

Community Newsletter

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Letterkenny C.D.P.

FREE



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Community House 20 Glendale Manor Glencar Letterkenny Co. Donegal
Tel. 074 9120633 email: lkennycdp@eircom.net - check us out on Facebook

16 Days of Action opposing violence against Women



Management and staff of Letterkenny CDP Joined the "One in Five Women" National Balloon Action by Women's Aid. L-R Josephine Mc Laughlin, Lisa Gallagher, Bridget Conway, Margaret Toner, Mary Rose Sheridan and Anne Boyle.

Letterkenny C.D.P.

"Working in the Community~For the Community"

For further information contact : Tel. 074 9120633 email: lkennycdp@eircom.net

Winter /Spring ~ Programmes & Events

CARE & REPAIR PROGRAMME:

- ◆ This programme is carried out by TUS workers and volunteers of Letterkenny C.D.P. and provides the following services to older people, people on low income or with a disability etc.:

- ~Environmental work in community
- ~Minor indoor and outdoor repairs
- ~A friendly chat, holistic therapy, relaxation

This programme is supported by Donegal Local Development Co. through the TUS Programme
For further information contact 0749120633

SENIOR ALERT SCHEME

- Funded by the Department of Environment, Community and Local Government
- They provide a grant to cover the installation of the alarm
- There is an annual monitoring charge of €66 per year to be paid by the applicant
- To avail of this grant the applicant must be over 65 years of age
- Contact Community House, 20 Glendale Manor, Letterkenny for further details 074 9120633

SPRING YOUTH PROGRAMME 2015:

We are currently planning our spring programme so contact Tam on 0749120633 in the new year.

ST. BRIDGET'S CROSSMAKING JAN 2015:

Our first event in the New Year will be our St. Bridget's Crossmaking in the Cheshire Apartments at the end of Jan. 2015. See you all then.

LETTERKENNY MEN'S SHED:

- ◆ Letterkenny Men's Shed is open to men of all ages and abilities. It is located in the Old Laundry St. Conal's Hospital and is open on Mon. - Tue. 9-5pm, Wed. 9-12.30 and Mon. evening 7-9pm. To join this great initiative contact 0862270437 ~ 0749120633

Sponsored by Letterkenny C.D.P. Ltd. in conjunction with H.S.E. West & affiliated to National Men's Shed Ireland, supported by Dept. Social Protection through the Community Employment Programme

"Our New Home"



The Management and Staff of Letterkenny C.D.P. are delighted to have moved our Community Project to 20 Glendale Manor Glencar Letterkenny. When you enter through the main gate you take the rear entrance to our Learn & Play Pre-school and take the front entrance to our Community House. For further information contact us on 0749120633 or 086 8262330 .

Halloween 2014

Organised by Letterkenny Community Development Project in association with
Our Main Sponsor (the former Letterkenny Town Council)



**Another very successful Halloween Monster Bash 2014
A BIG THANK YOU TO ALL OUR HALLOWEEN SPONSORS**

Letterkenny C.D.P. ~ S.T.A.R.T. Project

Support – **T**reatment – **A**ftercare – **R**ehabilitation – **T**ogether (S.T.A.R.T.)

For information on the START PROJECT contact 0749120633

or call the confidential line Outreach Worker Mary Healy-Vernon 0867752142

The S.T.A.R.T. project is a Community Response to Drugs/Alcohol Misuse which was set up and managed by the voluntary Board of Directors and staff of Letterkenny C.D.P. The programme is funded by the H.S.E. through the North West Regional Drugs Alcohol Task Force.



The programme comprises ~ Outreach Work ~ Holistic Therapies ~ Support to family members and concerned persons affected by a loved ones drug/alcohol misuse ~ Health and social programmes for those in recovery. Advice, information, alcohol & drugs awareness, referral to other services where



Mary Healy-Vernon
Outreach Worker

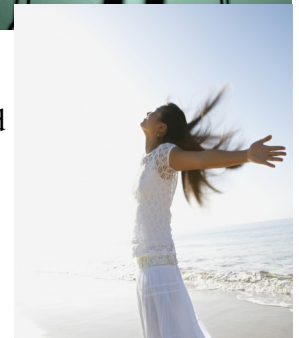
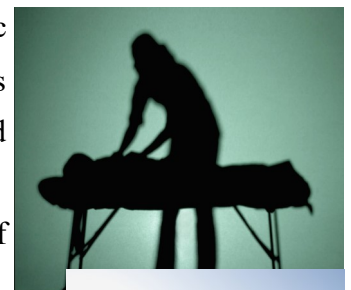
OUTREACH WORK: our outreach worker Mary Healy-Vernon engages with drug/alcohol mis-users aged 18+; to help them access treatment through existing services and initiate community based programmes of care to reduce the harm caused by drug/alcohol misuse.

The overall aim is to address a common trend in recent years, of the number of young adults who have become poly drugs users in Letterkenny and surrounding areas, using a more flexible community based holistic approach. She does this by meeting with the drug user in their own environment and encouraging them to participate in our treatment and rehabilitation programme. This is a free and confidential service and you can contact Mary on her direct confidential line **0867752142**

HOLISTIC THERAPY PROGRAMME: we co-ordinate a holistic therapy programme by working in partnership approach with existing services and initiating new avenues to the treatment and rehabilitation of those affected by drug/alcohol misuse and their families/concerned others. We deliver this programme throughout County Donegal with the support and participation of G.P's, Addiction Services, Family Resource Centres, Community and Voluntary Groups.

Each service user receives approx. 6 session of a therapy of their choice delivered by Fully Qualified Therapists in different parts of the county. The therapies available are Reflexology, Indian Head Massage, Reiki and Auricular Acupuncture.

For further information contact 074 9120633.



Community Employment Project News

An Roinn Coimirce Sóisialaí
Department of Social Protection
www.welfare.ie

The Community Employment Project is funded by the Dept. of Social Protection & supported by the local community.



Mary Rose Sheridan
Com Employment Supervisor

Welcome



Ashley Grant
Family Support Worker



Bridget Conway
Family Support Worker



Brian Laverty
Development Worker



Conor Vernon
Development Worker



Sorry to see you go

We recently said goodbye to Marek and Peter. We wish them both well in their future career.



Occupational First Aid Participants




Upcycling for
Christmas Market



Health & Safety Participants



Adult Education

Our Adult Education Classes are part funded by Donegal ETB 




Anne Boyle supervising Chef (4th from left) with some of the participants on an exciting healthy options cookery class.

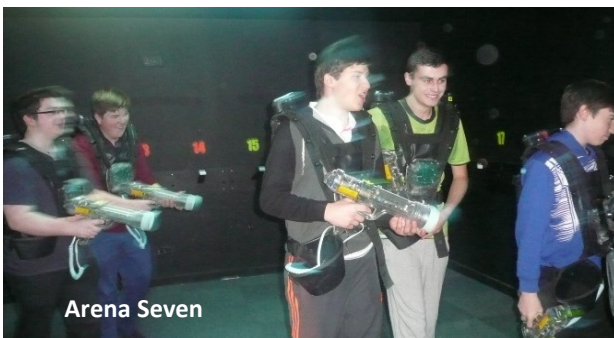
On the menu: Chicken a la King, Chocolate Brownies, Smoked Fish Pie, Mint Chocolate Brownies



Some of our participants enjoying our Arts & Crafts classes

Youth Autumn Programme

Our Youth Programme is funded by DLDC 



Arena Seven



The Group who participated in our Autumn Programme



Gartan Outdoor Centre



The Foundry Letterkenny



The Foundry Slopes

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 20 Glendale Manor Glencar Letterkenny
Closing date for entries 22 January 2015



Name _____

Address _____

Phone No _____

Age Group Categories: 4-7, 8-11

Prizes: Vouchers for Cinema and 4 Lantern's for winner of each age group:-

Name this Artist

**X FACTOR
WINNER 2011**

Name _____

Address _____

Phone No _____

Age Group Category: 11-14

Mission Statement

Our ambition is to improve our community for all, by encouraging participation, personal development and inclusiveness throughout our programmes and facilities.

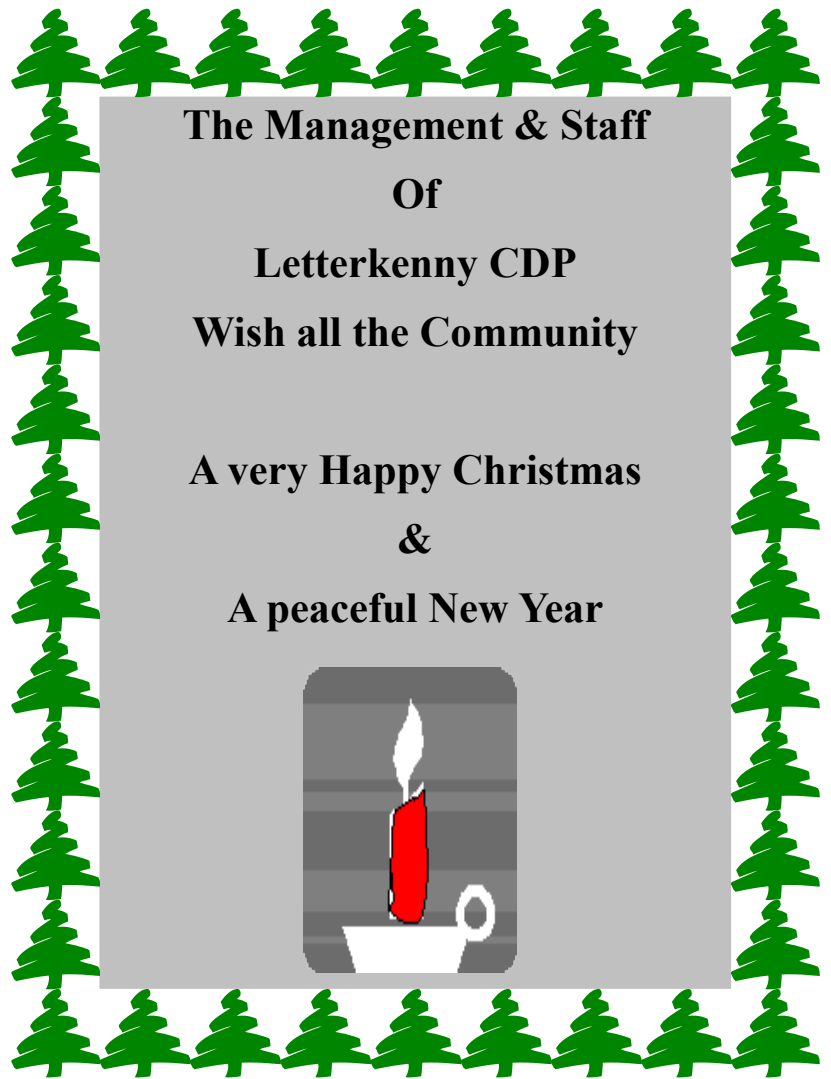


The Donegal Women's Domestic Violence Service (D.W.D.V.S.)

provides a 24 hour help line, a locally based Domestic Violence clinic service and crisis accommodation for women and children who are at risk or have suffered physical, sexual or financial abuse.

The D.W.D.V.S. can provide housing, legal/benefits, advocacy, information, referrals and domestic violence counselling support. Awareness Training & Education Service is also available.

24 Hr. Help line 0749126267
Gen. Office Enquiries
0749129725



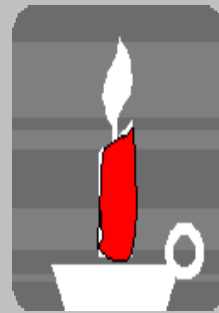
**The Management & Staff
Of**

Letterkenny CDP

Wish all the Community

**A very Happy Christmas
&**

A peaceful New Year



Newsletter Winners

Newsletter Team



Josephine Mc Laughlin
Desktop
Publisher



John Roe
PRO



Margaret Toner
CDP Manager



Ewoenam Doe
Letterkenny



Cameron Friel
Letterkenny



Joint Winners
Taylor & Jake Laughlin Letterkenny

**PRIZES
SPONSORED
BY
4 LANTERNS
&
CENTURY CINEMA**

Letterkenny Community Development Project is a voluntary group supported by the following agencies & organisations:



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