

FREE

MAYO NORTH EAST COMMUNITY JOURNAL

Supporting Community Development, Enterprise and Access to Training and Employment Vol. 2 • Issue 2 • May/June 2019



Bug hotel attract beneficial insects at Rehins N.S.

MAYO North East Tus participants completed their first bug hotel at St. Joseph's NS, Rehins, Ballina, to coincide with National Biodiversity Week 2019. The hotel will attract beneficial insects and bees. At any given time a garden might contain over 2,000 species of insects. Some are pests (they destroy your flowers and vegetables), but many others are beneficia, the kind you want to attract because they work with you to control pests and pollinate flowers.

Beneficial insects support biodiversity, the foundation for the world's ecological balance. An insect hotel offers them a space where they can propagate and hunker down for the winter. Encouraging biodiversity in the garden helps to increase ecosystem productivity.

Thanks to the TUS guys for all the help.
#TUS #biodiversity #Ballina

BCRfm goes live on FM!

BALLINA Community Radio, BCRfm, returns to the airwaves on Saturday June 15th, broadcasting on 101.9FM in the greater Ballina area every weekend. Programmes will also be broadcast simultaneously online.

BCRfm will be on air from 9am to 11pm every Saturday and Sunday, and will offer a wide variety of programmes. There will be local news and current affairs, as well as national and global news, sports news, arts and entertainment news and details of what's happening around the town. There is music for all tastes, from country to classical, for example The Country Session with Pdraig Moran, Rock On with Joe Hennigan and Sunday Soul with Áine Collins - all presented by true aficionados. There are topical

discussion programmes featuring members of the community, such as Conversations across the Table with Christina Forde and Rosann McDonnell, Fox on Food, a food and cookery programme with chef Ronan Fox, lively and informative morning shows to start off each day – and much, much more.



See also page 5



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020



COMMUNITY CATERING *provided by* Knockmore Rathduff Resource Centre

- Deliciously nutritious home cooked meals prepared and delivered daily.
- Delivered piping hot to your door from 12 noon.
- Also available for pick up at Knockmore Rathduff Resource Centre.
- Two Course meals delivered to your door for €7.00 from Monday to Friday.
- Please send in your order request by 10.am on the day of delivery.



Contact: (094) 9258016 | or email knockmorerc@gmail.com



Crossmolina Community Council ROOM HIRE

Crossmolina Community Council offer a meeting and training space in the Enterprise Centre situated beside Crossmolina Library. It's available to private individuals, businesses, corporate organisations and voluntary groups. The meeting room accommodates eight people around the board room table or up to 20 seated. The room can be set up to suit your needs.



- Free parking is available close by.
- The room is available for bookings during the day, evenings and weekends.
- Rates available upon request.



Computer Suite Hire

The Crossmolina Community Council computer suite is equipped with 10 individual stations, wi-fi and an over-head projector. The room is available for bookings during the day, evenings and weekends.

- Rates available upon request.



NEPHIN MAYO WALKING TRAIL

*Nephin is a stand alone mountain in North Mayo
It is a challenging hike giving walkers a 360°
view of Mayo and surrounding counties.*

DIRECTIONS

Travel from Crossmolina to Lahardane on the R315 for 7km. Take the first turn right after the 50km sign. From Castlebar take the R310 towards Pontoon and Crossmolina, on leaving Lahardane look for the green Nephin sign and turn left. Continue for 4km to the car park. Cross the road and continue towards the forest for an enjoyable, challenging climb.

THE ROUTE

The total distance of the route is approximately six miles (10km) and the walking time is about 4 hours to 6 hours, depending on your ability. The terrain toward the summit is rough ground that consist of loose stone and shale and not suitable for anyone with walking difficulties.

BE PREPARED

The weather can change quickly so it is important to have suitable clothing and footwear. Bring water and some food.





UNDERSTANDING TAX, VAT AND ANNUAL RETURNS

This course will suit anyone just started in business that need to find out more about the Irish Tax System and their responsibilities of running a business. If you have been trading for one year or more, you are expected to submit an 'Annual Tax Return' to Revenue Commissioners before October 2019, for the previous year of trading. Mayo North East are delivering this workshop to assist you and save you money on the cost of preparing for annual return.

DATE: Tuesday 11th June 2019 TIME: 6-9pm
VENUE: The Newman Institute, Ballina
 (Cathedral Grounds)

This workshop will inform you of the financial records you must maintain, important dates to remember when self-employed, and your responsibilities regarding tax and VAT.

If you use the service of an accountant this is a very good information workshop to ensure you are submitting the correct information, at the correct time, to your accountant.

Booking a space on the course is required as places are limited

TO BOOK A PLACE CONTACT: Niamh Charlton: Tel: 087 6662340
OR Email: niamhcharlton@mayornortheast.com as soon as possible

This event has been organised by Mayo North East LEADER Partnership Company under the Social Inclusion and Community Activation Programme (SICAP) 2018-2022 which is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014- 2020



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Ballina Community Radio - feel good radio

Live on air at 101.9fm

Ballina Community Radio (BCRfm) is a not-for-profit community radio station to serve Ballina and its outskirts. It is a voice for the community, run by the community, and all involved are volunteers.

Its programming includes music, information, news and much, much more.
Email bcrfm101.9@gmail.com or call the studio at 096 20050 & 087 717 5175.



Christina and Rosann give two hours of conversation around the table where anything and everything is discussed so stay tuned between 12-2 to hear what they will be talking about



Pat's Country Road Show will keep you up to date with all the best in country and don't miss all the news from Ballina Men's Shed with Seamie Rice on Saturday mornings



**Don't miss the Country Session with Padraig Moran
Saturday
11am - 1pm**





Mayo Job Club introduce three weeks training courses for 2019



THE Mayo Job Club is managed by Mayo North East under contract from the Department of Social Protection, and is designed to equip jobseekers with the tools they need to search and apply for jobs,

The Job Club operates a three-week training course in venues around the county. Approximately 11 clubs are held each year. It facilitates learning of essential job seeking skills by encouraging members to work together as a group and share experiences with each other.

The Mayo Job Club is a free service available to anyone who is not employed and is looking for work.

Three Week Training

The three week training provides essential job seeking skills, empowering attendees and improving their employability. All attendees gain a professional CV.

Interview Workshops

Mayo Job Club, in collaboration with the SICAP programme, run by Mayo North East, delivers this very popular short support for job seekers who want to improve their interview skills.

This involves a workshop, a digitally recorded interview with a panel of

**The Jobs Club
(three week training)
moves from town to town**

10am - 1pm Monday to Friday

NEXT JOB CLUB IN YOUR AREA

TACU FRC, Ballinrobe

Monday, 13th May – Friday, 31st May, 2019

Cultural Centre, Swinford

Monday, 10th June – Friday, 28th June, 2019

*** €60.00 paid to each participant on completion**

interviewers followed by a feedback session given by the Job Club Leader.

One to One Appointments

Mayo Job Club also offers job seekers (whether they have attended a Job Club or not) the opportunity to meet face to face with the Job Club Leader to assist and guide the job seeker through the sometimes challenging, steps to gaining

employment.

Appointments can be arranged at a time and place that is convenient to the job seeker. Please note, this is a FREE and confidential service.

**Text: 087-6506708
or email info@mayonortheast.com**



Mayo Job Club dates and venues for 2019

- | | | | |
|---------------------|------------------------------|--------------------|-----------------------------|
| ● May: | TACU FRC, Ballinrobe | ● October: | Knockmore Resource Centre |
| ● June: | Cultural Centre, Swinford | ● November: | Town Hall Theatre, Westport |
| ● July: | FRC, Abbey St Ballina | ● December: | Mosaic Centre, Castlebar |
| ● August: | FRC, The Friary, Ballyhaunis | | |
| ● September: | Curam FRC Claremorris | | |

Participants on the three week training course receive €60 expenses on completion



Mayo North East Partnership support biodiversity

As part of the SICAP programme Mayo North East Partnership is using apiary development (bee-keeping) as both a process and a demonstration methodology to engage individuals and communities in environmental action.

At present such programmes are being run in Ballina, Knockmore, Erris and Westport. The programmes are proving to be very successful and the feedback from participants is entirely positive.

Aviary for wild species and game

To engage with the small farmer sector, Mayo North East Partnership, through the SICAP programme, is creating an educational approach to landscape and ecology through the utilisation of an aviary. The function of this aviary is again to show the negative effects of bad farming practice on native fauna and game birds. By creating an awareness of the wildlife needs through this demonstration project Mayo North East Partnership is encouraging farmers to develop a green consciousness and an ecological centred focus on agriculture.



Mayo North East Partnership is working in conjunction with Teagasc and local community groups to lend moral and practical support to this initiative.

Poly Tunnel

The Mayo North East SICAP programme also supports a horticultural initiative through the growing of organic vegetables in poly tunnels to supply a local social enterprise with fresh produce for its 'meals on wheels' programme.

This programme provides environ-



mental awareness and it also is a consciousness raising process for the whole community. By supplying vegetables to the local 'meals on wheels' programme the participants are receiving positive affirmation from their local community and thus enhancing the probability and possibility of their full participation in community life. The project can also be seen as a tangible, environmental demonstration process to educate and to highlight ecological and climate change issues.

Halting the decline in our bee population

THIS year's World Bee Day took place on May 20th in the wake of a United Nations report which gave a stark warning that one third of the wild bees are threatened with extinction.

The number of bumblebees have declined by 14% since 2012. The problem stems from a loss of habitat due to the intensification of agriculture, greater urbanisation and pesticides, which are resulting in a lack of food for Ireland's bee population.

Ireland has 99 different types of bees, the majority of which are wild and live in the landscape. There is the honeybee, 21 different types of bumblebees and 77 different types of solitary bees.

The decline is being noticed by beekeepers around the country. President of the Federation of Irish Beekeepers'

Associations 3,500 members are observing a lack of habitat as the biggest threat for the bees.

"This has occurred because of the removal of hedgerows between fields. Lately with the increase in the dairy industry and the farming tillage area, the grass margins within fields are being removed to make continuously large fields for heavier plant machinery.

Apart from the removal of hedgerows, constant maintenance of gardens and parks are also seen as contributing to the problem.

While maintenance is important and necessary, she says, wild flowers do not have to be cleaned out completely.

Anyone who has any responsibility for any piece of land, from the biggest farm to the smallest window box, can all play

a role in helping bees.

Changing the mowing regime in a garden is the most cost-effective action one can take.

Another option is buying plants that are good sources of pollen and nectar.

An initiative has been launched by the Government to encourage forest owners to introduce beehives to their native woodlands in a bid to preserve and protect bees.





Brand new All-Ireland Beer Barrel Run will test the fittest in stunning Lacken

THE residents of one of Mayo and Ireland's most breath-taking areas have issued a unique challenge to those interested in fitness and fun with a drop of beer thrown in – team up to haul a full 80 pint beer barrel across a gruelling 8.5km cross-country and beach route in Kilcummin, North Mayo. This fundraising event – the first of its kind in Ireland – will take place on Saturday, June 22 at 2pm, supported by Marc Reilly, partner of J. Streicher, and will raise funds for Samaritans Ireland.

Kilcummin is best known as the scene of the famous landing in 1798 of the French General Humbert as well as its vast golden strand, rolling sand dunes and lush green fields, located on the heart of the Wild Atlantic Way. Now the local community wants to make it synonymous with one of the most demanding adventure races in Ireland. The rules are simple – teams of a maximum of eight and a minimum of six, must somehow carry the barrel, weighing something like three sacks of spuds, around the Lacken coastline in the fastest possible time. It is up to the competitors how they carry their barrel. The only stipulations are that the carrying device must not have wheels, and the barrel must be secured to it.

The event is the brainchild of the Lacken Community Enterprise Group.

Chairman of Lacken Enterprise Centre, Tony Robinson said: "We wanted to "create an event that the local community can support, showcase the unspoiled natural beauty of our area, develop tourism in Lacken as well as raising funds for local charity and community groups".

Already, practice runs have revealed great ingenuity, but while the route does not have hundreds of obstacles, it will provide a tough and physical but fun-filled challenge that is sure to bring a lot of craic! On the day, race adjudicators will inspect carrying devices to make sure no rules have been broken.

The entry fee is €100 per team of eight, after the event there will be refreshments and live music for all.

The Beer Barrel Run rules 2019

- Maximum number of teams per heat is ten,



with no more than eight people in each team.

- Participants must be at least 18 years of age to compete.
- The entry fee is €100 per team, made payable to the Lacken Sports and Recreation Association Ltd. (cheque or postal order) and the entry fee must accompany the completed application form, otherwise the application will not be considered for acceptance. Application form and fee should be sent to the Treasurer, Lacken Enterprise Centre, Carrowmore-Lacken, Ballina, Mayo.
- The entry fee will be refunded if the application to complete is not accepted.
- Team Captains must ensure that all named members of the team report to the Marshall at the Lacken Enterprise Centre Car Park by 12pm. on the day of the Challenge.
- Starts will be from the Lacken Enterprise Centre Car Park staggered 3 minutes between each team, starting at 2pm. Starting order to be determined by the Organising Body.
- Should a following team catch up with and wish to overtake a team in the front of them, the team in front must give way.
- Teams are required to be competent and confident to navigate the course.
- Each team must have suitable equipment and be dressed in clothing and footwear appropriate to the terrain and the weather.
- Teams not completing with the barrel will be disqualified.
- Teams must take the recommended course.
- Members of the team must stay in physical contact with the barrel throughout the race. The carrier and barrel may be sledged downhill, providing team contact with and control of the barrel are maintained at all times.
- Team finishing time will be the time the barrel, accompanied by and in contact with at least one member of the team, crosses the

finishing line.

- The barrel must be carried by the named members of the team – any artificial aids such as wheels, hot air balloons and sky hooks will disqualify the team.
- Each Captain is responsible for organising the building of the carrying device and will be checked.
- Each team member is strongly urged to raise individual sponsorship, to be given to the Organising Body, in addition to the entry fee. All proceeds after expenses will be distributed, as decided upon by the Organising Body.
- The Captain will be responsible for collecting the team's sponsorship money and handling it to the Treasurer for the Challenge no later than 1st June, 2019.
- The Ireland Trophy with 80 pints of beer will be awarded to the team with the overall fastest time and the John Loughney Memorial Beer Barrel Trophy will be awarded to the fastest local team.
- The finish line will be the line on the road at Lacken Enterprise Centre. The awards will be presented at Lacken Enterprise Centre 6 pm.
- Any dispute concerning the race will be judged by the Chairman and the timekeepers, whose decisions will be final.



For an entry form or to support the fundraising effort, call 087 990 075, email: allirelandbarrelrun@gmail.com or visit The Beer Barrel Run on Facebook.



Be part of your

MAYO NORTH EAST COMMUNITY JOURNAL

WELCOME to the first edition of your 2019 Community Journal newsletter. The newsletter will be published every second month, both in print and digitally. The Community Journal aims to promote action and participation and to foster the sharing of ideas, experience and information in the Mayo North East catchment area for a better community.

The newsletter also aims to strengthen the relationships between employees and employers of Mayo North East Partnership Company, as well as creating and building relationships within the community.

In the following editions of the Community Journal we will publish a community noticeboard, which will include a diary of community news, events, education and training courses,



In addition to providing a forum to advertise your upcoming events, the Community Journal is looking for good story ideas, articles, photographs, poems, graphic artwork, etc. and welcomes outside contributions.

**You can contact the
Community Journal
by emailing:**

info@mayocommunityjournal.com

**See our new webpage
www.mayocommunityjournal.com**

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