



**S. T. A. R. T. PROJECT**

SUPPORT—TREATMENT—AFTERCARE  
REHABILITATION—TOGETHER

The Management & Staff  
of  
Letterkenny C.D.P.

Wish all the Community  
A Very Happy Christmas  
&  
A Peaceful New Year



# Community Newsletter

Produced by

Dec 2011

Issue 34

## Letterkenny C.D.P.



**Support Our  
Designated Driver  
Campaign**



Try making some  
Delicious  
"Virgin Cocktails"

Menus available:  
Pubs, Clubs, Shops,  
Supermarkets  
throughout Letterkenny

### Letterkenny Community Development Project Ltd.

Would like to thank all the Businesses (listed below) that contributed to our Holistic Therapy Programme which helps those with alcohol/drug issues including their families and friends.

Voodoo Bar/ Nite Club. Harry's Bar  
No 6 Coffee house.

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Community House 2 Errigal Rd. Letterkenny Co. Donegal  
Tel. 074 9120633 Fax 074 91 20605 email lkennycdp@eircom.net

### Newsletter Team



**John Roe**  
Desktop  
Publisher



**Pat Corcoran**  
P.R.O.

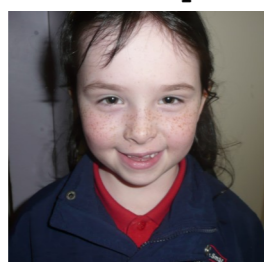


**Michael  
Abiola – Phillips**  
Asst. P.R.O.



Contact: Community  
House  
2 Errigal Road Letterkenny.  
☎ 074 9120633

## Competition Winners



Colouring Competition  
4-7yrs.  
Maria Soffe



Colouring Competition  
8-11yrs.  
Ciara O Sullivan



Name this Artist  
11-14yrs  
Scott Doran

*Prizes  
Sponsored by*




## 4 Lanterns & Century Cinema

Letterkenny Community Development Project Sponsors a Community Employment Project through Fàs and runs a Drugs/Alcohol Programme funded by the Office of the Minister of Drugs through the North West Regional Drugs Task Force



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# 10

## YEARS WORKING WITH AND FOR THE COMMUNITY



Letterkenny C.D.P. Management & Volunteers cutting the cake at their 10th Birthday Bash L-R Pat Corcoran, Anne Marie Gallagher, Gerry Mc Monagle, Tanya Kerr, Theresa Tyrell, Michael Abiola Phillips, Anne Boyle and Carol Elliott

# Letterkenny C.D.P. "Working For You"

## Adult/Community Education Autumn Programme



Anne Boyle Supervising Chef [7th from left] with some of the participants along with some of the ingredients for an exciting healthy options cookery course.

On the menu - Cheese cake, Chicken parmesan, Apple crumble, Beef chasseur and lots more.

Marian Mc Menamin Sewing Instructor [4th from right] getting everyone ready for the basic sewing craft workshop.

The workshop covers working with Zips, Cushion covers, shopping bags, dresses ,trousers etc.



Eimier Peoples Course Facilitator [RHS] with some of the participants in the Woman's Social Development course.

Starting with Beauty on a Budget and continuing on with Personal Development Skills.



## ADULT/COMMUNITY EDUCATION SPRING 2012 PROGRAMME

We hope to put on the following courses in the New Year subject to funding and number's interested

1. D.I.Y for beginners .
2. Cookery.
3. Machine Sewing.
4. Basic Sign Language

If interested ring 074 9120633 for further information

# CHILDREN'S FUN PAGE

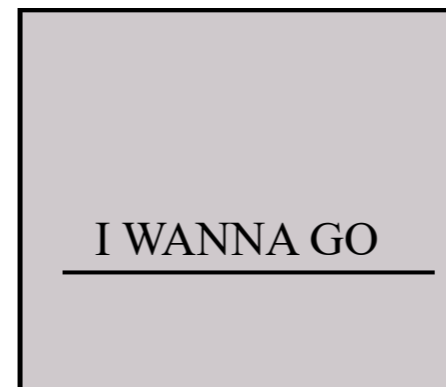
Post your entries or drop them into The Community House 2 Errigal Road Letterkenny  
Closing Date for Entry January 20th 2012



Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No: \_\_\_\_\_  
Age Group \_\_\_\_\_  
Age Group Categories: 4 -7 8-11

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny  
Closing Date for Entry January 20th 2012

# Name this Artiste



Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No: \_\_\_\_\_  
Age Group Category 11- 14

A Little bit  
of Irish  
Is cuma leis an óige cá  
leagann sí a cos.



Youth does not mind  
where it sets its foot.

Prizes: Vouchers for Cinema and Four Lantern's for winner of each age group:-  
Judges decision is final.

### Mission Statement

Letterkenny Community Development Project is a voluntary group of caring and supporting people. Our ambition is to improve our community for all, by encouraging participation, personal development and inclusiveness throughout our programmes and facilities.  
Community House 2 Errigal Rd. Letterkenny. Tel: 074/9120633.

The views expressed in this Publication are not necessarily those of the  
Letterkenny Community Development Project Management Committee/Board of Directors

# Halloween winners

Letterkenny C D P once again ran a very successful Halloween Monster Bash on Friday 29th Oct 2011. A very large enthusiastic crowd of young and old dressed in fancy dress of all descriptions took part. On arrival at Trinity Hall children were entertained by DJ Kevin Lennon and Lee Gooch [Big Screen projectionist]. There were loads of prizes for the best dressed, spookiest ghoul, best monster etc. All of the children were given party packs and played games like Pin the Tail on the Donkey, Everyone's A Winner and Disco Competition. Apple Pie and cream, Barmbrack, Tea, Coffee was available for all who attended. During the evening the large crowd were entertained by Blue Ribbon dance troupe Margaret Toner D.L.D.C. was M.C. at the Bash and she said she was delighted with the turnout and success of the night. She paid particular praise to the hard work-

ing staff and management of Letterkenny C.D.P. for all their support and effort in making the success that it was.

Finally she thanked all our sponsors, listed on the night, and the main sponsors, **Letterkenny Town Council**, for their continued support for this annual community event

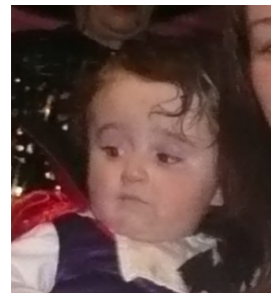
EVERYONES  
A  
WINNER



Best Girl Witch 0-3



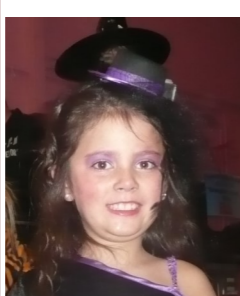
Best Girl Other 0-3



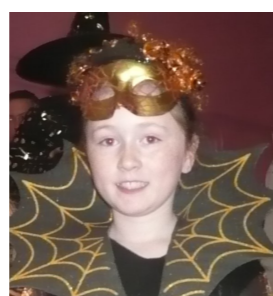
Best monster Boy 0-3



Best Other Boy 0-3



Best Girl Witch 4-9



Best Girl Witch 10+



Best Girl Other 10+



Best Boy Other 10+



Best Adult Male



Best Boy Other 4-9



Best Boy Monster 4-9



Girls Best Oth-



Best Family



Best Adult Witch



Best Adult Female

## A BIG THANKYOU TO OUR HALLOWEEN SPONSORS

Mr Chippy, Click @ Eason's, Euro 2, Donegal Stationary, Pounds & Pence, Tesco, Private Collections, Solo, Harry Corrys Jackie Quill, Dunnes Stores, Central Pharmacy, Friars Rest, LK Pets, Style Council, PHD Books, Neary's Pharmacy, Mc Fadden's Nursery Furniture & Equipment, Index Books, Price is Right, Century Cinema, Aura Leisure Centre.



**Men's Health Information Day 29th Oct. 2011**  
organised by the Men's Development Network in association  
with Letterkenny C.D.P. & Donegal Local Development Company Ltd.



One hundred and fifty men came along to the Regional Cultural Centre for free information and advice on how they can improve their health and wellbeing. There were information stands from many local organisations/agencies with a focus on men's health e.g. Men's Cancer Pack from Marie Keating Foundation, Heart problems, Stress related issues, Drugs/Alcohol use, Diabetes, Mental health issues, Smoking cessation information and much more. Other supports available on the day included Complimentary Holistic Therapies, the April Face Aging Camera which showed the effect of smoking, (this smoking cessation tool takes a photo of you at present then shows how you age in

20 years if you continue to smoke). We had road safety packs from the R.S.A., Civil Defence First Aid demonstration, information on Safe Talk and ASSIST, Images of Men Exhibition and displays on other self help programmes. A variety of Free Health Checks were offered to men in local Chemists on the day. Light refreshments were also provided and people who visited the event had a cup of tea and a chat with our volunteers. We also had a free draw on the day with prizes kindly sponsored by local businesses.

**We take this opportunity to thank the following organisations/groups who gave their time and information freely to make this day a success:**

- ◆ ASSIST (suicide prevention HSE)
- ◆ Forever Fathers
- ◆ Letterkenny C.D.P. Ltd.
- ◆ Donegal Local Development Co. Ltd.
- ◆ Donegal Volunteer Centre
- ◆ Men's Action Network
- ◆ CIVIL DEFENCE
- ◆ GROW
- ◆ AWARE
- ◆ Action Inishowen
- ◆ Diabetic Nurses (HSE)
- ◆ HALO
- ◆ Donegal Rape Crisis Centre

- ◆ Road Safety Association
  - ◆ Irish Heart Foundation
  - ◆ Chest Heart & Stroke
  - ◆ Marie Keating Foundation
  - ◆ Irish Cancer Society
  - ◆ Men's Development Network
  - ◆ Images of Men Exhibition
  - ◆ Regional Cultural Centre
- Prizes sponsored by:**
- ◆ Swilly Drive School of Motoring
  - ◆ The Dealer free ads paper
  - ◆ The Aura Leisure Centre
  - ◆ Century Cinema Letterkenny
- Chemists that gave free Health**

- Checks**
- ◆ Mc Fadden's Pharmacies
  - ◆ Boots Pharmacy
  - ◆ Magee's Pharmacy
  - ◆ O'Donnell Pharmacy
  - ◆ Neary's Pharmacy
  - ◆ Ruth's Pharmacy
  - ◆ Glencar Pharmacy
  - ◆ Healthwise Pharmacy

THANK YOU



Contact Denis on 0749120633 with your ideas for future events.

# C.D.P'S 10th Anniversary Celebration



Enjoying the Craic L-R Carol Elliott, Sinéad Black (Singer), Margaret Toner and Carmel Bonner



Dennis Kinsella, Mary Healey, Mary Rose Sheridan, Pat Corcoran, getting happy on Virgin Cocktails



The girls enjoying the evening out.



Mary Rose Sheridan, Eás Supervisor with some of the past and present participants in C.E. Schemes over the years

**A big thank-you to all our Sponsors:** Stateside Restaurant, Tinney's Oil, Tokyo Boutique, Letterkenny Community Centre, Gary Office Supplies. Station House Hotel.

## WORKING TOGETHER TOWARDS A BETTER FUTURE IN DONEGAL

Letterkenny C.D.P. were delighted to participate in the Working Together to Make the Future Happen Seminar in Jackson's hotel on Thursday 22nd Sept. This event was a partnership approach to the provision of information and support to the Unemployed. It was a joint venture between Donegal Local Development Co. Ltd., Donegal Citizens Information and Donegal County Development Board. **Photo on the Right L-R Bernadette Rowan, Rama Sam and Denis Kinsella**



Bernadette Rowan Letterkenny C.D.P. work programmes with Michael Mullen Southwest Donegal and Sadie Kelly School Co-ordinator in Stranolar area.



Letterkenny CDP Staff highlighting Drugs/Alcohol and Seniors Alert programmes to John Perry TD. Minister of State for Small Businesses



Nuala Mc Garrigle FÁS Development Officer

# Community Employment Project News

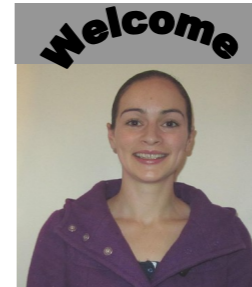


Mary Rose Sheridan Community Employment Supervisor

The Community Employment Project is funded by the Irish Government under the National Development Plan 2000 - 2006 and supported by the local community.



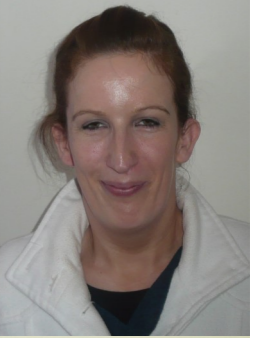
Debra Conners joins us as Admin Assistant in the Donegal



Karen Barr Assistant Admin Communication Person, Cheshire Apartments.

## Sorry to see you go

Sarah leaves us after a very successful term in KYDS as child care assistant. We wish her every success in the future



## Occupational First Aid Participants

L-R. Rama Sam, Charlotte Brady, Teresa Tourish, Angela O'Leary, Denis Kinsella, Nicola Mc Kinley, Eamon Patterson and Paddy Gallen [Course Facilitator].



L-R Dennis Kinsella, Charlotte Brady and Rama Sam who completed the A.S.S.I.S.T. [Suicide prevention Training H.S.E.]

## The TŪS PROGRAMME

L-R Paul O Hara, Stephen Mitchell and Robert Brockett have joined us under the TŪS programme managed by D.L.D.C. to work with the Community Safety Forum in the Long Lane and surrounding Estates. They will be carrying out environmental work in the area.

For further information contact the Community House 9120633

