

**ADULT
COMMUNITY
EDUCATION
SPRING 2012**

We are now taking names for the following Adult /Community Education Classes which are due to start in early April [After Easter break] depending on funding and numbers involved.

1. Cookery including healthy options.
- 2 Child behaviour management without supper nanny.
- 3 Social Development through an Holistic approach.

If interested contact Anne 074 20633

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
E Mail ddvs@eircom.net
Free Phone 1800 262 677

Community Newsletter

Produced by **March 2012 Issue 35**

Letterkenny C.D.P.

The Community Heartbeat



Contents :

- St Patrick's Day Parade
- K.Y.D.S.
- VEC Adult Learner Fair
- St Bridget's Eve, Community Safety Prog, Letterkenny youthreach Prog, Drugs/ Alcohol Family Support
- Community Employment News
- What is O.C.D. Open MIC Children's Fun Page

Competition winners 8

Competition Winners

Colouring Competition 4-7yrs.
Ruby Sharkey

Colouring Competition 8-11yrs.
Seamus Mc Laughlin

Name this artist
Niamh Shiels

Prizes Sponsored

4 Lanterns & Century Cinema

Newsletter Team



Pat Corcoran
P.R.O.



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

Contact: Community House
2 Errigal Road Letterkenny
☎ 0749120633

St Patrick's Day Parade

Theme **Mrs Browns Boys Promotes "Active Ageing"**



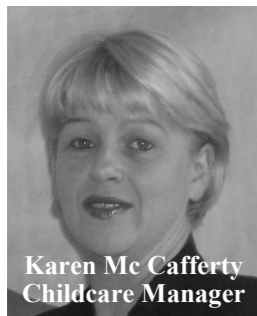
Master Craftsman and artist Pat Corcoran preparing the backdrops for the St Patrick's day Parade float.

Come along and enjoy the Letterkenny parade

Letterkenny Community Development Project is part funded by Letterkenny Town Council, the Dept of Social Protection and DLDC.



K.Y.D.S.



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 **Enrol for Sept. NOW** Places available in **FREE** Pre-school year & Subvention Scheme. **Enrolment day 18th April 6pm to 9pm**
Contact: Karen @ 20 Glendale Manor Letterkenny 0749120472

CHRISTMAS FUN @ K.Y.D.S.



Letterkenny Mayor
 Gerry Mc Monagle
 Welcomes Santa to K.Y.D.S.



Santa meets the children


Welcome Danielle



Danielle Mc Feely S.N.A. special needs assistant joined the team in January working with the children in K.Y.D.S.

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
 Closing Date for Entry April. 20th 2012



Name _____

Address _____

Phone No: _____

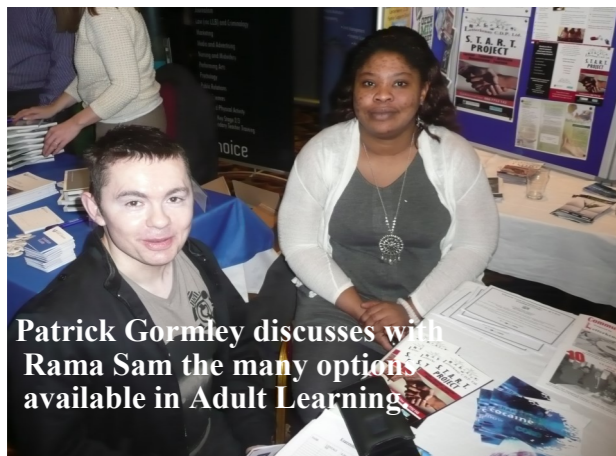
Age Group _____

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.**

V.E.C. ADULT LEARNER FAIR 2012

Letterkenny C.D.P. exhibit their commitment to Adult Learning at the fair held in the Mount Errigal Hotel on Tuesday 24/01/12

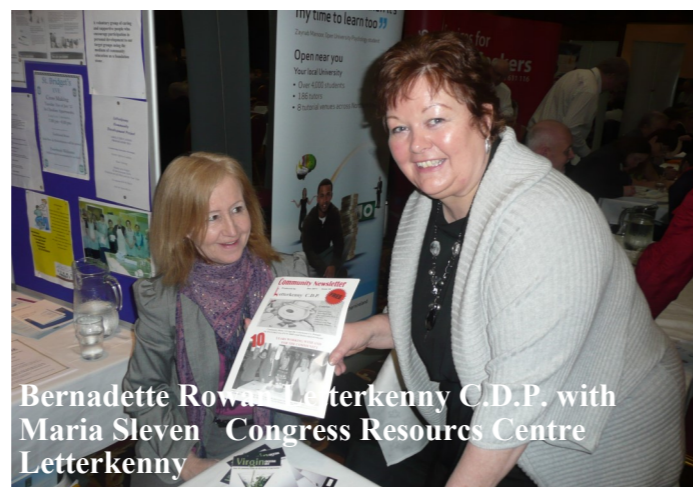


Patrick Gormley discusses with Rama Sam the many options available in Adult Learning.

Teresa Tourish from Letterkenny C.D.P. talking to Siobhan Gibbins



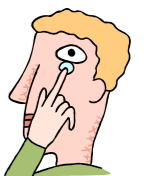
Busy time for Bernadette Rowan and Teresa Tourish



Bernadette Rowan Letterkenny C.D.P. with Maria Slevin Congress Resources Centre Letterkenny

Name this Artiste

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



Is maith an scáthán suil charad

HOT RIGHT NOW

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



What is OCD..?

Do you ever find yourself doing the same thing over and over again, e.g. washing hands, going in and out of doors a number of times, counting rituals, turning on and off light switches, cleaning, without understanding WHY.

You are not alone!. You may be experiencing symptoms of OCD {Obsessive Compulsive disorder}. We are a support group. The group was founded by a person who has experienced OCD in their life. The group will be run by trained facilitators.

Helping People to Help Themselves

Venue: Worklink NW [Above B-BOBS Hairdressers] 4aPearse Road Letterkenny.
Every WED NIGHT 8pm—9:30pm
 Email—htmyocd@hotmail.com web site www.ocdnorthwest.com

**OPEN
 MIC
 NIGHT**

**PORT NA FÁILTE
 LETTERKENNY**
 MULTICULTURAL CENTRE PROMOTING INTEGRATION



Growing in popularity. The first Thursday of every month come along and be entertained or strut your stuff.



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



Teresa Tourish Serving the Irish Stew prepared again this year by Chef Anne Boyle ————— Someone has to do it. Pat Corcoran along with Nicola Mc Kinley washing up.



Eamon Patterson giving instruction on how to make St Bridget's crosses



A full house made the event a fantastic evening for all, young and old.



The Irish Stew always goes down well.



Pastor Teju Hassan Redeemed Christian Church Of God blessing the finished crosses

COMMUNITY SAFETY PROGRAMME



Nicola Mc Kinley
Community Safety Support Worker



Teresa Tourish
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.

LETTERKENNY YOUTHREACH PROGRAMME

Are you 16 — 20 years ?
Have you left school early ?
Would you like to gain a qualification such as FETAC, Leaving Cert Applied [LCA, First Aid] etc,

If so the Youthreach programme offers practical training for young people in a wide range of skills. You will receive training allowance. Contact the centre on 074 91 22585 Email bredarodden@donegalvec.ie

Letterkenny Youthreach seeks to offer a balanced programme of education, training and personal development aimed at school leavers in a safe and caring environment



Learners enjoying a trip to Glenveagh



Learners taking part in a county cooking competition

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 by 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 Dennis on 086-0800680. or Office 074 9120633.



Nuala Mc Garrigle
Development Officer

Community Employment Project News



Mary Rose Sheridan
Community Employment

The Community Employment Project is funded by Dept of Social Protection



Participants in the Health and Safety course. [SAFETECH]

L R. Karen Barr, Teresa Tourish, R. Isabella Sam, Angela O Leary. Nicola Mc Kinley, Dennis Kinsella, Sinead Davenport, Keara Doherty course instructor.

A woman's group has been set up by the Donegal Travellers Project under the Respecting and Connecting Communities which is funded by the Peace 111 Programme.

The group meet every Monday morning from 10 to 12am in the Cheshire Apts. Long Lane. The main aim of the group is to build better relationships between the settled and traveller communities.

Pictured opposite are part of the group, Kathleen Mc Ginley, Anne Marie Keogh past participants of the CE scheme along with Sama Ram and Nicola Mc Kinley present members of Letterkenny C.D.P. CE scheme

The group would encourage more woman to participate in the meetings.



Well done and good luck Tanya



Gerry Mc Monagle Letterkenny Mayor along with Tanya and partner Shane Mc Namee at the official opening.

Well done and good luck to Tanya Kerr on the opening of *Cafe Chill* Letterkenny Courtyard. Tanya worked with us for several years on the C.E. scheme at Letterkenny C.D.P. in the role of administration, drug and alcohol support. Tanya has kept up her association with the Letterkenny C.D.P. by being on the voluntary Management team.

We wish you well.