

Community Newsletter

Produced by

June 2011 Issue 32

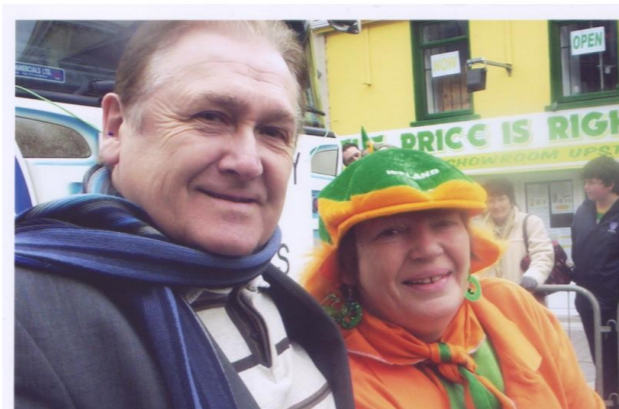
Letterkenny C.D.P.

Free

The Community Heartbeat



Rosemarie Barrett Proudly showing off the Endeavour Award she received from Letterkenny Town Council.



John Barrett and Margaret Toner enjoying this years St Patrick's day parade.

Are you Struggling with anxiety, loneliness depression or panic attacks. Finding life difficult to cope with. Why not come to a **GROW** meeting for support. **GROW** is a confidential and free service, which empowers us to Cope better with life and problems we meet along the way. Your local **GROW** meeting is on Monday in Loreto Convent at 8pm. For further information about **GROW** contact: Tel. 086 770 2860 or **GROW** website on www.grow.ie



GARDEN FETE
St Gabriel's Pre School Convent Road
Thursday 23 rd June. 2pm - 4pm
Everyone Welcome

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 & GAEILTYCHT AFFAIRS (UNDER NATIONAL DEVELOPMENT PLAN)

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Helping people to help themselves

Newsletter Team

Margaret Toner
Project Co-ordinator



John Roe
Desktop
Publisher

Pat Corcoran
P.R.O.



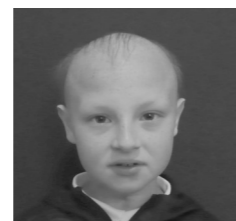
Michael
Abiola-Phillips
Asst. P.R.O.

Contact: Community House
2 Errigal Road Letterkenny
☎ 0749120633

Competition Winners



Colouring Competition
4-7yrs.
Hamera Simon



Name this artist
James Doherty
Robb



Colouring Competition
8-11yrs.
Jenny Dean

Prizes
Sponsored
by

4 LANTERNS & CENTURY CINEMA

SPRING CLEAN



A group of volunteers organised by Letterkenny C.D.P. who took part in a Community Spring clean in Slieve Snacht, Meadowbank, Hazelbrooke and the Long Lane area. In the photo; Bushara Mohammed, Mary Rose Sheridan, Pat Corcoran, Nicola Mc Kinley, Margaret Toner, Pearl Mc Connell, Evelyn Cunningham, Teresa Tourish and Charlotte Brady with baby Ella Hennessy. A big thank you to Letterkenny Town Council and Donegal Co Council for their support.



Pat makes it look easy



Just a walk in the park for Bushara

Pearl and Evelyn working hard



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**Letterkenny Community Development Project Ltd.
Launch / Information**

Evening of Family Support Group



Tanya Mc Bride giving the Introduction and Background for the evening.

Guest Speakers L-R
David Simpson [Moville]
Natasha [Moville]
Martin Mc Fadden [Friends of Bill W. Club Donegal Town]
Mary Healy [Outreach worker Letterkenny C.D.P. START Project]

The group is being formed to assist in the following;
“If you are concerned about drug/alcohol misuse in your family, friends or community” then this may be for you. This is a “Self Help” group for parents, partners, siblings or friends who are concerned about loved ones misuse of drugs/alcohol. You will find support and a place to share your experiences in a confidential and non judgemental setting. Get Togethers will be in a warm and friendly environment, facilitated by people who have completed training in information giving and listening ear.



The group having a question and answer session.



Mary Healy and friends making ready and sampling the Virgin cocktails for everyone to enjoy

Anyone interested in receiving dates and times of Family Support Group meetings can contact Tanya, 074 9120633

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry July 20th 2011



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

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



Youth does not mind where it sets its foot.



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

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

ETHNICSCOPE

DESTINATION DONEGAL



Nulunga Shologu

They came and they stayed.

An exhibition about Donegal immigrant life stories was held in the Regional Cultural Centre Port Road Letterkenny. The exhibition ran from 25th March to the 7th May and highlighted the real life stories of immigrants from around the world who have settled in Donegal. On display were family photographs, traditional clothes, works of art, everyday clothes and special items they brought with them.



Gary Gomringer
United States



Soodabeh Foley
Iran

Life profile R.P.Mehan

I started on a bicycle with a suitcase selling clothes. I bought my first van in 1955 for £360. People didn't have much money in those days ; we used to sell clothes on credit ,5 shilling,10 shilling, half a crown a week.

People were glad to get the clothes because the shops wouldn't give credit.



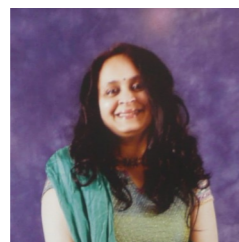
R P Mehan



Dr Eihindi Elfaki
Sudan



Abdulbast Zanun
Iraq



Sharmila Kamat
India



Inga Bock
Germany



Lunga Shologu
South Africa



N Pryshchepa
Ukraine



Phat Kiidz
Zimbabwe



St Patrick's Day Parade Winners

Letterkenny C.D.P. being presented with the winners plaque for the best Community float in this years parade. Plaque presented by Patrick Mc Ginley Letterkenny Chamber of Commerce to Pat Corcoran, Tanya Mc Bride and Nicola Mc Kinley.

Adult education



Chef Anne Boyle in St Fiachra's excellent kitchens demonstrating how it's done to the enthusiastic participants in the cookery course.

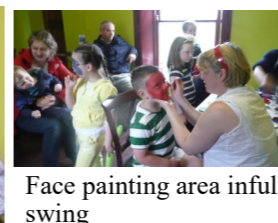
Sewing Class

All systems go as Tutor Marian Mc Menamin (standing at back) sets everyone up for their sewing class.



L.K.400 — FAMILY FUN DAY

The Family Fun Day organised for the town park had to be moved inside to the Vestry hall because of heavy rain. Despite the poor weather a sizeable crowd turned up and enjoyed themselves.



Face painting area in full swing



Medieval sword play display.

Bouncy castles



Music keeping everyone entertained from local group and the 28th Inf. pipe band.

Mary Healy Margaret Toner Tadhg Culbert and friends.



Cara house is hosting the new **Good Morning Letterkenny Service**. This service will call people living alone for a friendly chat and to make sure they are well. If you are aware of anyone living alone who would benefit from this service—no matter where they live in Donegal - it can be arranged.

To launch the service a **Day of Celebration** was held in the Station House Hotel Letterkenny. Around 90 people turned up on the day helping to make it a great successful day out. The celebration started with an introduction followed by a description on how the phone service would work. After the short introduction a session of two handed dancing took place with Cara House dance class. This was followed by a first class chicken and ham meal. After the meal the day continued with everyone taking to the dance floor with music supplied by Erick Black and daughter.



Susan Mc Cauley coordinator of Cara House giving the opening welcome address and description of the Good Morning Letterkenny Service



Margaret Toner Letterkenny C.D.P. Circulating among friends at the celebration



Dancing in full swing with music from Eric Black and daughter.



Susan and Margaret Checking everyone is enjoying themselves



Nicola Mc Kinley having a hand massage performed by Eimer Peoples. Looking on Pat and Teresa.



Nuala Mc Garrigle FAS Development Officer

Community Employment Project News



Mary Rose Sheridan Community Employment

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



COMMUNITY GARDEN PROJECT

An intergenerational/intercultural project funded under Peace 111 and facilitated by HSE

The community garden project located at rear of St Conal's hospital, beside the garden centre, is up and running. The gardens were established last year and supplied a good assortment of fresh vegetables. All last years gardeners have worked over the winter months weeding and preparing the beds for this years crop. This year quite a lot of younger people have taken up the challenge of growing their own produce. Inside and out there is a total of 42 plots actively being worked.



Pat Corcoran getting the younger ones started in the sowing phase. In the Poly tunnel
 Outside



Happy growers



Welcome Teresa



Teresa Tourish

Teresa joined us in April as Project Development Worker. She will be assisting in the SENIOR ALERT SCHEME and various summer youth schemes.

Sorry To See You Go



Bridget Lunn

Bridget said goodbye to us in April last. Bridget had worked in the Cheshire Apts for several years. We wish her well in her future endeavours

