young babies and toddlers. Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am –12.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Donegal Town FRC, St. Johnston FRC & The Base Centre Stranorlar	Employment Supports provided include: Providing a weekly job listing - Assistance with job applications - CV preparation - Interview preparation
10.00am –12.00pm	Women Crossing Borders Workshop	Aine McLaughlin aine@inishowen.ie	Buncrana	Training workshop for women – supported by IFI in collaboration with the Breen Centre
10:00am -12:00am	Finding Your Footing Overcoming Challenges & setting Goals Workshop – Mirinda Rosenberg	Donegal Local Development CLG Oksana Krysynska okrysynska@dldc.org	DLD CLG Unit 1, 2nd Floor Glen View Business Park Carnamuggagh Upper Letterkenny Co. Donegal F92 X5EF	This workshop is open to individuals who may be adjusting to life in Ireland. Due to limited spaces, please prebook, call 089 4549439
10.00am	Keeping Safe Online	Health Promotion & Improvement	Day Service Centre Older People Falcarragh	This presentation on Keeping Safe Online; trustworthy sources of health information; Healthy Ireland at your Library is targeted at Older People in Communities
10.00am -3.00pm	'A Day in the Life - Donegal' photography exhibition	Donegal Public Participation Network in partnership with Cara House FRC	Cara House FRC Letterkenny	An exhibition of photographs showcasing the people of Donegal.

Thursday 3rd April

Time	Activity/Event	Lead Partner	Venue	Description
10am - 4.30pm (Lunch 12.30–1pm)	Exhibition Mná na nGall – Donegal Women 1922–1980	Donegal County Council Museum	Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 T 074 9124613 E: museum@donegalcoco.ie	Visit Donegal County Museum’s latest exhibition that examines women’s lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women’s rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. Telephone 074 9124613; email museum@donegalcoco.ie or Find us on Social Media.
10.00am	Play and Stay	Surestart/Donegal County Childcare Committee	Leabharlann Phobail na Rosann	Parents of young babies and toddlers Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am -12.00pm	Financial Workshop	IDP sinead@inishowen.ie	ii Innovation Inishowen Buncrana	Financial Workshop for New startups and SME's. Learn about Business banking, how to access Finance and Accountancy advice
10.30am -12.00noon	Finn Valley Wellness Café	Donegal Wellness Cafes	The Coffee Loft, Ballybofey	The Wellness café is a safe space to drop in & connect with friendly people who put the WE in Wellness
10.30am - 12.00noon	Letterkenny Wellness Café	Donegal Wellness Cafes and Donegal County Council -Social Inclusion unit	An Grianan Theatre Letterkenny	Welcome to Wellness Café – A Community for Everyone! Looking for a welcoming space to relax and connect? Wellness Café is a safe haven where friendly faces and good conversations bring people together. We put the “WE” in wellness—because well-being is better when shared. Inclusive for all ages and open to people from all walks of life, our café is a place where everyone belongs. Whether you’re here for a quiet moment, a meaningful chat, or a comforting cup, you’ll always find kindness and connection. Drop in, unwind, and feel at home!



Thursday 3rd April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am -12.00noon	Developing a Volunteer Policy session	Donegal Volunteer Centre	Online session	Email John Curran: john@volunteerdonegal.ie to book
11.00am -1.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Mevagh FRC, Na Dúnaibh	Employment Supports provided include: Providing a weekly job listing -Assistance with job applications-CV preparation -Interview preparation
11.00am	Tour of Buncrana Garda Station & Cyber Crime Talk	An Garda Siochana	Buncrana Garda station	Youth Reach Buncrana & Glengad
11.00am	Donegal PPN in partnership with 'Healing Flow Yoga' Chair Yoga	Donegal Public Participation Network Online	Online	Chair Yoga Workshop. All Welcome Register at donegalppn@donegalcoco.ie
11.00am -3.00pm	Group visit to Iosas Centre and Celtic prayer Garden	Carmel Gallagher Tel; 0860406950	Iosas Centre Muff Donegal	Social Prescribing Inishowen Development Partnership
11.00am -2.00pm	Cultural Traditions Celebration Showcasing Event celebrating our diversity	Donegal Local Development CLG Contact: John Mburu jmburu@dldc.org 0860753085	Regional Cultural Centre, Cove Hill, Port Rd, Letterkenny, Co. Donegal, F92 C8HD	DLDC in collaboration with the New Arrivals Community groups to Showcasing diverse cultural traditions present in our community today to promote equality and diversity and build a more inclusive society
11.00am -1.00pm	Coffee Morning	Letterkenny CDP	24 Courtyard Shopping Centre	Bringing together a group of people to share knowledge and information

Thursday 3rd April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am - 2.00pm	Lets Talk Dementia Information Event See the Person, Not the Dementia.	Donegal Local Development Margaret Doherty margaretdoherty@dldc.org 087 2792151.	Halla Nmh. Bríde, Lettermacaward Co. Dhún na nGall F94 Ty81	DLDC in collaboration with The Alzheimer's Society of Ireland are hosting an information event focusing on Raising Awareness & Understanding of Dementia with advice & guidance from a wide range of support agencies.
11.30am -2.30pm	Gathering with the Cathaoirleach	Donegal County Council Social Inclusion Unit	Killybegs	Coffee morning to gather and socialise and get active.
11.30am –2.00pm	Neurodiverse Schools Programme	Donegal Sports Partnership	Multiple Schools	Schools Football Programme. More information Hugh Carlin email: hugh@activedonegal.com
11.30am -1.00pm	Buncrana Wellness Café	Donegal Wellness Cafes and Donegal County Council Social Inclusion unit	Coffee Cup, Supervalve	Welcome to Wellness Café – A Community for Everyone! Looking for a welcoming space to relax and connect? Wellness Café is a safe haven where friendly faces and good conversations bring people together. We put the “WE” in wellness—because well-being is better when shared. Inclusive for all ages and open to people from all walks of life, our café is a place where everyone belongs. Whether you're here for a quiet moment, a meaningful chat, or a comforting cup, you'll always find kindness and connection. Drop in, unwind, and feel at home!
1.00pm – 3.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	St. Vincent De Paul Centre, Castlefin	Employment Supports provided include: -Providing a weekly job listing -Assistance with job applications -CV preparation -Interview preparation

Thursday 3rd April

Time	Activity/Event	Lead Partner	Venue	Description
2.00pm –4.00pm	Employment Support Drop-in Service	Donegal Local Development CLG	Lifford Clonleigh Resource Centre & An Craobhin, An Tearmainn	Employment Supports provided include:-Providing a weekly job listing -Assistance with job applications - CV preparation -Interview preparation
2.00pm	Donegal PPN in partnership with 'Donegal Mindfulness' Mindfulness Workshop	Donegal Public Participation Network	Online	Online Mindfulness Workshop All Welcome Register at donegalppn@donegalcoco.ie
2.00pm	Book Club	Cultural Services Donegal County Council	Carndonagh Community Library	Reading group that meet up monthly to discuss books recently read and selected from Donegal County Library stock. All members of the community welcome.
2:30pm	Tour of Letterkenny Garda Station	An Garda Siochana & WAVE Students from ATU Letterkenny	Letterkenny Garda station	ATU Wave Students
6.30pm	Book Club	Donegal County Council Cultural Services	Carndonagh Community Library	Reading group that meet up monthly to discuss books recently read and selected from Donegal County Library stock. All members of the community welcome.
6.30pm	Donegal PPN in partnership with 'Vital Obs Donegal' Accredited First Aid/CPR Training	Donegal Public Participation Network	Cara House Family Resource Centre	Accredited First Aid / CPR Training All welcome but limited numbers apply. Register at donegalppn@donegalcoco.ie
8.00pm	Solar Meitheal Information workshop with SEAI	Aine McLaughlin/ Denise McCool aine@inishowen.ie denise@inishowen.ie	Carndonagh	Information session on how to get involved in community -led solar instalments. Working as a group to get the best price for homeowners.

Friday 4th April

Time	Activity/Event	Lead Partner	Venue	Description
10.00am	Play and Stay	Surestart/Donegal County Childcare Committee	Bundoran Library	Parents of young babies and toddlers Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
10.00am -3.00pm	'A Day in the Life - Donegal' photographic exhibition	Donegal Public Participation Network in partnership with Cara House FRC	Cara House FRC Letterkenny	An exhibition of photographs showcasing the people of Donegal.
10.00am	Coffee Morning & Crime Prevention Talk from Divisional Crime Prevention Officer Sergeant Fergus Mc Groary	An Garda Siochana	Glengad Community Centre	Senior Citizens
10am-4.30pm (Lunch 12.30-1pm)	Exhibition Mná na nGall – Donegal Women 1922–1980	Donegal County Council Museum Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 T 074 9124613 E: museum@donegalcoco.ie		Visit Donegal County Museum's latest exhibition that examines women's lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women's rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. Telephone 074 9124613; email museum@donegalcoco.ie or Find us on Social Media.
AM	Coffee morning	HSE Social Inclusion Department	St Conals	HSE staff to meet and greet HSE social Inclusion Staff

Friday 4th April

Time	Activity/Event	Lead Partner	Venue	Description
10:00am –16:00pm	Find out more about Self Employment	Donegal Local Development CLG	DLD CLG 1ST Floor Pier 1, Quay Street, Donegal Town Co.Donegal, F94 ENC4	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	Play and Stay	Surestart/Donegal County Childcare Committee	Buncrana Community Library	Parents of young babies and toddlers. Stories and rhymes for children from 0-4 years of age. Run in collaboration with the Donegal County Childcare Committee.
11.00am -1.00pm	Social Dance	Cara House FRC and Regional Cultural Centre	Regional Cultural Centre	A Free Social Inclusion Tea Dance, celebrating the Irish Culture. Everyone welcome. Refreshments, fun & music on the day!
11.00am	Garda Crime Prevention Talk	An Garda Siochana	Stranorlar Parish Hall	The Friday Club
11.00am	Launch of Sensory Garden at Bundoran Community Library	Donegal County Council Library	Bundoran Community Library	The new accessible and inclusive outdoor space will be officially launched. The space will provide the opportunity for all members of the community to connect with nature through the five senses to help promote health and wellbeing. Launch is open to all. Future booking contact Bundoran Library on 071 9829665
12.00 noon	Active Inishowen Launch	Kevin McLaughlin kevin@inishowen.ie	Drumfries	Donegal Sports Partnership & Inishowen Development Partnership launch of the Active Inishowen - Walking & Cycling Hub. Funded through the Dormant Accounts Fund. Managed nationally by Sport Ireland

Friday 4th April

Time	Activity/Event	Lead Partner	Venue	Description
11.00am -1.00 pm	Carers fair and information exchange	Dunfanaghy FRC in connection with Derryveagh Community Health Forum	Arnolds Hotel, Dunfanaghy, Co Donegal.	Join us for some Information stands from various support, some talks and demonstrations, Relaxation and Refreshments with the Target audience Carers - agenciesdunfresource@gmail.com
10.00am -2.00pm	Kite workshop “Fly-a-Kite for diversity”	Donegal County Council Arts Service in partnership with Dunfanaghy FRC	1.Garradh Cholmcille, Falcarragh Contact: Pobail le cheile on 074 9180111 2. Dunfanaghy Family Resource Centre Contact: 0749136548 3. Creeslough Hub: 353 87 292 3102	Inclusion - the feeling of being welcomed amid diversity Our “Fly-a-Kite for diversity” will focus on the topic of diversity and inclusion using art and creativity as our tool for engagement. The workshop will involve the children making and decorating a kite which will be theirs to bring home with them. This project has been supported by the Housing Finance Agency, Pobail le Cheile and The Creeslough Hub. ‘Supported by the Housing Finance Agency’
11.30am	Launch of all kites made during social inclusion workshops	Donegal arts service in partnership with Raphoe FRC	The Diamond, Raphoe	2 national schools, 2 secondary schools, Raphoe FRC young people, alongside a variety of other groups e.g. Men’s Shed, Women’s Group, Friday Club will fly either a kite or a homemade kite will be on display in this wonderful outdoor event!
11.30am	Fly a kite for diversity	An Garda Siochana & Raphoe Family Resource Centre	The Diamond Raphoe	This will a collaboration of all the groups in the Raphoe Area, of all ages and from all backgrounds. Get together in the Diamond and fly the kite. Everyone Welcome. ‘Supported by the Housing Finance Agency’
1.00pm -3.00pm	“Scéal ó Bhéal” Intergenerational story sharing and podcasting project celebration	Donegal Local Development Contact: Fiona Ní Ghloinn fnighloinn@dldc.org 0860856953	Arranmore RNLI Lifeboat Station	Active Arranmore through DLDC are working in collaboration with Stair Arainn Mhór, the 2 local primary schools, transition year students and the Arranmore Day Centre to record stories and create mini podcasts about people and places in Arranmore. This event will showcase some of this work to date.

Friday 4th April

Time	Activity/Event	Lead Partner	Venue	Description
3.00pm	Donegal PPN in partnership with 'EvelynMcMarketing' Social Media Workshop	Donegal Public Participation Network	Online	Online Social Media Workshop All Welcome Register at donegalppn@donegalcoco.ie
3.00pm -5.00pm	Arts & Crafts	Donegal County Council Cultural Services	Moville Library	Join us for arts and crafts fun.
4.00pm -8.00pm	Northwest Diversity, Culture and Enterprise Conference	New Community Network & DLDC	Mount Errigal Hotel	Three panel discussions exploring: - Celebrating diversity, inclusion and new enterprise. - This exciting event is to celebrate the vibrant diversity of our community's cultures and to promote diversity, inclusion and entrepreneurship in our community. - Cultural Performances from around the world and networking.
6.30pm	Singing Session - Open Invitation	Milford Community Choir	Gallowglass Community Centre, Milford F92CE51	Milford Community Choir would like to welcome all to an open session. Our Choir is open to all Ages, All Cultures and is Non-Demoninational, so we'd love you to visit and join in, and Maybe make it a regular thing!
10.00pm	Parent's Plus Parenting When Separated Programme Week 5	Inishowen Development Partnership www.inishowen.ie	Pastoral Centre Carndonagh	Parent Support programme under Sláintecare Healthy Community programme Inishowen



Saturday 5th April

Time	Activity/Event	Lead Partner	Venue	Description
10.30am -1.00pm	Fly-a-Kite for diversity Day To celebrate Inclusion Week this workshop will focus on inclusion, diversity, togetherness and how this affects our everyday lives.	Donegal County Council Arts Service in Partnership with Downstrands FRC facilitated by go fly your kite	Downstrands FRC, The Dolmen Centre, Portnoo	Fly a Kite for diversity is an inclusion event for everyone in the local area. We will host a family day on Sat 5 th April where you will get an opportunity to create your own kite. There will be a walk to the Dolmen Stone where everyone will have an opportunity to fly their kite this project has been supported by the Housing Finance Agency
1.00pm -4.30pm	Exhibition Mná na nGall – Donegal Women 1922–1980	Donegal County Council, Museum	Donegal County Museum, High Road, Letterkenny, Co Donegal F92 K123 T 074 9124613 E: museum@donegalcoco.ie	Visit Donegal County Museum's latest exhibition that examines women's lives between 1922 and 1980 under themes such as Healthcare, Politics, Education and Home Life. It explores how women's rights were eroded under the new Irish Free State and how women fought to regain these rights over many decades. It also shines a light on some of the female trailblazers from Donegal in areas such as medicine, science and the arts. Admission is free. Telephone 074 9124613; email museum@donegalcoco.ie or Find us on Social Media.

Monday 7th April

Time	Activity/Event	Lead Partner	Venue	Description
12.00pm -2.00pm	Healthy Food Made Easy (week 6)	Inishowen Development Partnership www.inishowen.ie	Glengad Community Centre	Healthy Food made easy is a 6 week programme under Sláintecare Healthy Community programme Inishowen – we can offer this in any town or village with our community partners across SHCP Inishowen please get in touch

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.

Cybersecurity is a Shared Responsibility



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 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 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 SAFE

Securely Backup your data regularly
If you have a problem or are hacked, report it to your employer & Gardai
Use online resources to regain access to encrypted data -
www.nomoreransom.org





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

