

Community Newsletter

June 2009 Issue 24



Produced by



LETTERKENNY

C.D.P. Ltd.



The Community Heartbeat

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

LOTTO - "Jackpot Winner"



Leonard Watson Letterkenny lucky winner of our Lotto Jackpot of €2500 receiving his winnings on Wed. 15th April '09, from members of Letterkenny C.D.P.. L-R Carol Elliott, Elizabeth Mc Cormack, Anne Boyle, Leonard, Pat Corcoran and Margaret Toner

Victim Support Group Working For Victims

We are a Community based Organisation
We are Free/Confidential/and Voluntary
We Provide Emotional and Practical Support to Victims of Crime.
If you are a Victim of Crime and You feel you need Support
Please Contact:
91/25205 or
1850/661771.

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.



24 Hr. Help line 0749126267
Gen. Office Enquiries 0749129725

Support Letterkenny C.D.P

Don't forget Community Bingo every Thursday in the Orchard Inn at 8pm

Support our Weekly Community Lotto Draw every Wed. Jackpot increases every week

Newsletter Team



Margaret Toner
Project Co-ordinator



John Roe
Desktop Publisher



Pat Corcoran
P.R.O.



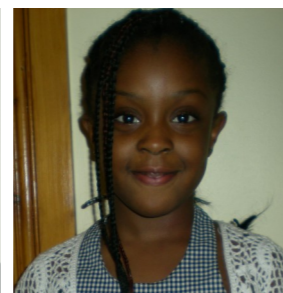
Michael Abiola Phillips
Asst. P.R.O.

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

Newsletter Winners



Colouring Competition
4-7yrs.
Sammy



Colouring Competition
8-11yrs.
Hope O Connor



Name this artist
Martin Boyle

Prizes

Sponsored by

4 Lanterns &
Century Cinema

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.



Printed by Impacto Print



Mgt. Toner
Co-ordinator

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

"Support to the Community ~In the Community House
~ By the Community" Tel. 074 9120633 Fax. 074 9120605
Email: lkennycdp@eircom.net



Lourda Nee
Administrator

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry August 1st 2009



Name
Address
Phone No:
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

T-SHIRT

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/Board of Directors

Health Services Information – Fact-sheet by Citizens Information Service

The Irish population is divided into two groups for the purposes of their eligibility for health services - medical card holders and non-medical card holders. There have been a number of changes to medical card entitlements in the recent past. This fact-sheet gives a broad outline of the types of medical cards and other health service entitlements. Readers should seek additional information or advice from their *Citizens Information Services*

Types of Medical Cards:

General Medical Card – based on income under a certain means and gives entitlement to a range of health services free of charge. The means is related to status (single/married, partner/lone parent) age, the number of dependents and makes allowances for rent/mortgage, child care costs, travel to work etc. Medical card holders are exempt from the 2% Health Levy and the 1% Employment Levy. (Example: a couple with 2 children, under 16 the income level is €342.50 per week without allowances listed above included) GP services and prescribed drugs and medicines; public hospital services; dental services; optical services and aural services; maternity and infant care services; a range of community care and personal social services.

(note that where there are exceptional medical expenses incurred by a family the HSE has discretion to issue a medical card)

Doctor Only Medical Card (GP Visit Card) - Unless you have a medical card, visits to GPs (family doctors) are not free. You may qualify for a GP Visit Card. It is means tested, but the income limits are higher than for the medical card. (Example: a couple with 2 children, under 16 an income level of €504.00 without the allowances included)

Medical Cards for the Over 70s - Between 2001 and 2008, everyone over aged 70 was entitled to a medical card without a means test. From January 2009 there are **gross** income limits of €700 per week for a single person and €1,400 per week for a married couple. There will be no standard deductions allowable (for example, for income tax). Please note the discretionary rule still applies.

EU Medical Cards - You may be entitled to a medical card under EU Regulations if you are living in Ireland and receiving a social security payment from another EU/EEA country or Switzerland and you are **not** getting an Irish social welfare payment (apart from Child Benefit or Early Childcare Supplement).

Medical Cards & Returning to Work - if you are receiving a social welfare payment and return to work

you may retain your medical card for up to 3 years.

Medical Cards & Students - Full-time students aged 16-25 who are financially dependent on their parents are normally only entitled to a medical card if their parents have one. Students who are financially independent of their parents, for example, who have income from part-time work, **and** who satisfy the means test may be entitled to a medical card.

Medical Cards & Cancer Patients: - General means tested rules apply, however, based on medicines and additional costs a medical card may be issued at the discretion of the HSE. Subsidised travel costs are also available in addition to the range of Community Care Services. There are a number of Support Groups in the county.

Non-Medical Card holders
If you do not have a medical card, you are entitled to free public hospital services but you may have to pay in-patient and out-patient hospital charges. You are also entitled to subsidised prescribed drugs and medicines and maternity and infant care services and you may be entitled to free or subsidised community care and personal social services. Visiting an Accident & Emergency Department of a hospital incurs a charge of €100.00 with a doctor's letter. (Private Health Insurance is not dealt with in this fact-sheet)

Drugs Payment Scheme – Under this scheme an Individual or family has to pay only the first €100.00 per month for all approved prescribed drugs, medicines and appliances to be used by that person for family in that month.

The Long Term Illness Scheme – People with any of the following conditions can obtain the necessary drugs and medicines for the treatment of that condition free of charge and is NOT means tested - Mental handicap; Mental illness (for people under 16 only); Diabetes insipidus; Diabetes mellitus; Haemophilia; Cerebral palsy; Phenylketonuria; Epilepsy; Cystic fibrosis; Multiple sclerosis; Spina bifida; Muscular dystrophies; Hydrocephalus; Parkinsonism; Acute leukemia; Conditions arising from use of Thalidomide

Children – Children attending school referred from child health and school service examinations and found to have eyesight or hearing problems are referred to the appropriate consultant for treatment. The service is free and continues until the child reaches 16 years of age. Orthodontic treatment is also available depending on the severity.

Other Schemes
Mobility Allowance - Is a means tested monthly payment by the HSE to people aged between 16 and

St PatricksDay



Letterkenny Development Project Overall Parade Winners.
Theme : “ BACK TO THE FUTURE “



Ann Boyle collecting the **Danny Doherty Memorial Plaque** for best Overall Float from Margaret Doherty.
 Pat Corcoran holding the plaque for the **Best Topical Float.**

Also in the picture are [L.R]
 Nolunga Shologu L.C.D.P.management
 Joe Mangan Letterkenny Chamber of Commerce.
 Michael Abiola Philips L.C.D.P. management.



“Back to the Future”



66 who have a disability and are unable to walk or use public transport and who would benefit from a change in surroundings. The Higher rate is €208.50 per month and the Lower rate €104.25 (in receipt of Disabled Drivers/Passengers Scheme)

Dungloe Tel: 0749561360
Milford Tel: 0749153901.
Or Citizens Information Help Line on 1890 777121 from 9am to 9pm or visit our website www.citizensinformation.ie

Motorised Transport Grant - Is a means tested HSE payment for people with disabilities who need to buy a car. It is also for disabled people who need to have a car or other vehicle adapted in order to enable them to drive and, as a result, earn a living. The maximum grant is €5,020.50.

Blind Welfare Allowance - Is part of special services for blind or visually impaired people. The means tested allowance is paid to eligible people from 18 years of age. The rates are €63.60 Single or €127.20 for a Couple.

For further information please contact Citizens Information:

Letterkenny Tel: 0749194281
Ballyshannon. Tel: 0719851666,
Buncrana Tel: 0749363496,
Carndonagh Tel: 0749373741
Donegal Town Tel: 0749724460

(Funded and Supported by the Citizens Information Board)

Volunteer Opportunities with Letterkenny C.D.P.

Are you interested in voluntary work ? - Do you want to help your community ?
 Give **AS MUCH** or **AS LITTLE** of your time as you can afford Tel 074 9120633

YOUTHWORK

Event: Support & Supervise Youth Drop In Centre in 20 Glendale Manor Letterkenny. Volunteer will work with Youth Worker and Volunteer Youth Leader.

The activities involve:

Day	Time	Age Group
Every Thur.	6.30pm to 7.30pm	9yrs to 13yrs

Event: Support & Supervise Youth Drop In Carnival Workshops in preparation for Errigal Arts Festival Parade in Letterkenny on 12th July 2009. Volunteer will work with Youth Worker, Development Worker, Drumming and Dance Tutors and Volunteer Leaders.

Day	Time	Age Group
Every Tue	6.30pm to 8.30pm	9yrs to 16yrs

Event: Support & Supervise Youth in Sports Programme (Soccer/Basketball/Volley Ball). Volunteers will work with Youth Worker, Soccer Coach and Volunteer Youth Leader in Gartan Field, Glencar Letterkenny.

Day	Time	Age Group
Every Wed.	4.30pm to 6.30pm	10yrs to 15yrs

ENVIRONMENTAL/MAINTENANCE WORK

Volunteers will work with Environmental Workers in the Glencar area of Letterkenny.

Mon - Fri. 9am to 1pm

CARETAKER DUTIES (Flexible Hours)

Caretaker Volunteers will work with staff in Community House 2 Errigal Road Letterkenny.

All volunteers will be Garda Vetted and will be required to work within the Good Practice Policies & Procedures of Letterkenny C.D.P.

Ethnic Scope

Interview by Michael Abiola-Philips
with Luthfui Rahman/ Ahmed Ali.

Proprietor of Asian/African shop 10/11 Satelite Business Centre Port
Road ,Letterkenny. Tel 074-9160582



Q. What country do you come from ?
A. *I come from Bangladeshi and now live in Letterkenny*

Q How is business in Letterkenny?.
A *Going well, but the economy is affecting the business. People are spending less because of the loss of jobs and lack of money.*



Well stocked store

Q What type of people shop in the Asian/African shop?
A *Different people shop here. People from Asia, Africa, Arabia and from all walks of life.*

Q Do you sell in wholesale?
A *Yes we sell wholesales in Asian and African foods and retail sales as well.*

Q How and where do you get your supplies from?
A *We get our supplies from England, Poland, Asian/ African countries.*

Q What effect is the recession having on your



Tinned & Dry goods

Modern facilities

business?
A *Due to the recession the suppliers charge the same rate for fewer supplies.*

Q What do you think should be done to encourage business in Letterkenny?
A *Premises should have a rent review as rent is a major expense. The Council rates should also be revised.*

Q Is the distance from the shop to the town centre a

negative for you.
A *No. People have plenty of places to park.*

Q You supply films. Are they all from India?
A *Yes. Our films are all from India but both Indian and Africans watch our films. The films are lovely love stories and family type films.*

Q How do you like Letterkenny?.
A *Fine. Letterkenny is a nice place to live in and grow.*



Fresh Meat

ADULT EDUCATION



Some of the group attending the ever popular Sign Language classes with Tutor Thomas Sheridan (standing) organised by Letterkenny C.D.P.



Participants in the Intermediate Computer Course with Tutor Mary Holmes (standing) organised by Letterkenny C.D.P.

Congratulations to Nolunga Shologu Letterkenny C.D.P. [back-centre] and all the other participants who successfully completed the Higher Certificate in Community Development

Course tutor [bottom centre] Denise Gallanagh-Woods.



Help us develop this Ethnic Page ~ Book an interview with Michael by Tel. 074 9120633

"Down Memory Lane"



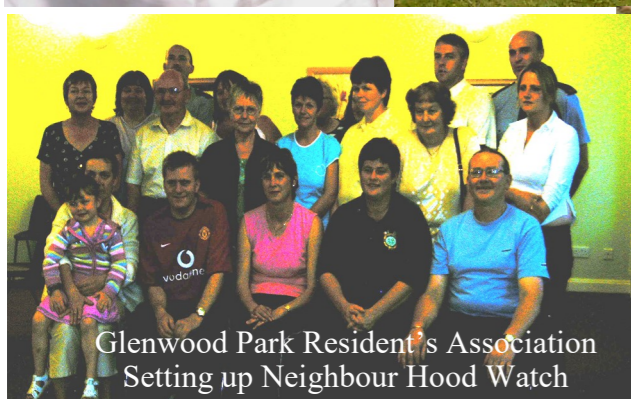
Letterkenny C.D.P. Summer Scheme 2003



Donegal Rose
Gala Day Winner

Were you a winner?

Escaped
From
The Pet Show



Glenwood Park Residents Association
Setting up Neighbour Hood Watch



Dunlewey
Boating



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.



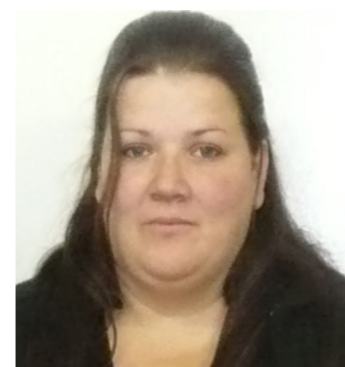
Well Done



Well done to John Roe on successfully completing the E.C.D.L. Course

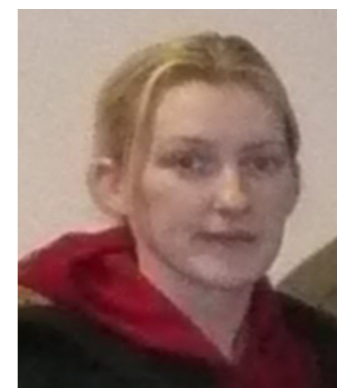
Participants in the Work Experience Course [FETAC Level 3]
Present Top L/R Ann M Keogh, Bridget Lunn, Ann M Gallagher, Tanya Mc Bride, Maureen Kelly,
Bot L/R Charlene Mangan, Mary Quill, Eamon Patterson, Clare Mc CorMack
Not shown Course Tutor Collette Dorrian

Congratulations



Congratulations to Angela Mc Ginley on the birth of her baby girl. Angela is a member of staff at K.Y.D.S

Best Wishes



Well done and our best wishes go to Charlene Mongan who has just successfully completed the "Core Skills" course and is now on maternity leave.

Welcome



A big welcome to Brigid Kelly who will be working with the Donegal Travellers Project.

The National Association of Travellers' Centres is a membership organisation, representing Centres of Education and Training (CET) and Youth Work Projects nationally.

The National Association of Travellers' Centres recognises the equality of the Traveller Community by providing programmes, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society. NATC is also the main provider of Youth Services to young Travellers nationally since 1988. Currently, we fund 24 Youth Service Projects and directly employ or fund 18 Youth workers. NATC Membership has direct daily contact with over 1,500 Traveller families nationwide and our experience is based on working on ground level with the Travelling community.

NATC is a partnership organisation in which Traveller and settled communities work together in responding to the needs of Travellers. This is evident in both our Youth Service – 20 projects nationwide – and in the 35 Centres of Education and Training.

Voice of the Traveller

Voice of the Traveller is the only national magazine for Travellers in Ireland. It first appeared in 1991 and was called "National Sports and Leisure Magazine for Travellers". As well as our regular subscribers, all elected officials in Ireland receive the magazine including all TD's, County Councillors, MEP's and Senators. This has added an exciting new dimension to the magazine and important information is now going to the decision maker's desks as well as the stakeholder's laps! Since its inception, the



magazine has been tireless in promoting and celebrating Traveller culture, both traditional and modern. Every edition of the magazine contains articles from around the country documenting some of the good work and interesting initiatives carried out by Travellers.

For the magazine to reach its objectives and potential, we need to increase the availability of the publication to both the Traveller and settled community. We are sure it will continue to play a key role in bridging the gap between the two communities but to do this we need your support! Please consider subscribing to the magazine – at only €35 for a full year subscription we think this represents exceptional value for money.

Contact Laura Greene or email laura.greene@nadc.ie for more information. Visit our Bebo site! Check out our page at www.bebo.com/voiceofthetraveller and remember your input counts! If you have news for us contact us a info@nadc.ie or telephone us a 090 64 98016.



“LETTERKENNY C.D.P. CHILDCARE”

K.Y.D.S.



Karen Mc Cafferty
Childcare Manager

Letterkenny C.D.P. Childcare Facility [K.Y.D.S.] offers high quality Pre-school Service for children from 2yrs. 10mths. and also After-school Service for school going ages. We will always advance the individual development of each and every child attending our Childcare Facility our first priority. Please note after school times have been extended to 2pm to 6pm Mon-Fri. Our Childcare Facility offers a warm, family friendly environment that promotes children's progress. For further information contact:

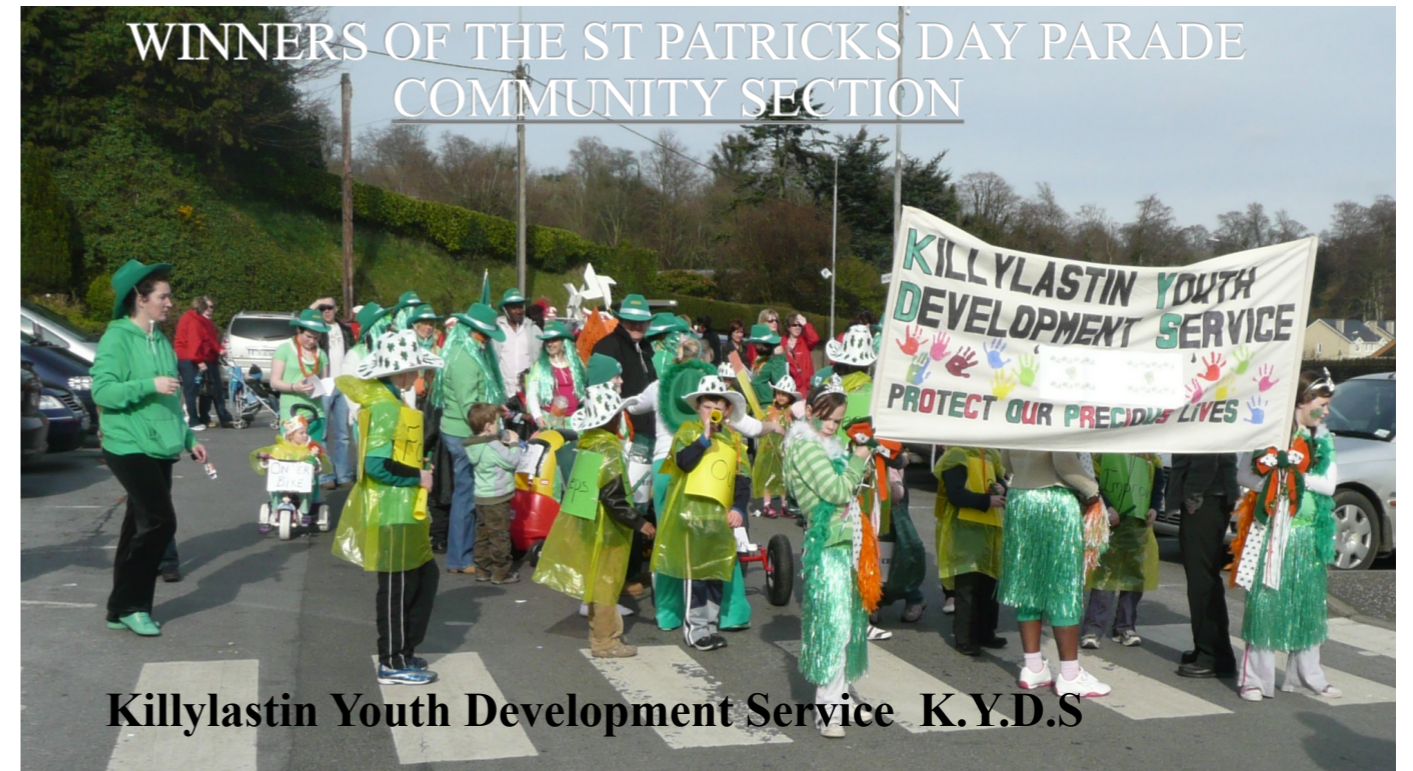
Karen Mc Cafferty Manager 20 Glendale Manor Letterkenny (074/9120472)

OUR AIM

“To provide Quality, Affordable, Childcare to our community”

Enrolment day for the service we provide will be held in our premises at 20 Glendale Manor on Thursday the 16th of July 2009 between the hours 5pm to 7pm.

“Come early as places are limited”.



Keep an eye out for our Graduation ceremony and fun day for all the family in July

ALL WELCOME

