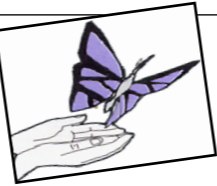


**Are you** Struggling with anxiety, loneliness depression or panic attacks. Finding life difficult to cope with. Why not come to a **GROW** meeting for support. **GROW** is a confidential and free service, which empowers us to Cope better with life and problems we meet along the way. Your local **GROW** meeting is on **Monday in Loreto Convent at 8pm. And Wednesday at 10 am in the Pastoral Centre** For further information about **GROW** contact: **Tel. 086 770 2860** or **GROW** website on **www.grow.ie**



**Helping people to help themselves**

**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**

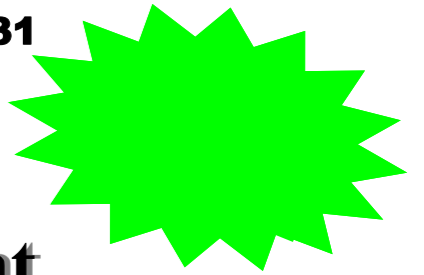
**Gen. Office Enquiries 0749129725**

**The 'HOW WE REMEMBER'** exhibition in the Donegal County Museum is a very exciting exhibition on the history of the Permanent Defence Forces and the Reserve Defence Forces. It looks at the role in particular of the 28th Infantry Battalion during periods of both peace and conflict and their contribution to Peacekeeping missions. Exhibition features a Border checkpoint, archives, uniforms, army equipment and much more relating to the Irish Army. The exhibition will be accompanied by an education program for Primary schools and other events including talks for Post Primary schools. Admission is free. The exhibition runs until June. For further information contact Donegal County Museum, High Road, Letterkenny, Co. Donegal T 074 9124613 E [museum@donegalcoco.ie](mailto:museum@donegalcoco.ie)

# Community Newsletter

Produced by **March 2011 Issue 31**

## Letterkenny C.D.P.



### The Community Heartbeat

Contents :	
St Patrick's Day Parade	1
K.Y.D.S.	2
VEC Adult Learner Fair	2
St Bridget's Eve.	3
Community Safety	4
Fás News	5
Ethnic Scope	6
Fun Page	7
Competition winners	8

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Contact: Community House  
2 Errigal Road Letterkenny  
☎ 0749120633

#### Competition Winners



**Colouring Competition**  
4-7yrs.  
**Darci Crossan**



**Name this artist**  
**Scott Doran**



**Colouring Competition**  
8-11yrs.  
**Kimberly Mc Bride**

*Prizes Sponsored*

**4 Lanterns & Century Cinema**

## ST PATRICK'S DAY PARADE 2011 WINNERS OF COMMUNITY SECTION

Letterkenny C.D.P. with  
"Memories of Letterkenny Folk Festival"



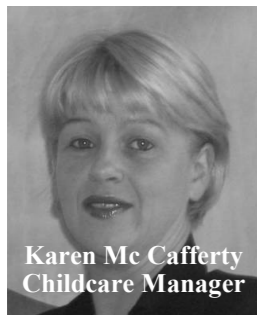
**A TRIBUTE TO BARNEY DOHERTY  
"FESTIVAL DIRECTOR"**



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.



# K.Y.D.S.



Karen Mc Cafferty  
Childcare Manager

Letterkenny C.D.P. Childcare Facility [K.Y.D.S.] offers a high quality Pre-school Service for children from 2yrs. 10mths. The morning Pre- School runs from 9.30 am to 1.00 pm and the afternoon Pre-School runs from 1.15 to 5.15 pm. **Enrol for Sept. NOW** Places available in **FREE** Pre-school year & Subvention Scheme  
Contact: Karen@ 20 Glendale Manor Letterkenny 07491204



Everyone receives a present.

## CHRISTMAS FUN @



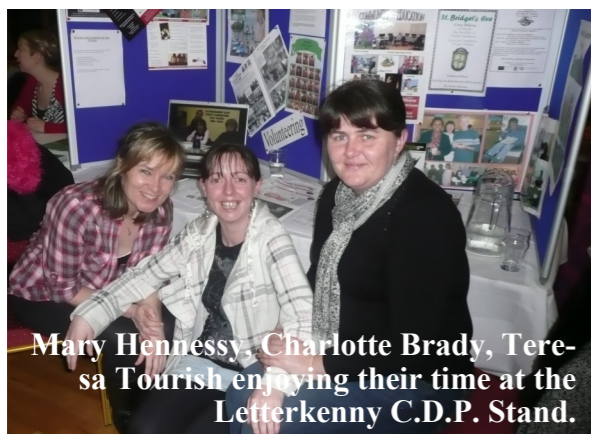
Santa meets the children



Bye, Bye, SANTA.

## V.E.C. ADULT LEARNER FAIR

Letterkenny C.D.P. exhibit their commitment to Adult Learning at the fair held in the Mount Errigal Hotel on Tuesday 25/01/11



Mary Hennessy, Charlotte Brady, Teresa Tourish enjoying their time at the Letterkenny C.D.P. Stand.



Bernadette Rowan explaining to Rory Rush our future planning.



A busy John Mc Feely on the phone



Anne Boyle offering information to Susan Mc Cauley CARA House F.R.C.

# CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny  
Closing Date for Entry April. 20th 2010



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.

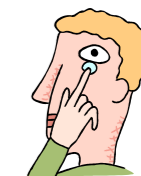
## Name this Artist

**GRENAD**

\_\_\_\_\_

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

A Little bit of Irish  
A friends eye is a good mirror



Is  
maith an scáthán suil charad

### 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



Nolunga Shologu  
Intercultural Development Worker  
Letterkenny C.D.P.

## Intercultural Event in Glencar

A hugely successful intercultural event organised by Donegal Travellers Project on behalf of the Peace 111 "Respecting and Connecting Communities Project" was held in the Letterkenny Youth and Family Services facility Glencar. The event organiser Ann Marie Keogh was very pleased by the large and diverse communities that participated. People from the settled and Traveller communities, as well as Polish, Ghanaian, Indian and Lithuanian were represented. After a "getting to know your neighbour" lunch which showcased foods of South Africa Ghana, India, Poland and Ireland the entertainment included Irish music and Dance, Rap music and dance and banjo playing. Also on show we had a range of demonstrations of crafts by the local groups including hair beading, dressmaking, sewing and paper flower making.



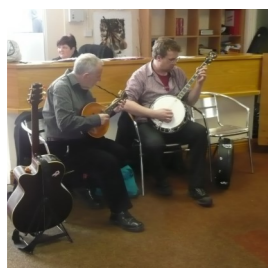
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Event organiser Ann Marie Keogh  
Traveller Event Co-ordinator.



It's hard to beat a good cup of tea



Banjo's in full S wing



All kinds of National foods being served



# Letterkenny C.D.P. Celebrate's St. Bridget's Eve

## Large attendance at St Bridget's Cross Evening



All hands are busy making crosses and supping stew



Mick Duddy, Sean Mc Grath and friends providing the Irish Music



Chief cook and bottle washer Pat Corcoran along with helpers Mary Rose Sheridan and Mary Roarty serving the Irish Stew prepared again this year by Anne Boyle



Father Kelly trying out his cross making skills.



Bishop Philip Boyce presenting the hamper to the prize draw winner Bernie Doherty Kirkstown.



Bishop Philip Boyce blessing the finished crosses

# COMMUNITY SAFETY PROGRAMME



Nicola Mc Kinley  
Community Safety Support Worker



John Mc Feely  
Project Development Worker



Charlotte Brady  
Project Development Worker

## SENIOR'S ALERT SCHEME (formerly know as Security in the Home Project)

If you are aged 65 or over you may be eligible for this programme

- ☺ Monitored Personal Alarm with pendant
- ☺ Monitored Smoke Alarm
- ☺ Monitored Carbon Monoxide Detector
- ☺ 1 Security Light

The installation of the above items is FREE however there is an Annual Monitoring Fee of €66 for all of the above excluding the light. Please contact Nicola for further information or to avail of this service 074 91 20633 and she will organise a visit to your home to explain the service and assist you with your application.



The Good Morning Service Co. Donegal are opening a new outreach centre in **Cara House Family Resource Centre in Letterkenny**, the centre will cover all calls made to the Letterkenny urban and rural areas and including Glenswilly, Churchill, Ramelton and Kilmacrennan, Termon and Creeslough, Milford and Rathmullan. This free service is provided for people over the age of 60 who may be living alone or are affected by rural isolation or if they are housebound for whatever reason.

This free service is provided for people over the age of 60 who may be living alone or are affected by rural isolation or if they are housebound for whatever reason. The service starts their day with a Good Morning phone call, on an agreed time and day to make sure they are well and to answer any queries or provide any information they might need. The call is mostly just a friendly chat about everyday things including what's happening in the area. It goes without saying that the calls are strictly private and confidential.

We are currently recruiting volunteers to deliver the service in Letterkenny, if you have a few hours to spare each week and have good communication skills we would be happy to hear from you. All volunteers will be trained and Garda Vetted. We would be very happy to hear from anyone who wishes to receive a call each week, just call the number below and we will arrange your call. **Please call Frances or Deirdre now on 07493 21598** for an application form or for further information.

## Drugs/Alcohol "FAMILY SUPPORT GROUP"

Letterkenny C.D.P. are setting up a support group in Letterkenny for families who are experiencing the affect of drug/alcohol misuse within their family. This is a 'self help' group for parents, partners, siblings or friends who are concerned about a loved ones misuse of drugs/alcohol. You will find support and a place to be able to share your experiences in a confidential and non judgemental setting. These meetings will be informal "get togethers" within a warm and friendly environment and will be facilitated people who have completed training in information provision and listening ear. This group is open to anyone over the age of 18. For further information please contact Tanya on 086-0800680.



# Community Employment Project News



Nuala Mc Garrigle  
FAS Development Officer

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





Mary Rose Sheridan  
Community Employment

## CONGRATULATIONS



Well done to everyone who achieved their Occupational First Aid award Fetac Level 5.  
**Back L-R** Julia Harvey, Margaret Edwards, Bernadette Rowan, Tanya Mc Bride, Anne Boyle & Gerard Dunleavy [Course Facilitator]  
**Front L-R** Bridget Kelly, Mary Hennessy, Sarah Devlin, Patricia Mc Ginley, Margaret Mc Conigley

### Welcome Nicola

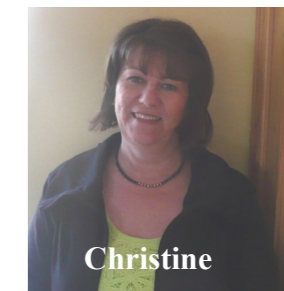


Nicola Mc Kinley

Nicola joins the team as Community Safety Support Worker



Anne



Christine

### Well Done

Well done to Anne Boyle and Christine Cullan on completion of the first module in their Sage 2008 Computerised Accounts course.

### Well done Margaret



Margaret Mc Conigley

Well done to Margaret on completion of her Special Needs Childcare course.

### Sorry To See You Go



Mary Hennessy

We said goodbye to Mary and wish her good luck in all her future endeavours