

ONSIDE – Independent Living Movement Ireland



ONSIDE is a project that is designed to help disabled people become more active in their own local communities and to help them enjoy and use the internet and technology to connect with other disabled people.

We will supply you with a tablet and show you how to use the tablet to do different things. You might want to know how to pay an electricity bill online, or check your bank or credit union account, or just want to know how to make video calls to your friends and family. Whatever you would like to do.

We will help you find out what is going on in your local area. If you would like to take part in any courses, or go to any matches or activities that are run by community groups. We will help you get the right information. Maybe you would like to try something different, like taking a class or course with other people. Maybe you want to get a better job. You decide what you want.

If you would like to take part and live in Co. Louth, then give Clive a call on 087 3807268 or email clivelowry@ilmi.ie , if you live in Sligo call Fiona Brennan on 087 349 5905 or email fionabrennan@ilmi.ie , if you live in Donegal call Orla on 087 055 9725 or email orlabeirne@ilmi.ie, if you live in Monaghan give Audrey a call on 087 100 9425 or email



The ONSIDE Project has been supported by the EU's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB).

audreywilson@ilmi.ie, if you live in Cavan, please give Mark a call on 087 721 8067 or email markmccollum@ilmi.ie and we will help you.



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