


Community Newsletter

Produced by **December 2013 Issue 41**

Letterkenny C.D.P.

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

SENIORS ALERT SCHEME

If you are 65 yrs or over you may be eligible for the following:
Monitored Alarm with Pendant.

The installation of the above item is free. There is an annual monitoring fee of €66. Please contact letterkenny C.D.P. & ask for Kelly, Sinead or Conor on 074 91 20633 This project is funded by the Department of



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

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


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2 Errigal Road Letterkenny
☎ 0749120633



Prizes Sponsored by

4 LANTERNS & CENTURY CINEMA



Official Opening of Letterkenny Men's Shed "LIFE'S TOOLBOX"



Her Excellency Dr. Ruth Adler, Australian Ambassador to Ireland unveils a plaque at the Official Opening of Letterkenny Men's Shed at the Old Laundry St. Conal's Hospital. Also in photo L - R Cllr. Gerry Mc Monagle, Bernhard Haegmayre H.S.E., Cathal Monaghan Letterkenny Men's Shed, John Evoy National Men's Shed Association, Mayor Paschal Blake and Mr. Sean Murphy H.S.E.

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



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National Men's Health Week ~ June 2013



L-R Genevieve Gavin
Donegal Local
Development Co.,
Margaret Toner & Anne
Marie Gallagher
Letterkenny C.D.P.



L-R John Mc Feely,
Margaret Toner & Dessie
Gallagher at Men's
Health Week



John Curran Donegal
Volunteer Centre



Cathal Monaghan Men's
Development Worker
Letterkenny C.D.P.



Tim Spalding and Brian
Smeaton



Nurse Ciara Mc Menamin
checking Conor Vernon's
Blood Pressure.

Official Opening of Letterkenny Men's Shed cont.....




Letterkenny Men's Shed has been developed by Letterkenny Community Development Project in Association with L.G.H. Stroke Medical Rehabilitation Unit (SMRU) and Acquired Brain Injury (ABI) teams. This partnership approach to working with a community development ethos facilitates an environment that is inclusive, supporting and empowering. Men of all ages and abilities are invited to participate in this project. It offers the members an opportunity to share tools, skills and resources they need to work on projects of their own choosing; at their own pace and in a safe, friendly and inclusive venue. The skills learned by the men in this project will enable them to take a more active role in their community and enhance their own health and wellbeing. The "Shed" is affiliated to National Men's Shed Ireland and is also supported by the Dept. of Social Protection through Community Employment Programme.

The concept of the Men's Shed originated in Australia and was designed to help older men living in rural areas to find new friends and interests. The first Irish Men's Shed was established in 2009, and there are currently around 170 sheds across the country, with an average of 5,000 members. Anyone interested in getting involved in Letterkenny Men's Shed can get further details on opening times etc. by contacting Letterkenny C.D.P. on 0749120633 or Cathal Monaghan Men's Shed Co-ordinator on 0862270437 or mensshedlkenny@gmail.com or Facebook : letterkenny men's shed.

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry January 22 2014.



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 Artist

**"The Fame"
Was this Artist's
First album...**

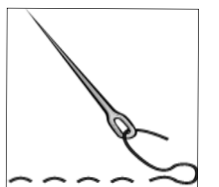
Name _____

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

Halloween Monster Bash

Letterkenny C D P once again ran a very successful Halloween Monster Bash on Sunday 27th October. A very large enthusiastic crowd of young and old dressed in fancy dress of all descriptions took part. On arrival at the Letterkenny Community Centre, we were entertained by SCOOP. There were loads of prizes for the best fancy dress costumes. All of the children were given party packs, played games like Pumpkin pies, lucky dip, ring throw, face painting and Disco Competition. Apple Pie, cream and Barmbrack was available for all who attended. During the evening the large crowd were entertained by Blue Ribbon dance troupe. Margaret Toner 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 Let-

terkenny 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



A BIG THANKYOU TO OUR HOLLOWEEN SPONSERS

Bealtaine ~ May 2013



A very successful 'Bealtaine' Afternoon Social was held recently (28/05/2013) in the Station House Hotel. It was hosted by Letterkenny C.D.P. in association with Donegal Local Development Company (D.L.D.C.) and Cara House. After a lovely meal, the crowd danced the afternoon away

Margaret Toner of Letterkenny C.D.P. (left) and providing the music for the occasion was Alec Black. (Right)



Liam and Patsy Blake enjoying the event.



Lourda Nee (D.L.D.C.) speaking at the event



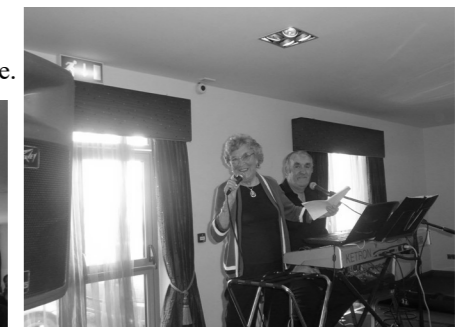
Sinead Davenport (C.D.P.) sharing information about the 'Seniors Alert Scheme'.



John Roe, Lourda Nee, Sinead Davenport, Kelly Pyper, Bernie Rowan, Sara McAuley and Margaret Toner pictured at the dinner.



Margaret Toner and friends at the 'Bealtaine' Social in the Station House.



Eilish Sweeney takes to the stage to recite a poem and entertain the crowd.



Margaret Toner Pictured with Margaret and Charlie Flood at the Station House Hotel.



Harry Russel enjoying The Bealtaine Event



Two local ladies, Margaret Gillen and Eilish Sweeney at the Bealtaine event.

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

For information on the START PROJECT contact 0749120633 or call the confidential lines Outreach Worker Mary Healy-Vernon 0867752142 or Cathal Monaghan Holistic Co-ordinator 0862270437

OPEN MIC NIGHT

'Wellness Week 2013'



Mary Vernon with the Virgin Cocktails



'Open Mic' in The Vestry during Wellness Week. A good turnout and good music too. There was also face painting jewellery making and Balloon modelling for the children.



Amanda at the 'Open Mic'



Conor and Amanda help get the ball rolling

sound check, Testing 1 2 3



Watson's Tool Hire supports Letterkenny Men's Shed



A big thank you to Watson Tool Hire for the tools donated to the newly formed Letterkenny Men's Shed. L-R Damien Sweeney, Johnne Roe, Pat Corcoran, John Watson, Cathal Monaghan, Gerry Mc Monagle, Margaret Toner, Martin Mc Hugh and Johnnie Nee.

Community Employment Project News



Mary Rose Sheridan
Com Employment Supervisor



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

Sorry to see you go



Pictured above from Left, Priscilla Ward, Kelly Pyper, John McFeely, Martin McHugh

Pictured from left, Bernie Rowan, Conor Vernon, Raymond Seagrave, Tracy Connors and Karen Barr

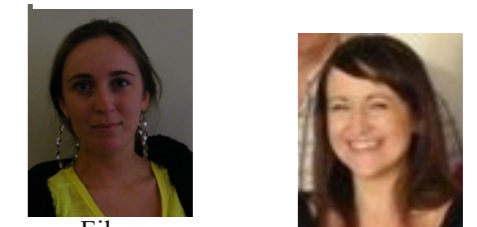
The Management and staff would like to thank those leaving for their contribution to the project and wish them all well in their future endeavours.

New faces at Letterkenny C.D.P.



Lee Mc Hugh Marek Bodganowez Teresa Mc Fadden Rosemarie Ward

Welcome



Eileen Mongan Sarah Mulhern



Occupational First Aid Participants receiving their Certificates



Siobhan Mc Guigan Chrystof Szyeman



Zoe Barker Brian Gallagher Eimer Shea