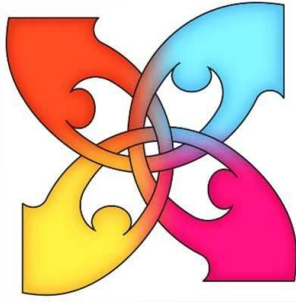


Autumn 2023
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donegal intercultural platform clg

Intercultural Donegal

Our agenda is for Human Rights, Equality and Anti-Racism



The Donegal Travellers Project and Intercultural Platform members meeting Sinéad Gibney the IHREC Chief Commissioner at the Platform Hub on 25th September. Sinéad is fourth from the left in the photo.

Delegations from Donegal Travellers Project and the Think Equality Donegal project and Donegal Intercultural Platform recently met the Chief Commissioner of the Irish Human Rights and Equality Commission, Sinéad Gibney to outline the issues of concern for Black and Minority Ethnic communities including Travellers and Roma. The Platform presentations were made by Paul Kernan the coordinator, by the Pathways to Inclusion Community Worker Balume Dube and by Nolunga Shologu, the Platform's Community Links Worker. We listed our concerns about conditions endured by residents in the International Protection Emergency Accommodation Centres, many of whom are seriously overcrowded with up to 15 or more people living four or more to a room and sharing one four ring cooker and one toilet. In addition we described situations where people are separated from other family members

located in other centres all over the country and the efforts being made to reunite families. The Platform also restated our demand for the end to the direct provision and for its replacement with a state managed not-for-profit accommodation system. "There are many private operators making huge profits from this system with no experience or training in refugee supports or in working with vulnerable people and families" said Nolunga and Balume spoke about the often oppressive regimes in such centres where resident children can't hold play dates or have visitors and where family members cannot visit relatives. All the representations from the three sets of presenters promoted our belief in a human rights based approach working toward Equality & Anti. Racism & Inclusion for all.

حدث حول الصحة خاص بالرجال

The Intercultural Platform تعقد منصة حدث حول صحة للرجال صباحا في قاعة ترينيتي Trinity Hall مع تقديم وجبة غداء خلال خفيفة. تعال واكتسب معلومات حول التمارين، الصحة والعافية، تقنيات الاسترخاء. وقم كذلك بفحص ضغط الدم وكتلة الجسم. جميع الرجال من جميع الأعمار مرحبا بهم. سيكون لدينا مترجمين فوريين للمتحدثين باللغات العربية والجورجية والأوكرانية والروسية والفرنسية والداري والفارسية والباشتو.... نأمل أن نراكم هناك على الساعة 10:30 تماما، يوم الثلاثاء 12 أكتوبر (الرمز البريدي F92AH28)

Men's Health Event 12th Oct. at Trinity Hall, Letterkenny

The Platform is holding its Intercultural Men's health session with interpreters available in Arabic, French, Georgian, Ukrainian and Russian so everyone can get involved and get the most from the day. Eircode F92 AH28. **All Men Welcome**

Inside this issue:

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MEN'S HEALTH EVENT FOR ALL MALES 18+

Join us for a first **Men of the World** monthly Men's Health events, where we will discuss the challenges faced by men when it comes to their mental and physical well-being. This is a space for men to connect, learn, and grow in a supportive and non-judgmental environment.

During this event, you will engage in group discussions and activities that will help you better understand your own physical and mental health and the health of those around you. Our guest speakers will guide you through practical strategies for managing stress, improving sleep and diet, and developing healthy coping mechanisms.

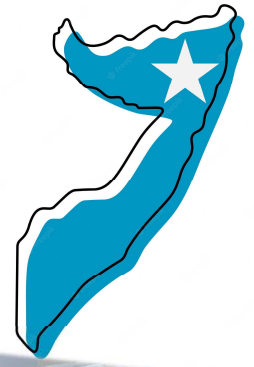
You will also have the chance to connect with other men and form meaningful relationships based on shared experiences and common goals. Whether you are struggling with maintaining mental and physical health or just looking at ways to improve your health and/or support those in your life, this event is for you.

MEN'S HEALTH EVENT

THURSDAY, 12TH OCTOBER, 2023. 10.30AM-1.30PM.
VENUE: TRINITY HALL, LETTERKENNY.

With information on support services mental health and wellbeing
Public Health Nurse to answer your questions
FREE health checks
FREE yoga & meditation session
FREE tea, coffee and refreshments
Arabic & Ukrainian interpreters available

Somali Community in Donegal (SCD) welcomes new arrivals, and extends a helping hand to Somali refugees across the county



The Somali community in Donegal has extended a warm welcome to new immigrants who arrived in the county last month. As Ireland continues to open its doors to refugees, Somali refugees have been making their way to Donegal, seeking a better life and a haven to build their futures.

Donegal County has become one of the primary destinations for the Somali community, with an increasing number of arrivals in recent weeks. To support and assist these newcomers, the Somali community in Donegal was established earlier this year. Their mission is to provide vital support to asylum seekers and refugees in Donegal, focusing on integration, social activities, health assistance, education, housing, and job-seeking opportunities.

This welcoming and supportive community has quickly become an essential resource for Somali refugees who are starting anew in Donegal. Their dedication to helping fellow immigrants integrate into Irish society has not gone unnoticed.

Mohmed Farah a member of the Somali community in Donegal, spoke about the initiative. "We understand the challenges that newcomers face when settling in a new country. Our goal is to ensure that Somali refugees have access to the support and resources they need to successfully rebuild their lives in Donegal."

The Somali community in Donegal has been working hard to bridge the gap between the local Irish population and the new Somali arrivals. They organise various social activities and events, fostering interaction and understanding between different communities. In addition to social activities, the community offers valuable assistance in essential areas such as health care, education, and housing. They have also partnered with local businesses to help refugees find job opportunities, contributing to their self-sufficiency. Donegal County Council has praised the efforts of the Somali community in Donegal, emphasising the importance of such initiatives in fostering a diverse and inclusive society.

Paul Kernan, of Donegal Intercultural Platform said, "the Somali Community in Donegal has set an example of what it means to welcome newcomers with open arms and provide them with the necessary support to thrive". This not only enriches our county but also showcases the true spirit of community and solidarity. As Somali refugees continue to arrive in Donegal, the community's efforts promise to make a significant impact on their successful integration into Irish society. With the support of initiatives like the Somali community in Donegal, these newcomers are finding not just a haven in Ireland but also a welcoming community eager to help them build a brighter future.

Mohamed A. Farah

Jaaliyada Soomaaliyeed Ee Donegal Oo Soo Dhawaysay Dadka Cusub Ee Soo Gaadhey, Gaca U Fidisey Qaar ka Mid Ah Qaxootigaas Cusub

Jaaliyada Soomaalida ee Donegal ayaa soo dhawayn diiran u sameeyay soo galooti cusub bishii hore soo galay gobolka. Iyadoo Ireland ay sii waddo inay albaabada u furto qaxootiga, ayaa qaxootiga Soomaalida waxa ay u socdeen Donegal, iyadoo raadinaya nolol wanaagsan iyo in ay hoy ay ku dhistaan mustaqbalkooda.

Gobolka Donegal ayaa ka mid noqday meelaha ugu horreeya ee ay u socdaalaan bulshada Soomaaliyeed, iyadoo toddobaadyadii la soo dhaafay ay ku soo badanayeen dadka imaanaya. Si loo taageero loona caawiyo dadkan cusub, waxaa la aas aasay jaaliyadda Soomaaliyeed ee Donegal horaantii sanadkan. Hadafkayagu waa in ay taageero muhiim ah siiyaan magangalyo-doonka iyo qaxootiga Donegal, iyaga oo diiradda saaraya isdhexgalka, hawlaha bulshada, gargaarka caafimaadka, waxbarashada, guriyeynta, iyo fursadaha shaqo raadiska. Bulshadan soo dhawaynta iyo taageerada ah waxay si degdeg ah u noqotay agab lagama maarmaan u ah qaxootiga Soomaaliyeed ee ku

nool Donegal, u heellanaanta ay ku caawinayaan dadka kale ee soogalootiga ah si ay u dhexgalaan bulshada Irishka ah. **Mohamed Farah** oo ka mid ah jaaliyadda Soomaaliyeed ee Donegal, ayaa ka hadlay arrintan. "Waxaan fahamsanahay caqabadaha ay dadka cusub la kulmaan marka ay degayaan waddan cusub, hadafkeenu waa inaan hubinno in qaxootiga Soomaaliyeed ay helaan taageerada iyo agabka ay u baahan yihiin si ay si guul leh dib ugu dhistaan noloshooda cusub ee Donegal."

Jaaliyadda Soomaaliyeed ee Donegal ayaa si hagar la'aan ah ugu hawlan sidii ay u soo afjari lahaayeen farqiga u dhexeeya dadka Irishka ah ee ku dhaqan iyo kuwa cusub ee Soomaalida ah. Waxay abaabulaan hawlo iyo dhacdooyin bulsheed oo kala duwan, kobcinta isdhexgalka iyo isfahamka bulshooyinka kala duwan. Hawlaha bulshada ka sokoow, bulshadu waxay bixisaa kaalmo qiimo leh oo laga helo meelaha muhiimka ah sida daryeelka caafimaadka, waxbarashada, iyo guriyeynta. Waxa kale oo ay la kaashadeen ganacsiyo maxalli ah si ay uga caawiyaan qaxootiga inay helaan fursado shaqo, iyadoo ka qayb qaadanaaya isku-filnaantooda. **Paul Kernan**, oo ah isuduwaha **Donegal Intercultural Platform**, ayaa yiri, "Bulshada Soomaaliyeed ee Donegal waxay tusaale u noqdeen in gacmo furan lagu soo dhaweyo dadka cusub iyo in la siiyo taageerada lagama maarmaanka ah si ay u gaaraan hadafkooda, tani kaliya maahan mid kobcinaysa gobolkayaga laakiin sidoo kale waa mid waxtar u leh. Waxay muujinaysaa dareenka dhabta ah ee bulshada iyo wadajirka." Ballanqaadka bulshada Soomaaliyeed ee Donegal ee ku aaddan caawinta dadka cusub waxay ka tarjumaysaa isbeddelka ballaaran ee Ireland ee soo dhaweynta qaxootiga iyo siinta fursadaha ay u baahan yihiin si ay dib ugu dhistaan noloshooda. Iyadoo qaxootiga Soomaaliyeed ay weli imaanayaan Donegal, dadaalka jaaliyadu wuxuu ballan qaadayaa inuu saameyn weyn ku yeelan doono ku biiritaankooda guusha leh ee bulshada Ireland. Iyaga oo taageero ka helaya hindisayaasha sida bulshada Soomaaliyeed ee Donegal, kuwan cusubi ma helayaan gabaad Ireland oo keliya balse sidoo kale jaaliyad soo dhawaynaysa oo u hamuun qabta inay ka caawiso dhisidda mustaqbal ifaya.



ПІДТРИМКА УКРАЇНСЬКОЇ ГРОМАДИ

У 2023 році в місті Леттеркенні графства Донеґол була створена організація Ukrainian Community Support. До складу організації UCS, входять люди зі всієї України, котрі прагнуть об'єднати українські сім'ї у всьому графстві Донеґол. Наша робота полягає в допомозі українцям інтегрувати в ірландське суспільство та зрозуміти свій шлях в цій чудовій країні. Ціль нашої групи є простою – підтримати, допомогти, об'єднати, спрямувати, пояснити.

Тікаючи від війни в Україні, перші українські сім'ї, приїхали в Леттеркенні весною 2022 року й одразу отримали кваліфіковану першочергову допомогу від урядових організацій, волонтерських центрів та місцевих мешканців. Кожен сподівався, що війна ось-ось закінчиться, але одночасно потрібно було знайти своє місце в повсякденному житті місцевої громади. Та чим довше наші громадяни тут живуть, чим більше вивчають, тим більше виникає запитань. І саме з ними ми намагаємось допомогти нашим співвітчизникам. Зараз ми працюємо над декількома проектами, які допоможуть всім українцям, які проживають в графстві Донеґол, швидше інтегрувати в місцеві громади. Оскільки знання англійської мови впливає на пошук роботи, то влітку цього року в офісі Міжкультурної Платформи працював літній розмовний клуб. Як ми всі знаємо війна в Україні прямо вплинула на психічне здоров'я всіх українців, де б вони не були, тому влітку також продовжив свою роботу клуб початківців-художників з арт терапії. Якщо ви активна та креативна людина і маєте бажання внести свою частку в розвиток української громади в графстві Донеґол, то запрошуємо вас до нашої команди!

Ukrainian Community Support is created as connection point between Donegal society and refugees who arrived from Ukraine fleeing the war. Our mission is – to support with integration of Ukrainian refugees by the help of providing translation services, information accumulation regarding new life in Ireland, arrange communication between governance structures and support them in implementing governance support programme. Organisation is created with the aim of building inclusion and equality in Donegal, in promoting Human Rights and challenging discrimination and racism.





MIGRANT REPRESENTATION INITIATIVE donegal

Are you a member of a Black or Minority Ethnic Community (BME) living in Donegal? Would you like training and support to become a representative for the migrant communities across the county? If so - read on and please get in touch

The Donegal Intercultural Platform are launching a new project - the **Migrant Representation Initiative (MRI)** to support members of the BME community to fulfil the function of community representation in local committees, boards and working groups across the county.

There is a challenge to get migrant voices heard and listened to at all levels of society. The Intercultural Platform is a civil society and non-governmental organisation (NGO) and we want to help ensure that committees in agencies like the County Council, the Children and Young People's Services Committee and its working groups and structures within the Public Participation Network all have effective and accountable BME representatives presenting the priorities for the Minorities across Donegal and the country.

Whilst we assist and encourage BME communities to get organised and active, we recognise there is a need to support voices who can speak for the wider migrant communities, beyond their own ethnic or community group. We also recognise that representatives have to have a mandate from their peers and be accountable to them.

Therefore we are calling for people from Black and Minority Ethnic communities to contact us and put their names forward for this new initiative. We will undertake to help potential representatives gain a good understanding of community, agency and local authority structures, get some training in public speaking and the skills needed to be an effective representative. We hope you will make the commitment to step forward to help create the conditions for greater inclusion in community and civil decision making structures across Donegal. To register or get more information please email info@interculturaldonegal.org and put MRI in the subject line or text 086 084 1433 & give your name & MRI.

Have you some free time Wednesday or Thursday mornings from October?

Are you interested in helping our Letterkenny English Conversation Group?

We will provide training & materials

Classes are supported by Fáilte Isteach, the national conversation groups support organisation.

Just email us donegalip@gmail.com or phone/text 086 084 1433



Reporting Racist Incidents

The Intercultural Platform can support people to report incidents they have experienced or witnessed to the iReport online system so we can gather data on such occurrences and hopefully influence policy and policing practices accordingly.

Whilst we encourage people to report incidents to the Gardaí, the iReport system

enables anti-racism organisations and agencies to show the levels of such events. Drop in or make an appointment, call 086 084 1433

Racism: see it send it end it.

WWW. iREPORT .ie





MEN'S HEALTH EVENT FOR ALL MALES 18+

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With information on support services mental health and wellbeing
Public Health Nurse to answer your questions
FREE health checks
FREE yoga & meditation session
FREE tea, coffee and refreshments
Arabic & Ukrainian interpreters available



Email/Whatsapp to register for this event:

Eve-eveli.dip@gmail.com /0834586924

Nolunga.nolunga.clw@interculturaldonegal.org /0864557475



**DONEGAL
INTERCULTURAL
PLATFORM clg**

donegal intercultural
platform clg

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For Anti-Racism, Equality and
Human Rights

دروس اللغة الإنجليزية للمبتدئين تماما

الآن The Intercultural Platform تقدم منصة دروساً في اللغة الإنجليزية للأشخاص الذين لديهم القليل من اللغة الإنجليزية أو لا يعرفونها على الإطلاق، لمساعدتهم على الشروع في الرحلة الطويلة التي تؤدي إلى قدرتهم على التحدث باللغة الإنجليزية بشكل كاف أثناء المحادثات اليومية وكذلك في الحياة اليومية.

ستقام الدروس كل يوم خميس في قاعة ترينيتي Trinity Hall (الرمز البريدي F92AH28) التي تقع في ليتريكيني. تبدأ Main Cathedral بالقرب من الدروس على الساعة 10:30 صباحاً ويمكن للطلاب الجدد حضور الحصص والتسجيل في نفس اليوم. إذا كنت تتحدث الإنجليزية بشكل أفضل، يرجى زيارة في ليتريكيني كل أربعاء Central library المكتبة صباحاً في الساعة 10.30. تحتوي الدروس في المكتبة إلى A1 على طاولات مخصصة لجميع المستويات من ولكننا نطلب من المبتدئين الحضور إلى الدروس - C2 التي تقام يوم الخميس. نأمل أن نراكم يوم الخميس.

English Conversation classes are back county-wide

After a short break for the summer our volunteer teams are back providing English Conversation Workshops in many parts of county Donegal. The sessions are for all levels of English, from absolute beginners to experienced speakers who want to improve. We are also hoping to recruit new volunteers to facilitate the classes and help more people gain in confidence and competence. Just email donegalip@gmail.com or phone **086 084 1433**



The Dance Troupe from the Port Road Apartments—heroes of entertainment yet again... this time performing at the Family Fun Day organised by the MacCumhailis GAA club, Ballybofey and supported by Donegal Intercultural Platform. Well done club - well done dancers!

Pathways to Inclusion Project gets a second year of funding from Department of Children, Equality, Disability, Integration & Youth

The Platform has been awarded a second year of Funding for its Pathways to Inclusion project that supports International Protection Applicants across the county with practical advice, signposting and advocacy as well as practical assistance with English classes, interview skills and CV writing as well as assistance with accommodation, employment or other issues.

The project has grown from 2022 when it focused on the IPA men living in the greater Letterkenny area, now we will be reaching out to residents all over Donegal. The last project worker Eyad Meshael has moved on to another post (thank you for your work up until the end of September) and the new worker is Balume Dube. Balume is a familiar face in the county, having just completed an action-research project with migrant youth called InStep, and is also a national activist in MASI - the Movement of Asylum Seekers Ireland.

If you would like to contact Balume or make an appointment to meet up his email is Balume.dip@gmail.com and phone number is 0833998269



InStep project - exploring the strategies for migrant inclusion for youth and young adults in Donegal

The final report of the action-research initiative called InStep that explored the challenges for migrant youth in accessing youth services, recreational clubs, faith groups etc was presented to the full meeting of members of the Children and Young People's Services Committee at the end of September.

The project involved young adults, a research team of 15 to 18 year olds who explored their own lived experiences, the realities for other people from migrant and minority ethnic communities and also considered the processes and findings contained in the Irish Refugee Council's youth report called TIGHT SPACES.

The InStep report presented 12 main findings and the Intercultural Platform plan to take the these to youth clubs, youth projects and youth workers all over Donegal to share and explore ways to make for a more inclusive and diversity-aware youth work environment. We will be launching the report at soon and if you would like to attend or receive a copy email donegalip@gmail.com to register.

InStep project -

Breaking Down Barriers to Inclusion for Migrant Young People



"Imagine a world where every person, regardless of their background, is welcomed with open arms. Each time someone feels left out, it's as if a vital part of our community is missing. Together, we can break down barriers, erase biases, bridge gaps of understanding and build a world where recreational activities become a source of happiness, personal development and unity."

Anonymous Voice

The Donegal Intercultural Platform CDP clg is part-funded by the Department of Rural & Community Development as part of the Community Development Programme and supported by Donegal Local Community Development Committee, CYPSC, HSE, DCEDIY & TUSLA

