



Letterkenny C.D.P. Ltd.
 Tel 074 9120633/9120686 Fax 074 9120605
 email : lkennycdp@eircom.net
 COMMUNITY HOUSE, 2 ERRIGAL ROAD.

The Management & Staff of Letterkenny C.D.P.
 would like to wish all the community a very Happy
 Christmas
 &
 A Peaceful New Year



Support our Designated Driver Campaign



Try making some of our delicious
 “Virgin Cocktails”

Menus available in Pubs, Clubs,
 Shops, Supermarkets
 throughout Letterkenny.

OR
 Contact Community House 2 Errigal
 Rd. Letterkenny
 0749120633

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

Community Newsletter

Produced by

Dec. 2012 Issue 38

Letterkenny C.D.P.




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Community House 2 Errigal Rd. Letterkenny Co. Donegal
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 Check us out on Facebook - Letterkenny CDP

Newsletter Team



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 Desktop Publisher



Pat Corcoran
 P.R.O.



Phillips
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Michael Abiola

Competition Winners



Colouring Competition
 4—7 yrs.
 Caitlin Hegarty



Colouring Competition
 8—11 yrs.
 Clodagh Doherty



Name this Artist
 Adam Doherty

Prizes Sponsored by

4 Lanterns & Century Cinema

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



Printed by Impacto Print

D.L.D.C. say Farewell to Margaret Toner



Margaret Toner and her colleagues from Donegal Local Development Company Ltd. (D.L.D.C.) at her “Black & Bling” Retirement Party in the Station House Hotel Letterkenny at the end of Sept.

Letterkenny C.D.P.

"Working in the Community~For the Community"

For further information contact
Tel. 074 9120633 Fax. 074 9120605 email: lkennycdp@eircom.net

Winter/Spring Programmes

ADULT/COMMUNITY EDUCATION: We are currently planning our Adult Education Courses which will start in the Spring of 2013. If you are interested in any particular course or wish to recommend a course *please contact 074 91 20633.*



Chef, Anne Boyle, (2nd from Left) passing on her cookery skills to the participants in this very exciting healthy options course. participants in an exciting healthy options cookery course



Marian Mc Menamin, (last on the right) sewing instructor getting everyone ready for their basic sewing course.

Our Adult/Community Education Programme is part funded by Donegal V.E.C.

SENIOR ALERT PROGRAMME:

If you are aged 65 or over you may qualify for this programme. The programme covers the installation of a personal monitored alarm and is funded by the Dept. of Environment, Community and Local Government.. *NB In 2012 the programme was changed by the Dept. to cover the cost of installing the Personal Alarm ONLY (no longer covers outside security lights or carbon monoxide alarms.) For further information and to book an appointment contact 0749120633*

PARENTING WHEN SEPARATED COURSE: This course does not propose to find magic answers but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-to-earth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

Who should attend: The course is open to all separated parents. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same child are welcome to attend this course together if they both feel it would be suitable, but this is not essential and parents can choose to attend separate groups. We will meet all parents for an individual meeting prior to the group starting. *If you are interested in participating in this course Contact Cathal or Kelly on 0749120633*

KILLYLASTIN YOUTH DEVELOPMENT SERVICE



Children learning a new experience of the natural world by making their Autumn Hedgehog



For information on availability please contact the Manger Karen Mc Cafferty on 0749120472



Children enjoying a story at Circle Time

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry 20th Jan 2013



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

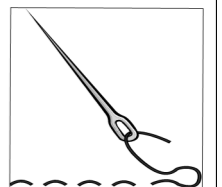
Prizes: Vouchers for Cinema and Four Lantern's for winner of each age group:-
Judges decision is final.

Name this Artiste



Name _____
Address _____
Phone No: _____
Age Group Category 11- 14

A Little bit of Irish
Snathan in amh



A stitch in time

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 Monster Bash



Anne Marie Gallagher
Chairperson
Letterkenny C.D.P.

Letterkenny C D P once again ran a very successful Halloween Monster Bash on Tuesday 30th Oct 2012 in The Vestry St Conals. A very large enthusiastic crowd of young and old, dressed in fancy dress of all descriptions attended the event. On arrival they were entertained by Blue Ribbon song and dance troop. The Fancy Dress Competition was very competitive and there were loads of prizes for the best dressed, spookiest ghoul, best monster etc. in all age groups. All of the children were given party packs, played games like Crazy Golf, Tennis Darts, had Face Painting and enjoyed the Disco Competition by D.J. SCOOP. Apple Pie, cream, Barmbrack and all kinds of treats were available for all who attended.



Some of the Organising Team
L-R Pat Corcoran, Carol Elliott and Margaret Toner

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 working staff and management of Letterkenny C.D.P. for all their support and effort in making it 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



" A Big Thank You to our Sponsors

MAIN SPONSOR – LETTERKENNY TOWN COUNCIL

- ⇒ LINK 2
- ⇒ MC DONALDS
- ⇒ DIZZY RASCALS
- ⇒ 4 LANTERNS
- ⇒ POUNDS & PENCE
- ⇒ MR. CHIPPY
- ⇒ TOY MASTER
- ⇒ DONEGAL STATIONERY
- ⇒ STYLE COUNCIL
- ⇒ MC FADDENS
- ⇒ GLENCAR PHARMACY
- ⇒ BRIAN MC CORMACK SPORTS
- ⇒ ARENA 7
- ⇒ EASONS
- ⇒ FRIARS REST

Community Response to Drug/Alcohol misuse

S.T.A.R.T. PROJECT (Support - Treatment - Aftercare - Rehabilitation - Together)



Mary Healy Drug/
Alcohol Outreach
Worker

Letterkenny C.D.P S.T.A.R.T Project provides non-judgemental support, guidance and education to drug/alcohol users, their families and the community, enabling them to cope with the effects of drugs/alcohol use in their everyday lives.

If you feel you need help around alcohol or drugs, phone or text Mary Healy on her Confidential line 086 7752142 and she will get back to you as soon as possible.

ALCOHOL USE: Here are 4 simple questions to ask in relation to your alcohol use. Any 1 true answer suggests problematic drinking. A true response to 2 or more suggests alcohol dependency.

1. Have you ever thought that you should cut back on the amount you are drinking?
2. If people comment on your drinking - do you feel angry?
3. Do you ever feel guilty after you've been drinking?
4. Do you ever have to start the day with a drink- hair of the dog?

Seek help and advice if you have answered 'YES' to any of the questions above, it's just at the end of a text or phone call from Letterkenny

C.D.P. S.T.A.R.T. Project, 086 7752142. Anyone looking to find out information on the short/long term effects of 'Snow blow' or synthetic cocaine, or indeed any drug type, contact 086 7752142 or check out Drugs.ie

Letterkenny C.D.P S.T.A.R.T. Project also aims to reduce the harmful effects of drugs and alcohol to our community by providing alternatives and this has worked especially well with our Open Mic Project. Over the last year, Open Mic Letterkenny has been running monthly events hosted by Port Na Failte and organised by Letterkenny C.D.P. S.T.A.R.T Project offering a safe space and platform, show off their talent, to grow, build self confidence and network. An additional attraction is the drug and alcohol free environment and the provision of a free non alcoholic cocktail bar. So if you , would like to recite a poem, sing a song, play a tune, perform a dance, act a piece from Shakespeare, stand on your head, clown about or just watch others do it, meet other people and have some fun, then please come along to join this fabulous alcohol free event. All free, all welcome. Check us out on Facebook, Open Mic Letterkenny.



OPEN MIC participants



OPEN MIC - Talent in Porte na Failte



Cathal Monaghan
Holistic Co-ordinator

HOLISTIC THERAPY DONEGAL

Letterkenny C.D.P. (S.T.A.R.T. Project) co-ordinate a holistic therapy programme

throughout Donegal for people who are in recovery from Drug/Alcohol misuse.

In association with the Northwest Regional Drugs Task Force we provide a range of Holistic Therapies to support people with drug/alcohol problems and their families. To compliment our overall aim of

providing supports and services to meet the needs of the family, the objective of this programme is to enable people with substance misuse problems to access treatment and also to provide support for their family members by means of Alternative therapies. We offer a range of professionally recognised Therapies including Reflexology, Reiki, Stress Management Techniques, Aricular and Indian Head Massage. **For further information on this service contact Cathal Monaghan on 0749120633 or 0862270437.**

LETTERKENNY MEN'S SHED PROJECT



Letterkenny C.D.P. are delighted to facilitate the setting up of a Men's Shed Project in Letterkenny. During Social Inclusion Week on Sept 18th we held an open meeting in the Cheshire Apartments to assess the interest in this national initiative. The interest expressed at the meeting was very positive and over the last two months we have progressed this idea and have set up a sub-group to continue this project, *so watch this space.*

Some of the men that attended the public meeting on Men's Sheds in the Cheshire Apartments

The Men's Shed Programme is a national programme organised and implemented by men who wish to become involved in a variety of activities in their spare time. A shed is where men come together to share their skills with other men or to learn new skills. The men can work on their own individual projects or work collectively on a project identified by the men themselves. If you looked inside one of these sheds you could see anything! from a number of men restoring anything from furniture to perhaps bicycles or maybe fixing lawn mowers. You will see young and older men learning new skills from each other and maybe also learning something about life from the men they are working with. If you would like to get involved with Letterkenny CDP Men's Shed contact Cathal or Martin on 0749120633 or Mob:0862270437 or email: cdpmensdevelopment@gmail.com

Environmental & Care/Repair



We welcome our newly recruited TUS workers L-R Paul Connolly, Dessie Friel, Robert Baxter.

We set up this project in the Glencar/Long Lane area of Letterkenny with people in the community and Residents' Associations to help them to improve their area and provide support to people living in their area. The TUS project is funded by the Dept. of Social Protection and co-ordinated by D.L.D.C. Letterkenny C.D.P. have TUS workers based in the Community House who link in with the community to help maintain and enhance the common areas of estates, to help with the maintenance of community playgrounds and green areas in disadvantaged estates. The other key part of the TUS workers role is to carry out small repairs for disadvantaged people in the community e.g. people with disability, older people, lone parents, isolated people etc. They also link with the Community Safety Forum in the area and help address any environmental issues that may be identified by the forum e.g. graffiti, vandalised fences etc. **If you know of anyone who would benefit from the support of these workers contact the Community House on 0749120633 or 0868262330.**

ability, older people, lone parents, isolated people etc. They also link with the Community Safety Forum in the area and help address any environmental issues that may be identified by the forum e.g. graffiti, vandalised fences etc. **If you know of anyone who would benefit from the support of these workers contact the Community House on 0749120633 or 0868262330.**

The Management & Staff of Letterkenny C.D.P. would like to wish Margaret well in her retirement and congratulate her on her many years of community work in Letterkenny. We were delighted to attend her charity Black & Bling Party where she raised €1000 for charities close to her heart. We are also delighted that Margaret has decided to do some voluntary work with Letterkenny C.D.P. in the coming months.

Anne Marie Gallagher
Chairperson



Margaret with her Family and colleagues from Letterkenny C.D.P. at her recent Retirement Party in the Station House Hotel. Family Photo (in Centre) L-R Megan, Granddaughter), Keith (Son), Carrie (Daughter) Tony (Son) Margaret & Dylan, Caoimhin, Tori and Nicole (Grandchildren)

Community Employment Project News



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



Mary Rose Sheridan
Com. Employment

Sorry To See You Go



Management and staff of Letterkenny C.D.P.'s Community Employment Project wish Nuala Mc Garrigle well in her retirement and thank her for all her support to Letterkenny C.D.P. in her role as Fás Project Development Officer over the last number of years.

Blood Pressure Checks



Community Employment Staff participating in Irish Heart Foundation Health Checks. Also in photo Nurse Ciara Mc Menamin (Back Left)

First Aid Training



Community Employment Staff participating in Occupational First Aid Training. L-R Karina Boyle, Debra Mc Ginley, Caroline Peoples, Christine Cullen, Conor Vernon, Fergus Mc Carron, Kelly Pyper, Ray Seagreave, Martin Mc Hugh and Cathal Monaghan

Welcome

The Management and staff of Letterkenny C.D.P. take this opportunity to welcome Michael Ferry, Higher Executive Officer with Dept. of Social Protection who will continue the support to the project. We look forward to working with Michael in the future.