

## NEW AFRICAN RESTAURANT OPENED



Stella and Adewale Oldapo at the opening of their Restaurant & OKIN BAR 3 Port Road Letterkenny. Also in picture L-R Lourda Nee Administrator Letterkenny C.D.P., Margaret Toner Project Co-ordinator Letterkenny C.D.P.

Letterkenny C.D.P. .... A haven.....  
For all .....

### 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.

# Community Newsletter

Issue 16

Produced by

April



**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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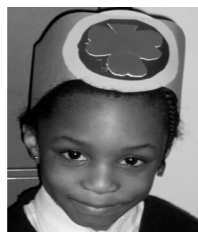
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Of Interest

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**Advertise  
in our Newsletter**

## Newsletter Winners

Name this  
Group  
11-14yrs  
Natasha  
Gordon



Colouring  
Competition  
4-7yrs.  
Aisha Oldapo



Colouring  
Competition  
8-11yrs.  
Heba Jaeced  
Mahmoud

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

### 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



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.



*"Our lease on life is short."*





Mgt. Toner  
Co-ordinator

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

Ongoing Programme of Activities in Letterkenny Community  
Development Project



Lourda Nee  
Administrator

### Community:

- Support to Community/Voluntary Groups
- Community Facilities
- Community Events
- Childcare
- Mental Health
- Ethnic Groups
- Older Adults
- Lone Parent's Group
- Multi-Purpose Community Building

- Basic I.T.
- Committee Skills

### Youth:

- Youth Carnival Group (4-18yrs)
- Summer Schemes
- Grinds/Revision Classes
- I.T. Clubs

### Training & Development:

- Capacity Building



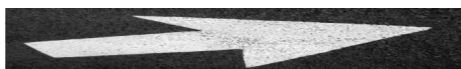
Zena Mc Kinley  
Youth worker Letterkenny C.D.P.

### Planning in Progress by Zena:

Summer Scheme July 2007  
Carnival Band on going  
(new members welcome)  
Youth Workshops.  
Contact Zena Mc Kinley.  
20 Glendale Manor.  
Letterkenny.  
☎ 074/9160850

Planning a Budget Forms can be collected from Letterkenny C.D.P.  
2 Errigal Road Letterkenny 9-00am - 5pm Mon. - Fri.

☎ 074/9120633



Pictured during last year's Summer Scheme Pat Corcoran PRO  
Letterkenny C.D.P., and wife Myra voluntary worker with  
Letterkenny C.D.P. Photo by Mary Roarty

..... 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

Email: lkennycdp@eircom.net



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 May.. 25th. 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"

Name

Address

Phone No:

Age Group Category 11- 14

A Little bit  
of Irish  
Ni heaspa do dith  
carad



There is no need like  
the lack of a friend.

### 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



## Gartan Field Launch

Front L-R Margaret Toner Project Co-ordinator Letterkenny C.D.P., Anne Boyle Participant's Development Officer Letterkenny C.D.P., Mauseen Gorman Gartan Field Committee, Back L-R Cllr. Jim Lynch, Mel Waddle Ground Work Northern Ireland, Letterkenny Town Mayor Cllr. Ciaran Brogan, Cllr Gerry Mc Monagle, Cllr. Dessie Larkin, Carol Elliott Secretary Letterkenny C.D.P., Michael Mc McCormack Secretary Gartan Field, and Clare Mc McCormack Development Worker Letterkenny C.D.P. Photo by Mary Roarty



L-R Mary Rose Sheridan Community Employment Supervisor, Lourda Nee Administrator Letterkenny C.D.P., pictured recently receiving certificates in Human Resources, also in picture Joan Heeney Human Resources Tutor



L-R Breda Rodden, Valerie Mc Kinley and Laura Bates Enjoying St. Patrick's Day parade. Letterkenny C.D.P. were very happy with winning the overall Prize. A lot of effort was made by all concerned to win this prize.



**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**

**The Rock**  
 The Wave wears away the rock  
 Relentlessly, time and time again  
 The Rock is strong  
 But gradually over time  
 The Wave wears away the rock  
 Until there is left but a few grains of sand  
 These too are soon washed away  
 The rock is no more.

**By Mary McKenna**

### Planning a Budget with Letterkenny Credit Union/ MABS/ Letterkenny C.D.P.

Weekly Expenses	Total (€)	Weekly Expenses	Total(€)	Weekly Income	Total (€)
Rent/Mortgage		Entertainment/Misc Expenses		Wages (1)	
ESB		Cigarettes		Wages (2)	
Refuse Fees		House Maintenance		Child Benefit	
Heating Fuel		TV Licence		Part-time Work	
Groceries		Multichannel		Social Welfare	
Milk/Bread		Videos		Maintenance	
Baby Goods		Insurance/Home		Other Income	
Clothes/Shoes		Insurance/Other		<b>Total Income</b>	
School Contributions/Activities		Telephone(Landline)			
Back to School Costs		Mobile Phone		Less Total Expenditure	
Donations/Raffles		Pet Expenses		<b>Sub-Total</b>	
Doctor		Car/Petrol/Diesel		Less Loan Repayments	
Chemist		Road Tax/Car Insurance		<b>Balance Remaining</b>	
Newspapers/Mags/Lotto		Maintenance of Car			
Savings		First Communion/Confirmation			
		Other Expenses			
<b>Sub Total</b>		<b>Sub Total</b>			
<b>Total Expenditure</b>					
Loan Amount (€)	Name of Lender	Weekly/Monthly Repayments (€)	Interest Rates (%)	Outstanding Balance	
<b>Total Loan Repayments</b>					

**074 9129909**  
 For more information and tips on financial planning and budgeting log onto the MABS website: [www.mabs.ie](http://www.mabs.ie)  
 Letterkenny Credit Union  
 074 9124166

### Be in Control, Give Moneylenders the Door

You need to borrow money, say €500, so you decide to borrow from your local Credit Union or Bank or you may look no further than the friendly Mr. Bloggs who used to call to your mother or sister and still call every Friday to Mrs Jones down the road. After all, what could be more convenient, than having someone call to your door to repay your loan from the comfort of your own home! But are you getting the best bargain?

There is no greater satisfaction than getting a bargain on something you have purchased – be it that new car, a new TV or a new outfit. **So why don't you shop around when you need to take out a loan?** The reason is simple, you are only interested in two things, firstly can you actually get the amount you need to borrow and secondly how much is the repayment cost per week/fortnight or monthly. Once you know you can repay the amount that is all that you need to know, **RIGHT?**

**WRONG,** the interest that you end up repaying on top of the €500 you borrow is what is most important. As outlined in the table below – you will end up paying an awful lot of extra money to your local friendly, reliable and convenient MR/Mrs Bloggs, who is in fact working for a Moneylending Company. You can save up to €139.81 on a loan of €500 over 26 weeks by borrowing from your local Credit Union rather than a moneylender.

### SHOP AROUND FOR A BETTER BARGAIN

Interest rates can vary – and vary a lot between moneylenders like MR. Bloggs, Credit Card Companies, Store Cards, Catalogue Companies, Banks and your Local Credit Union. Be aware of the **interest rate** that you are paying and the **total amount repayable**. Look at what **APR** (Annual Percentage Rate) you are being charged. APR (interest) reflects that extra money you are charged on the amount that you borrow. **Remember the lower the APR Rate, the better the bargain you will receive.**

**At Letterkenny Credit Union Ltd.** Our current interest rate is a very competitive 8%\*. We do not charge any set up fee, late payment fees, or early repayment penalties. With free loan protection insurance offered to all members you can rest assured that you are getting a great deal.

### Loan Repayment Comparison Table based on a loan of €500

Institution	APR Rate	Term	Weekly Repayments	Interest Charged	Total Repaid
Letterkenny Credit Union	8.22%	26 wks	€19.63	€10.19	€510.19
Provident Personal Credit Ltd **	187.3%	26 wks	€25	€150	€650

If you have a loan with a Moneylender-Look at the total interest you are being charged, compare this with your local Credit Union and see the money you can save.

# Adult Education Challenges

Organised by Letterkenny C.D.P. and part funded by the V.E.C.



Back L-R Thomas Sheridan, Sign Language Tutor pictured recently with some of his participants who enjoyed this very popular adult education course. Thomas made this course enjoyable and a worth while project. Everyone who took part would recommend it to everyone.

**Sign Language:**  
**Tutor Thomas Sheridan**  
 Sign Language is a language of hand shapes, facial expressions and movements used as a form of communication for deaf people. It is a skill, like any other, that can be practised and learned by anyone. Sign Language is the first language of 4,000 Irish people. It is the most effective way for deaf people to communicate. This also allows deaf people to identify with their community, which is important for their well-being and development.

**Basic Car Maintenance Workshop:**  
**Tutor Stephen Sweeney**

The aim of this workshop was to enable participants in the course to acquire a basic understanding of how to carry out routine maintenance checks and increase awareness of the safety limits of motor vehicles.

Fluid checks, level tyre pressure awareness, safety around your vehicle,



Participants who took part in the car maintenance workshop organized by Letterkenny C.D.P.

**Claire is at present Planning:**

Cultural Awareness Training.  
 Capacity Building Training.  
 Drugs Awareness Training.  
 Lone Parent Group now Established  
 New members welcome.

**Contact:**  
**Claire Mc Cormack**  
 20 Glendale Manor  
 Letterkenny  
 ☎074/9160850  
 9-30am - 1-30pm.  
 Mon. - Fri.



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



Letterkenny C.D.P. Youth and Caw Youth Derry enjoying cross border workshops recently.



Nuala Mc Garrige  
 FÁS 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



Letterkenny C.D.P. Fás participants receiving certificates in Occupational First Aid Course. Front L-R Denise Brown, John Roe, John Joseph Bonner, Back L-R Paul Carberry, and Joseph Mc Daid



Margaret Edwards receiving her certificate in FETAC recently



Bridget Lunn

**Welcome :**  
**Bridget** joined Letterkenny C.D.P. in Jan. 2007 working in Cheshire Apartments as Assistant Administrator, all her work colleagues welcome Bridget to the team.



Anne Marie Keogh

**Welcome :**  
**Anne Marie** joined Letterkenny C.D.P. in Feb. 2007 working in the Donegal Travellers Project as after schools assistance, all her work colleagues wish Anne Marie good luck .

**"Sorry to see you go"**



Donna Edwards



Denise Brown



Receiving certificates in Basic Manual Handling Course. Back Paul Carberry, Front R-L John Joseph Bonner, John Roe and Margaret Edwards receiving certificate on behalf of her daughter Donna

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



Back L-R Margaret Toner Project Co-ordinator Letterkenny C.D.P. Charlie Gildea, Front L-R Keith Boyle, Keelan Gildea Chanelle Gallagher, Sinetta Boyle and Fr. Gillespie

The Cheshire Apartments was a hive of activity as young and old came together to celebrate the Eve of St. Bridget. A variety of cross making techniques were demonstrated on the night. We appreciate the support received from O.N.E.T., the many volunteers who gave their time freely to make this popular event another great success. Not forgetting Anne Boyle who served her famous Irish Stew, the popular Mick Duddy and Poor Scholar who entertained us with Irish music. Also the Letterkenny C.D.P. environmental workers who collected the rushes.



Back Pat Corcoran P.R.O. Letterkenny C.D.P., sitting L-R Adewale and Stella Oladpo at the St. Bridget's Eve Cross Making

Have you time for voluntary work  
☎ 91 20633



L-R Anne Boyle Management Letterkenny C.D.P. receiving a helping hand to serve her famous Irish Stew from Carol Elliott Management Letterkenny C.D.P.



Margaret Toner Project Co-ordinator Letterkenny C.D.P. displaying her cross making skills to Bridget and Mary on St. Bridget's Eve.



Gárda Shane Mc Gee and Gárda John Prunty joining in with the local community on St. Bridget Eve cross making evening in the Cheshire Apartments organised by Letterkenny C.D.P.

# !OH WHAT A DAY! St. Patricks Day 2007



Letterkenny Town was a sea of green as thousands of spectators braved the elements to cheer on the many different acts, floats and groups who put on a great show to celebrate this special Day. The Letterkenny C.D.P. theme this year was "The Flight of the Earls". Our Community winning the over all prize was a great achievement for all concerned.

# The Coolest Christmas Experience Ever



Children and parents from the Letterkenny area travelled to the Isle of Doagh during the Christmas break to visit Santa, organised by Letterkenny C.D.P. This trip was one of the many new adventures organized by the Letterkenny C.D.P. If you have comments, new ideas, or observations that would help to make this trip an even more magical lasting memory. Voluntary workers are always welcome.

**Contact: ☎ 9120633**



Children enjoying a Christmas Party organised by Letterkenny Community Development Project

# “LETTERKENNY C.D.P. CHILD CARE”



**Karen Mc Cafferty  
Childcare Manager**

Due to the changing nature of the working environment, more and more women are returning to the workforce. This in turn has placed a higher demand on Childcare places and which led to improved family friendly policies. Childcare is a child's first experience

away from their primary carers - their parents/guardians. It is therefore imperative that the experience is a positive memorable one.

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.

Letterkenny C.D.P. aims to provide high quality, flexible, affordable Childcare that meets the needs of parents and children alike.

Our staff members are dedicated to supporting children to develop a positive self-esteem, and a positive attitude to learning and interacting with others.

We provide a homely, secure, yet fun environment for all the children. Playing is an integral part of any child's day. We provide a wide variety of fun based games, activities and toys which would keep any child busy for hours. Our main aim at our Childcare Facility is that your child and you are satisfied with our service. There are a number of differing approaches to Childcare, reflecting different cultures. Many of these are now making way into the Irish Childcare arena. Finally and very importantly, there are a number of places still available in our Pre-School, you will more than likely need to register your child for a place in advance of when you need to take it up. We are also now registering children for our After School programme 3-5pm weekdays. If you would like to receive any more information contact

**Karen Mc Cafferty Childcare Manager  
20 Glendale Manor Letterkenny  
☎ 074/9160850**



Some of the children who attend our Childcare Facility 20 Glendale Manor

Letterkenny. Also R-L Karen Mc Cafferty Childcare Manager, Donna Edwards, Back Natasha Hammond.

If you have queries don't hesitate to contact :

**Karen Mc Cafferty  
Childcare Manager 20  
Glendale Manor  
Letterkenny  
☎ 074/9160850**