

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

Community Newsletter

Issue 23

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'March' 2009

Free



Letterkenny C.D.P. Ltd

Tel 074 9120633/

Fax 074 9120605

email : lkennycdp@eircom.net

COMMUNITY HOUSE, 2 ERRIGAL ROAD.

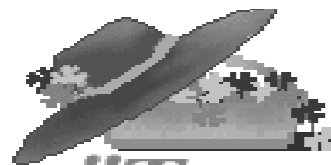
FUNDED BY DEPT OF COMMUNITY RURAL & GAELTACHT AFFAIRS
(UNDER NATIONAL DEVELOPMENT PLAN)



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"Top o' the Morning"

Newsletter Team

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Project Co-ordinator



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Publisher

Pat Corcoran
P.R.O.



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

Contact: Community House
2 Errigal Road Letterkenny
☎ 0749120633

Newsletter Winners



Colouring
Competition
4-7yrs.
Ryan Hamilton



Colouring Competition
8-11yrs.
Megan Mc Auley
Equal first Colouring
Competition



Name this artist no en-
tries
Jessica Ogujawa
Equal first colouring
competition

Prizes

Sponsored by

4



**Lanterns &
Century Cinema**



"Drop In Centre" 20 Glendale Manor



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.



"A smile is your personal welcome mat"



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

Mgt. Toner
Co-ordinator

"Support for the Community ~ Through the Community House"
Tel. 074 9120633 Fax. 074 9120605 Email: lkennycdp@eircom.net



Lourda Nee
Administrator

Unemployment & Entitlements

Information supplied by Citizen's Information Service

The prospect of becoming unemployed is a daunting experience for most of us. In the current economic climate Citizens Information Services are aware of the increasing number of contacts from clients seeking information and advice on their entitlements; with regard to becoming unemployed and the supports that are available to people in this situation. The enclosed information gives a general overview of your rights in the lead up to losing your job and the welfare supports to which you may have an entitlement. **Donegal Citizens Information Service** can assist you with further information and advice on these matters and other issues and entitlements.

Notice: You have an entitlement to notice, except in special circumstances, if you are being let go from your job in Ireland i.e. you must be informed when your job will end. There is a minimum entitlement laid down by law but you must have been working for your employer for at least 13 weeks e.g if you have worked for your employer for over two years you are entitled to 2 weeks notice. Your contract may give you a greater entitlement to notice than the statutory minimum, but it cannot give you less.

Holiday pay: If your employment is ending, you are entitled to receive a payment for annual leave which you have earned but not taken. The payment should equal the amount that would have been paid had the annual leave been taken. The ending of employment is the only situation where it is legal to pay an employee instead of giving annual leave.

Public holiday: If your employment stops during the week ending on the day before a public holiday and you have worked for your employer for the previous 4 weeks, you should receive an additional day's pay for the public holiday. This also applies to part-time employees who have established a right to the public holiday by working at least 40 hours in the previous 5 weeks.

Redundancy: Generally a redundancy situation arises if your job ceases to exist and you are not replaced. You may be entitled to a Redundancy Payment if you have a set period of service with the employer, (you must have worked for a minimum of 2 years). Short time and lay offs can also lead to a situation of redundancy. Not all workers are entitled to this statutory redundancy payment, even where a redundancy situation exists, for example the self-employed sub contractors. If you do qualify for redundancy there are specific Redundancy Procedures which employers and employees must

follow in order to comply with the legislation. It is recommended that you seek information and advice on the procedures.

P45 - When you leave your job your Employer must give you a P45. This is a statement of your pay and the tax and PRSI to date deducted by your employer. It is a very important document and you need it to claim a tax refund and to claim social welfare benefits. If you are on short time or lay-off you should get a letter from your employer.

Tax Rebate: You should apply 4 weeks from the date you become unemployed, however, if emergency tax was being deducted by your former employer you should apply immediately. Your application for a tax repayment because you are unemployed must be made on tax repayment Form P50 and sent to your district tax office with Parts 2 and 3 of your P45.

Jobseekers Benefit : Jobseeker's Benefit is a weekly payment made to people who are out of work and covered by social insurance (PRSI). You must have a certain number of paid PRSI contributions (stamps) to qualify and the current rates are €197.80 (€204.30 in 2009) You may also be eligible for payments for a Qualified adult and Child. Jobseeker's Benefit was known as Unemployment Benefit. If you are getting Jobseeker's Benefit, you may be entitled to: Mortgage Interest Supplement or Rent Supplement - a means tested payment from the Community Welfare Officer at your local health centre.

CHILDREN'S FUN PAGE

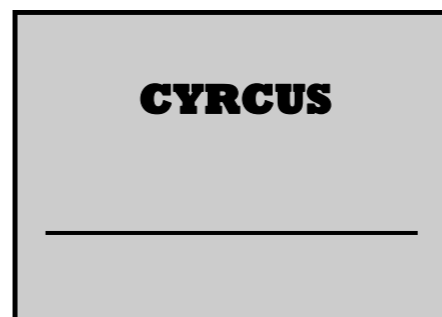
Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry April. 15th 2009



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



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

A Little bit of Irish
A good word never broke a tooth.



Níor bhris focail maith fiacl riamh.

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

"L.K. Youth Club - Programme of Activities"



Claire Mc Cormack
Youth Worker

DROP IN @ 20 Glendale Manor
Every Tuesday & Thursday.
Group A 9 - 12 yrs ~ 6.20pm to 7.30pm
Group B 13-18 yrs ~ 7.30pm to 9.00pm



Steven Corcoran
Voluntary Youth Leader

For further information
Contact Claire on ☎ 9120633

- | | |
|------------------------|------------------------------|
| ☺ Launch of Youth Club | ☺ Drama |
| ☺ Hip Hop | ☺ Study Support |
| ☺ 5 a Side Football | ☺ Design page for Newsletter |
| ☺ I.T. | ☺ Model Making |
| ☺ Summer Programmes | ☺ Residential |
| ☺ Personal Development | ☺ Peer Support |

Volunteers Welcome - Garda Vetting applies



John Friel
I.T. Support
Supervisor

Visit our I.T. Suite

In K.Y.D.S. 20 Glendale Manor

Planned Courses (subject to interest)

- ◆ Basic I.T.
- ◆ Intermediate IT.
- ◆ Desktop Publishing
- ◆ Digital Photography



These courses are part funded by Donegal V.E.C.

For further information contact John on 9120633



..... Don't just take our word for itHave Your Say!!!
Get involved in your Community, pictures and comments to:
Community House 2 Errigal Rd. Letterkenny.
☎ 9120633 Email: lkennycdp@eircom.net



To advertise in this Newsletter Please Call Community House 2 Errigal Road Letterkenny.
Tel: 074 9120633

Unemployment and Entitlements Cont..

Information supplied by Citizen's Information Service

Local Authority Housing: Inform your local authority that your income has reduced as this may reduce the amount of rent you pay.

Medical Card: If your income is below certain a level, you may get a medical card. It covers you for free doctor's care, approved prescriptions etc. For example, the basic income level for a couple and one child is € 342.50. Other expenses can be taken into account include rent and mortgage payments and travel.

Back to School Clothing and Footwear Allowance - a payment designed to help towards the cost of uniforms and footwear for children who are attending school. The scheme is payable between June and September each year - the claim should be made before the end of September. Contact your local health centre.

Jobseeker's Allowance: You may get Jobseeker's Allowance if you don't qualify for Jobseeker's Benefit. Jobseeker's Allowance is means-tested and your means must be below a certain level to qualify. If you are getting Jobseeker's Allowance, you may be entitled to:

Fuel Allowance - a weekly payment between October and April to help with fuel costs

(payable with Jobseeker's Allowance after 15 months) Mortgage Interest Supplement or Rent Supplement, **Local Authority housing, Medical Card, Back to School Clothing and Footwear Allowance** (Details same as for Jobseekers Benefit see above)

Interim Payments: While you are waiting for your Jobseekers Benefit or Allowance and you do not have enough money to meet your needs you can apply to the Community Welfare Officer for an interim payment. This is a means tested payment. Further information available at the following centres:

Letterkenny Citizens Info. Centre 074-9126956
Buncrana Citizens Info. Centre 074-9363496
Ballyshannon Citizens Info. Centre 071-9851666
Carndonagh Citizens Info. Centre 074-9373728

or visit our web site www.citizensinformation.ie



The Younger Generation enjoying the St. Bridget's Cross Making with Letterkenny C.D.P.



"BINGO" € € € € € € "Lotto"

"Play Bingo" every Thursday Night in the Orchard Inn, and/or Do our "Weekly Lotto" Thur. to Tue at Community House (Wed Draw). Support Letterkenny C.D.P. to provide a Multi-purpose Community Facility in the Glencar/Ballyboe area of Letterkenny. Tel. 074 9120633

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



AFROSCOPE By Michael Abiola-Phillips
 "Though tribe, tongue and accent may differ, in brotherhood we stand".

LET US EDUCATE TOGETHER

There is no doubt about it. Putting an old wine in a new bottle is "rebranding" of the same old product, but getting a new wine into an old bottle or container is all about CHANGE": A change for a new or better taste may be a possibility for a better experience or newer innovation. It is about life and permanency. The theory is much related or similar in comparison to the whole world's philosophy about the slogan "Yes we can". Of course, yes, we can change, oh! Yes we can learn together from the attitude of the white American folks who has been able to teach the whole world the true meaning of Democracy, Humanity, Equality and Liberation. The lesson learnt is all based on acceptance; togetherness, and respect for "human race". Since the creation of man, human race, the only race known to the Supreme Being has been on the struggle for dominance over one another. Though, the biblical injunction made it very clear in Genesis 1 verse 26 that man should take dominance only on animals, birds and other lesser creatures but not on his mates or fellow humans.

The National Action Plan against Racism defines racism as a specific form of discrimination and exclusion faced by cultural and ethnic minorities. Racism denies people their basic human rights, dignity and respect. Whereas, race is an arbitrary and invented way to group people arising from colonialism, and Neo-Colonialism to attribute superiority to dominant races. It is true that 'no one is born hating another person because of the colour of his skin or his background, or his religion, people must learn to hate, and if they can learn to hate, they can as well be taught to LOVE, for love comes more naturally to the human heart than its opposite'. It is interesting to reveal that racism evolve because of fear of the unknown, fear of intimidation, fear of dominance and for the love of exploitation. Other reasons may be based on the act of wickedness, ignorance, confusion of equality and scepticism. The United Nations Universal Declaration of Human Rights of 1948, in the article 2 declares that everyone is entitled to all rights and freedoms provided in the declaration, in regardless of their races, sex, colour, kind, language and religion. In Ireland, all these are embraced by the duties and responsibilities of the Garda Siochana and through the provision of the Equality Authority established in 1998, with all these efforts, the government and the concerned thus expect a good relationship and respect developing between regardless of ethnicity.

Perhaps, as a checklist, let me state that racism reflects, when you are abusively spoken to or called "Names" when you are publicly isolated or ignored for no other reasons, when you are socially, economically or administratively excluded in the scheme of things, when you are intimidated against because of your language or because of the way you speak your own English language. Whenever, you notice any trace of inequality, then you are faced with "Chronic" racism. When judgement are based on your skin colour and not on fact of the matter or on the level of your intelligence, arguments, points or credentials', when people through

actions, attitudes or verbally tells you to go back to your country. All these could be very hurting. Indeed, the effect and consequences of racism is enormous. Sometimes you pretend that its not there. Sometimes you feel angered and the thought of hatred runs through. Other times, you feel sad and alone, this feelings often times makes one to withdraw and loss confidence.

It's of a fact that institutional racism is the collective failure of an organisation to provide an appropriate and professional service to people because of their colour, culture or ethnic origin which can be seen or detected in processes, attitudes and behaviour which amount to discrimination through unwitting prejudice, ignorance, thoughtlessness, and racist stereotyping which disadvantages minority ethnic people. Developing a more inclusive and intercultural society is about inclusion by design, understanding, equality of opportunity and respect. Let us therefore work on our lives, our children and our children and our future. The greatest evil to humanity is hatred, exploitation, corruption, greed, discrimination and racism. In the past recent months, the American real winners at the presidential polls were the whites voters, they could easily have ignored all those extra ordinary attributes of Obama and allow themselves to be blinded by apparent sentiments, but instead, they have risen above the frivolities, they have been realistic and objective. They proved that colour or kind should no longer be prominent enough to limit horizon. Of course, we have all learnt a lesson here that hard work and integrity will lead to goals, attainment and not colour, kind or shade.

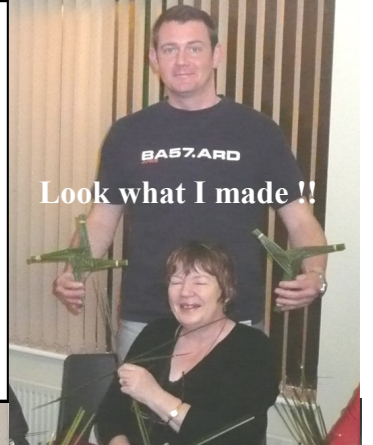
This phenomenon also has focused the searchlight on the reasonability of the fellow blacks and people of other shades in this universe to confirm whether we are at the same state of mental readiness of Obama, or of those matured white voters, or are we too busy being black than being human. We can no longer hide behind colours and continue to pull the society backwards; we are, as accepted as any other person, provided we can be diligent, hard working and upright. We do not even have to be more intelligent than average, the proof again is in Obama. We have no excuse now, the ball is in our court and the world is watching. We are gifted people, we must now channel our resources positively, and we must not let the society down. We all cannot be lawyers or politicians but in all our chosen fields, we must always remember we can make the difference. Yes we can!!!

Thank you. Michael Abiola - Phillips Tel: 0867392153, 0876942230. Email: maophillips@yahoo.co.uk



Sean Mc Grath and friends providing the Irish Music at the St Bridget's Cross Making Event.

We take this opportunity to thanks many volunteers who gave there time freely to make this popular event another great success. A special thank you to our environmental workers who collected the rushes.



Look what I made !!



Above: Pay Attention Now !!
 L-R Gda Shane Mc Gee, Margaret Toner, Nolunga Shologu and Matanda Ndyamba



Photo on Left: Chief cook and bottle washer Ann Boyle (far right) getting a well deserved rub down from her two assistants Lourda Nee and Pat Corcoran after cooking and serving up her famous Irish stew.



Enjoying a nights Craic at the



Happy faces all round at the St. Bridget's Crossmaking

"DOWN MEMORY LANE"





Nuala Mc Garrigle
FAS
Development
Officer

Community Employment Project News

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



Photo on the Left: Receiving their Certificates in Health and Safety Awareness. Back L-R Charlene Mongan Anne Marie Gallagher and Margaret Edwards

Front L-R Anne Marie Keogh Tanya Mc Bride Eamon Patterson and Joseph Mc Daid.

Missing from picture are Mary Quill Carol Kelly John Friel and Angela Mc Ginley

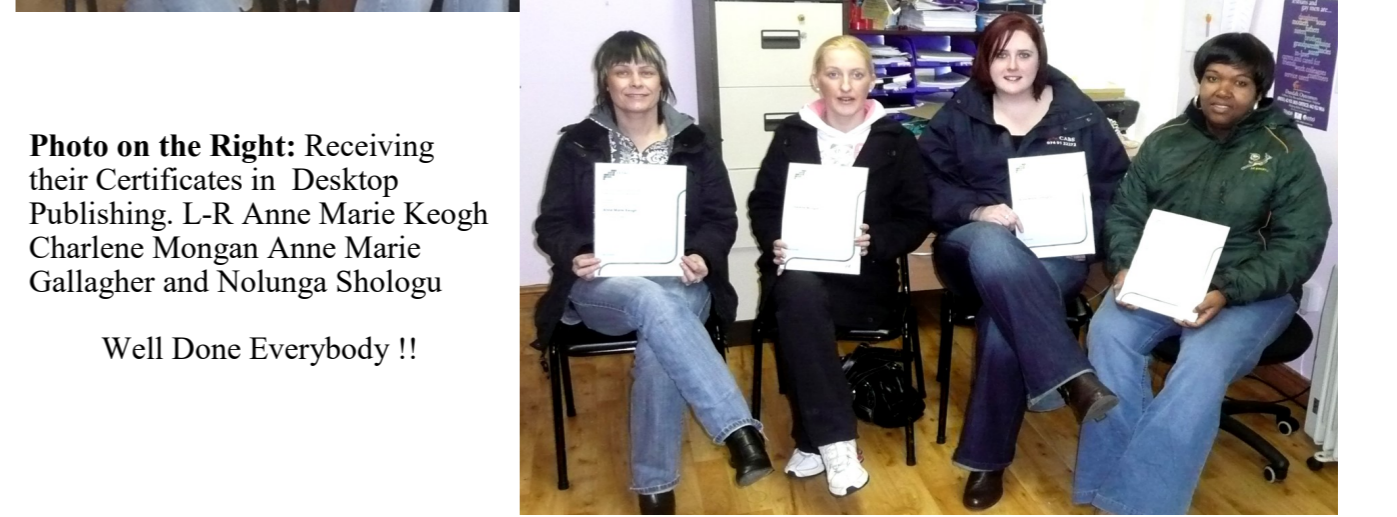


Photo on the Right: Receiving their Certificates in Desktop Publishing. L-R Anne Marie Keogh Charlene Mongan Anne Marie Gallagher and Nolunga Shologu

Well Done Everybody !!

Welcome back



A big welcome back to Claire Mc Cormack, to the position of, Youth Worker with Letterkenny C.D.P.

Sorry To See You Go



We said goodbye to Susan Rodgers and Carol Kelly and wish them you good luck in their future endeavours



Intercultural Christmas Party 2008



Members of Letterkenny C.D.P. and their families presenting the LIVE CRIB at the Christmas Party in Trinity Hall. Also in photo Gda Gerry Davenport, second on left.



Santa Clause and Mrs Clause at the Intercultural Christmas Party



Dear Santa Clause please bring me ??????

“LETTERKENNY C.D.P. CHILDCARE”



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 make the individual development needs 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)

Santa Visits K.Y.D.S.



Pre-school children and staff meet Santa



After school children enjoy Santa

Santa Experience

at the Isle of Doagh with Letterkenny C.D.P.



Anticipation



Satisfaction



Excitement



Where is he ?

		K.Y.D.S. ~ In - House Christmas Draw Winners	
1st Prize	Hamper	donated by Hillsborough Shop	Winner B. Mc Crea
2nd Prize	Perfume	donated by Parent	Winner P. Mc Laughlin
3rd Prize	Make Up set	donated by Glencar Pharmacy	Winner A. Dillon
4th Prize	Chocolates	donated by Glencar Petrol Station	Winner E. Patterson
5th Prize	Lunch Vch	donated Brewery Bar	Winner H. Bleaney

I would like to take this opportunity to congratulate the winners, and say thanks to our sponsors for their kind donations, and to all others who supported this Christmas draw.
Karen Mc Cafferty Childcare Manager

“ AFTER SCHOOL SERVICE > K.Y.D.S.”



After school children at work and play

- ☺ Affordable– After School service available.
- ☺ Hours from 2 pm to 6pm.
- ☺ Limited Spaces
- ☺ Fun-packed activities.
- ☺ Homework Assist [if required]