

# Community Newsletter

Issue 17

Produced by

June 2007



Young children enjoying the story telling session by Francis Crampsie from Letterkenny Library in the Community House recently. Taobh Tire A better Library service for Rural Areas. We now have a service point @The Community House 2 Errigal Road, Letterkenny. Its simple and best of all "Free". Register now.

**9120633**

## Listening Service in Letterkenny Women's Centre Port Road

The Listening Team of Letterkenny Women's Centre offer a service to women who want to talk over any problem or difficulty in their lives. Nothing is considered 'trivial' or 'silly'. The Listeners are professionally trained and provide a confidential service, which is available **Monday to Friday from 10am-1pm. in the Centre.**

Appointments can be made by phone, or women can avail of the service on a walk in basis. Listening can also be provided over the phone, and an appointment can be made for an afternoon session.

**"If it would help to talk, We're here to listen"**

The Centre is located on the Port Road, Letterkenny, opposite An Grianan Theatre. Phone No 0749124985.



## Letterkenny C.D.P. Ltd.

Tel 074 9120633/9120686 Fax 074 9120605

email : lkennycdp@eircom.net

**COMMUNITY HOUSE, 2 ERRIGAL ROAD.**

FUNDED BY DEPT OF COMMUNITY RURAL & GAELTACHT AFFAIRS (UNDER NATIONAL DEVELOPMENT PLAN)



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## Newsletter Winners

### Newsletter Team



Margaret Toner  
Project Co-ordinator



Mary Roarty  
Desktop Publisher



Pat Corcoran  
P.R.O.

Contact: Community House  
2 Errigal Road Letterkenny.  
074 9120633



Colouring Competition  
4-7yrs.  
Sean Mc Crossan  
Tullygay  
Letterkenny



Colouring Competition  
8-11yrs.  
Shalimar Baldemor  
61 The Grange  
Letterkenny



Name This Group  
11-14yrs.  
Mairead Corcoran  
33 Slieve Snacht Rd.  
Letterkenny

**April'07 Newsletter Prizes**  
**Sponsored by**  
**4 Lanterns & Century Cinema**



The many faces of Myra Corcoran Letterkenny C.D.P.'s Volunteer of the Year 2007

Letterkenny Community Development Project is funded by the Irish Government under the National Development Plan 2000-2006 from National Lottery funds, and supported by FÁS.



*"Distant hills look green."*







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



"Support for the Community ~ Through the Community House"

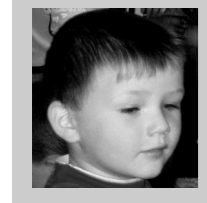
Tel. 074 9120633 Fax. 074 9120605

Email: lkennycdp@eircom.net

Mgt. Toner  
Co-ordinator

Lourda Nee  
Administrator

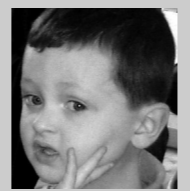
Activity	Further Information	Timescale	Fee
Security in the Home	This is a programme of installing Personal Alarms, Security Lighting and Door/Window Locks for people aged 65 yrs and over	May-Dec.	No Charge for installation, the €90 annual monitoring fee for Personal Alarm, can be paid by instalments.
Attic Insulation	This is provided by Action Inishowen to Older Adults through Letterkenny C.D.P.	Ongoing	
Community Education/ Digital Equipment Training	Are you interested in learning the basics functions on Mobile Phones, C.D. Players, Remote Controls, Video Recorders, and Digital Cameras etc. etc?	Subject to interest and availability of Tutors	Subject to interest
Administration Support	We provide photocopying/typing and other admin services to Residents' Associations/Voluntary Groups/ Students etc.	Ongoing (please give 3 days notice to admin staff)	No Charge or minimum fee subject to item requested.
Use of Community House for Meetings/ Training etc.	We provide use of rooms for meetings etc. to Residents' Associations/ Voluntary Groups etc.	Ongoing (must be booked in advance)	Donation towards running costs.
Work Experience	Work-Experience to students to enhance their education and employment prospects.	Ongoing	No Fee. Students doing work experience must have Insurance cover from their school /college.
Community Newsletter	We publish and distribute 5000 copies of our community newsletter on a Quarterly basis.	Mar/June/Sept/Dec.	Free
Information Giving	If you need information or support contact the Community House by phone or just call in and have a chat. If we cannot help you we will do our best to refer you on to someone who can .	ongoing	



..... Don't just take our word for it .....Have Your Say!!!  
Get involved in your Community, pictures and comments to:

Community House  
2 Errigal Rd. Letterkenny.

By ☎ 9120633



To advertise in this Newsletter Please Call Community House 2 Errigal Road Letterkenny.  
Tel: 074 9120633

# CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny  
Closing Date for Entry August 15th 2007



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

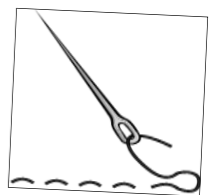
Prizes: Vouchers for Cinema and Four Lantern's for winner of each age group:-  
Judges decision is final.

## "Name This Group"

"When the day is long and the night is yours alone,"  
and ending with  
"Everybody Hurts"

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

A Little bit  
of Irish  
Snathán fada,  
táilliur falsa.



A long stitch, a  
lazy tailor.

### 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 or Board of Directors



# Mórtas Ceantair Dhún na nGall Donegal Pride of Place



Members of Management and Staff of Letterkenny C.D.P. Mary Roarty, Margaret Toner, Pat Corcoran, Carol Elliott, and Lourda Nee receiving their Donegal Pride of Place Award in the Ramada Encore Hotel on 29th May 2007.

## Donegal County Council hosted the first Donegal County Pride of Place Competition this year.

Pride of Place is an all-island competition, which is directed towards recognising improvements by local communities to create civic pride in their area. The focus is on people, coming together to shape, change and enjoy all that is good about their local area. Too often, the tremendous time and effort that people put into community activities on a purely voluntary basis is overlooked. This competition is unique in that it recognises and rewards people for their vital contribution to their local community. Letterkenny C.D.P. won first place in their category and are nominated along with four other projects to go forward to represent Co. Donegal in the National Competition, which will be judged in July 2007. We are very proud of our achievement in receiving our County prize and look forward to competing at National Level.

We take this opportunity to thank all our volunteers, too many to mention, who have worked unconditionally to make a difference in our community.

The Pride of Place competition, is hosted by Co-operation Ireland under its Local Authority Programme in conjunction with the all-island Local Authority Steering Forum comprising officials from authorities in both North and South of Ireland.



The Donegal Women's Domestic Violence Service 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.

24Hr. Help line 0749126267 Gen. Office Enquiries

0749129725

## “Make a Difference in your Community”

Become a “Member” of Letterkenny C.D.P. and give some of your Time & Energy voluntarily, to help others. Enjoy the experience of working, in “Your Community” for “Your Community”

*“The most precious thing you can give anyone, is your time” Anon*

### A word from our current members:

*“I joined Letterkenny C.D.P. to meet my neighbours as I was new to Letterkenny and found it hard to meet people. It was a great way to get involved in what was going on in my area and it is so much fun. I have made many new friends”.* (New resident, female)

*“Before I joined Letterkenny C.D.P. I had no confidence and was very lonely. I got involved in my Resident's Association and then the C.D.P. The whole team are great and they really help you to get involved”.* (Young Mother)

*“I took my children on the Summer Scheme 4 years ago and they had a ball. We go every year and they talk about it for months. It is great fun, and costs so little money I can afford to take my four children for the full week”.* (Lone Parent)

*“I don't have much time to spare in my work-life but I joined Letterkenny C.D.P. to stay involved in my community and give time to others. I like the way they do their meetings on a monthly basis never lasting more than an hour or so”.* (Self-employed, Male)

*“Before Letterkenny C.D.P. helped us to set up our Resident's Association we had a lot of problems in our estate; but with their help we were able to organise things like Neighbourhood Watch, regular Clean-Ups and fun activities for the children. Anyone thinking of joining should just get involved and see what they can do for themselves”.*

(Chairperson of Resident's Association)

### Youth:

*“I like the Summer Schemes because we get to go on bus trips to Waterworld and Greencastle. I made a lot of new friends and play with them at school as well”.*

(Child aged 7)

*“The best thing is the Drama and the Carnival Band, and I didn't have to know any music before I started”.*

(Youth aged 13yrs)

*“The Grinds were great and I wish I could do all my subjects. I liked doing Grinds with other Students, who became my friends and we could study together outside school as well”.*

(Second Year Student)

### What will it cost ?

- ♦ ONLY, as much of your time as you can afford to give.
- ♦ An annual Fee of €5. (Youth annual fee €1)

### What will I get in return ?

- ♦ The satisfaction of being able to help others in your community.
- ♦ The opportunity to get involved in your neighbourhood activities
- ♦ The opportunity to meet new people and make new friends.
- ♦ The opportunity to improve your area with the support of the Management and staff of Letterkenny C.D.P.

### What Next ?

Contact the Community House or any member of the Management or Staff, who will be delighted to give you further information on the project and help you to register your membership. **Training and development is available to all new members.**

**VOLUNTEERS NEEDED** in the following areas: For further details please contact Margaret Toner Project Co-ordinator 074 9120633 or 0868262330.

Areas in which Volunteers are needed:

Area of Work	Roles/Responsibilities of Volunteer	Support to Volunteers
Childcare	Work alongside qualified Childcare Staff in Pre-school/After School setting.	*Volunteer Induction * Support/Supervision at all times
Youthwork-Carnival Band (5-17 yrs)	Work alongside Youthworker and Management Members in organising events and activities: <ul style="list-style-type: none"> <li>Supervision of youth at Drumming and Dance sessions</li> <li>Preparation of Costumes and equipment</li> <li>Participation in Parades/Participation in Fundraising Events</li> </ul>	* Volunteer Induction * Support/Supervision at all times * Regular Youth Sub-Group Meetings * Regular Team Meetings
Youthwork – Summer Scheme (2-11yrs)	Work alongside Youthworker and Management Members in organising and implementing a Week-long Summer Scheme. <ul style="list-style-type: none"> <li>Planning Sessions/Administration/Phone Calls etc.</li> <li>Co-ordinating Day Trips/Working with Parents &amp; Children during week of Summer Scheme on Day Trips and local events i.e. Trip to Redcastle or Outing to Cinema.</li> </ul>	* Volunteer Induction * Support/Supervision at all times * Regular Youth Sub-Group Meetings
Youthwork-Arts & Crafts Workshops (10-17yrs)	Work alongside Youthworker and Management Members in organising and implementing Arts & Crafts workshops <ul style="list-style-type: none"> <li>Planning Sessions with Youth/Administration/Phone Calls etc.</li> <li>Supervising Work-shops</li> </ul>	* Volunteer Induction * Support/Supervision at all times * Regular Youth Sub-Group Meetings
Youthwork – Sports Workshop (12-17yrs)	Work alongside Youthworker and Management Members in organising and implementing taster workshops in a variety of sports. <ul style="list-style-type: none"> <li>Planning Sessions with Youth/Administration/Phone Calls etc.</li> <li>Supervising Work-shops/Assisting in Evaluation of Workshops</li> </ul>	Volunteer Induction * Support/Supervision at all times * Regular Youth Sub-Group Meetings * Regular Team Meetings
Community Development/Community Education	Work alongside Project Co-ordinator, Community Development worker and Funding Co-ordinator to help organise and implement a programme of activities for members of our community. <ul style="list-style-type: none"> <li>Culture Awareness/Drugs Awareness/Capacity Building</li> <li>Local Fundraising Strategy/Community Auditing/</li> <li>Programme Evaluations</li> </ul>	Volunteer Induction * Support/Supervision at all times * Regular Sub-Group Meetings * Regular Team Meetings
Administration/Reception	Work in our Community House 2 Errigal Rd. Letterkenny or Childcare Facility in 20 Glendale Manor alongside staff of Letterkenny C.D.P. <ul style="list-style-type: none"> <li>Carrying out Reception duties e.g. answering phones, taking room bookings etc.</li> </ul>	Volunteer Induction * Support/Supervision at all times * Regular Team Meetings
Community Newsletter/Promote Project	Work alongside our Newsletter Publicist and Newsletter Sub-group to progress our Quarterly Newsletter: <ul style="list-style-type: none"> <li>Compile articles/Archive photographs/Materials for Displays &amp; Presentations</li> <li>Word-processing</li> <li>Help access sponsorship</li> <li>Sort and Distribute Newsletter locally</li> </ul>	Volunteer Induction * Support/Supervision at all times * Regular Team Meetings

NB anyone wishing to do voluntary work involving youth/children will have to participate in our childcare vetting policy and procedures.



R-L Margaret Toner Project Co-ordinator Letterkenny C.D.P. presenting Myra Corcoran “Letterkenny C.D.P. Volunteer of the Year 2007” with a Bouquet of flowers in appreciation of all her dedication and support during the year. “No matter how small the effort, it all helps, and improves the quality of all our lives”.

**Have you time for voluntary work**  
☎ 91 20633

### Voter Education Course

The Donegal Active Citizenship initiative is an effort by Donegal Local Development Company to address the current situation where almost four out of every ten people who are entitled to vote in elections in Ireland do not do so. More specifically, the Voter Education programme provides a valuable resource for all who are committed to addressing the situation where a only relatively small number of people who are marginalised or disadvantaged in some way vote in elections. As a consequence their views are not taken into consideration by many of the political parties as they formulate

and implement their policies. In 2007 the vision of an Ireland where the voice can be heard is shared and promoted by an ever increasing number of people. Pauric Smyth of OPEN invited DLDC to present the voter education course to a number of lone parents in Letterkenny. David Doherty the project officer with the initiative delivered the course over two evenings, in the Cheshire Apartments.



Voter Education Course held recently in the Cheshire Apartments. Front L-R Tayna Mc Bride, Rosie Brennan, David Doherty (Course Tutor), Louise Sheridan, Clare Soar. Back L-R Roisin Kelly, Rose Toomey, Carrie Laughlin, Clare Mc Cormack and Clare Quinn.



# "Down Memory Lane"



Nuala Mc Garrigle  
FAS  
Development  
Officer

## Community Employment Project News



Mary  
Rose  
Sheridan

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



Community  
Employment

### Participants Achievements



Receiving Certificates in Safe Pass: Front L-R John Joe Bonner, John Roe. Back L-R Robert Montgomery and Paul Carberry.



Mary Quill and Paul Carberry happy with receiving their Certificates in Child Protection.



Pictured above Environmental Workers with Letterkenny C.D.P. on a recent clean up in Gartan Field. L-R Robert Montgomery Eamon Patterson and John Joe Bonner. These environmental workers do a great job to ensure the Glencar Ballyboe areas are always tidy.



Bridget Lunn was very happy with all her hard work when she passed her Advanced Microsoft Word course recently.





Claire Mc Cormack  
Development Worker  
Letterkenny C.D.P.

# Courses for Adults

To book your place on any of our training programmes  
Contact Claire

☎ 074 9120472

Other Adult/ Community Education Courses	Capacity Building/Personal Development/Basic Education Courses for adults	Sept-Dec	Minimum Fee
Committee Training/Roles & Responsibilities/ Good Practice Training	Informal training for Residents' Associations and other Community and Voluntary Groups who want to form new groups or review their existing structures.	Jan-Dec. '07	Donation-subject to means of group who are applying for training and support
P.A.C.T. (Parents And Children Together)	This is a recently formed network of lone-parents who meet on a regular basis to organise activities, events and training subject to their needs, as well as giving each other support over a cup of tea and a chat.	Ongoing	Minimum fees for some activities
Facilitation of Meetings	We facilitate meetings for Residents' Association/voluntary groups with Letterkenny Town, Donegal County Council and the Garda Siochana on a particular issue or focus.	Ongoing subject to request	No Charge

## P.A.C.T.

Parent And Children Together ~~~~~ Aims and Objectives:

- ☺ To raise awareness of issues facing lone parents in Letterkenny and surrounding areas
- ☺ To provide opportunities for lone parents through training/further education and development
- ☺ To provide support among the members of the Group in a group setting or on a one to one basis, where possible.

## “LETTERKENNY C.D.P. CHILDCARE”



Karen Mc Cafferty  
Childcare Manager

Letterkenny C.D.P. Childcare Facility offers high quality Childcare for children from 2yrs. 10mths. to school age. We will always make the individual development needs of each and every child attending our Childcare Facility our first priority. Our Childcare Facility offers a warm, family friendly environment that promotes children's progress. For further information contact Karen Mc Cafferty Childcare Manager 20 Glendale Manor Letterkenny ☎ 074/9160850

Activity	Further Information	Fee
Pre-school Service	Affordable Community Pre-school service in 20 Glendale Manor. 9.30am to 1pm. Mon-Fri.	€10 per child per session (20% discount for 2 or more children from same family)
After-school Service	Affordable After-school service in 20 Glendale Manor . 3pm - 5pm.	€5 per child per hour. (20% for 2 or more children from same family)



Zena Mc Kinley  
Youth worker Letterkenny  
C.D.P.

### “Youth” Programme of Activities 2007 “ Letterkenny Community Development Project

For further information on registration days  
and booking arrangements for Youth Activities  
Contact Zena on 074 0120742.

Activity	Further Information	Timescale	Fee
Youth Carni- val Band	Drumming/Dance/Costume Making Ses- sions with youth and adults. Parades locally and cross-border. New members welcome, no experience needed, 4yrs to 17yrs age group.	Jan-Dec	€2 per week
Summer Scheme	One week Summer Scheme with away days and local events, including lunch and healthy snacks for children.	16th-22nd July	Approx €30 for full week
Summer Adventure	Day trips for youth aged 12yr - 17yrs	July/Aug	€5 per trip
Sports Workshops	Taster Workshops in a variety of Sports, for youth aged 12-17yrs	Aug/Sept	€5 per workshop
Arts & Crafts Workshops - Cross Border	Costume & Prop Making using recycled materials, transport provided if Cross- Border	July/Dec	€3 per workshop
Youth Development Centre	In the planning stages at present in our Childcare Facility in Glendale Manor and in our proposed Multi-purpose Community Facility in lower Glencar/ Ballyboe area.	Pending	N/A at present