



Letterkenny C.D.P. Ltd.
 Tel 074 9120633/9120686 Fax 074 9120605
 email : lkennycdp@eircom.net
 COMMUNITY HOUSE, 2 ERRIGAL ROAD.

The Management & Staff of Letterkenny C.D.P. would like to thank the Community for their continued support over the years.

LETTERKENNY MEN'S SHED "LIFE'S TOOLBOX"



The Donegal Women's Domestic Violence Service (D.W.D.V.S.) 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

Competition Winners



Chloe



Katie Connelly

Prizes Sponsored by
4 Lanterns & Century Cinema

Newsletter Team

Desktop Publisher



Siobhan Mc Guigan



John Roe PRO

Contact: Community House 2 Errigal Road Letterkenny Co. Donegal
 ☎ 074 9120633

Letterkenny Community Development Project is a voluntary group supported by the following agencies & organisations:



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Community Newsletter

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Community House 2 Errigal Rd. Letterkenny Co. Donegal
 Tel. 074 9120633 Fax 074 91 20605 email: lkennycdp@eircom.net - check us out on Facebook

Letterkenny C.D.P. ~ Celebrates "Letterkenny Wellness Week"



Management & Staff of Letterkenny C.D.P. were delighted to organise events for Letterkenny Wellness Week 2014. The photo shows many of the services available at our WED. WELLNESS DAY in the Regional Cultural Centre - Information Provision, Children's Corner, Holistic Therapies, Fibromyalgia Group, Information on Alzheimer's by D.L.D.C. See inside for other events organised by Letterkenny C.D.P. i.e. Open Mic & Letterkenny Men's Shed Open Day.

Letterkenny C.D.P.

"Working in the Community~For the Community"

For further information contact : Tel. 074 9120633 Fax. 074 9120605 email: lkennycdp@eircom.net



Lynette Deery
Community Development
Worker

ADULT EDUCATION CLASSES

Our adult education classes

We have limited places in the following classes:

- ◆ Woodwork for Men in Letterkenny Men's Shed
- ◆ Woman's Wellbeing & Social Development

BOOK NOW: Tel. Lynette on 074 9120633



Emeir Shea
Community Development
Worker

SENIOR ALERT PROGRAMME:

If you are aged 65 or over you may qualify for this programme. The programme covers the installation of a **Personal Monitored Alarm** and is funded by the Dept. of Environment, Community and Local Government.

CELEBRATE BEALTAINÉ with Letterkenny C.D.P.

Join us for Lunch/Music/Dance & Craic in the Station House Hotel on the 28th May at 12 noon. **PLACES MUST BE BOOKED**

For further information Emeir on 074 9120633 cdpdev@gmail.com



Sinead Davenport
Programme Facilitator

SUMMER IS ON IT'S WAY:

We are currently planning our Summer Programme for children and their parents/guardians. We are organising a Summer Scheme for children aged 4-9yrs which will include local activities and some day trips.

FAMILY FUN DAY:

This year you will also see the return of our Fun Day for all the Family in the Glencar area. We will have Bouncy Castles, Arts & Crafts, Sports and much more. These events will take place in July/ Aug.

For further details contact Sinead on 0749120633

MEN'S DEVELOPMENT:

Are you interested in Letterkenny C.D.P's development work with men of all ages. Our programme includes: Men's Health Initiatives, Sports & Fitness, Environmental & Gardening, Walking Soccer (Danderball) and much more.

For further details contact Johnny on 0749120633



Johnny Mc Cullough
Men's Development Worker

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 2 Errigal Road Letterkenny
Closing Date for Entry Wed. 17th June 2014

NEW COMPETITION

To Promote National Men's Health Week

Age Group: 4 to 8 yrs & 9 to 11yrs.

Draw and Colour (1 page)

a Picture of the favourite Male in your life demonstrating a healthy lifestyle.

It can be your Daddy, Grandad, Uncle, Big Brother or any male person you wish.
(be sure to ask their permission)

Prizes: Vouchers for Cinema and 4 Lantern's for winner of each age group:-

Judges decision is final.

Age Group: 12-15 yrs.

Write a poem or story (1 Page)

about the favourite Male in your life demonstrating a healthy lifestyle.

It can be your Daddy, Grandad, Uncle, Big Brother or any male person you wish. (be sure to ask their permission)

Name _____
Address _____
Phone No: _____
Age Group Category 12- 15

All entries in each Age Group will be displayed

in the

Letterkenny Shopping Centre

from

Wed. 18 to Sat 21st June.

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.

The views expressed in this Publication are not necessarily those of the Letterkenny Community Development Project Board of Directors



20 Glendale Manor Letterkenny

Letterkenny Community Development Pre-school is funded by the Dept. of Youth & Children and supported by Dept. of Social Protection through Community Employment.



Letterkenny C.D.P. Pre-School Tel: 074 9120 472 / 9120 633



Lisa Gallagher
Pre-School Leader

One of the key elements of the work that Letterkenny C.D.P. do in the community is based on the health/wellbeing and education of children. An excellent example of this is our affordable childcare service based in 20 Glendale Manor Letterkenny; where we run a high quality pre-school service "Learn 'N' Play"

We developed the project within an ethos based on respect for the rights of children as individuals, a commitment to their welfare and recognition of the need for each child to fulfil their potential. The aim of the project is to promote the development of pre-school programmes to meet the needs of children and their parents/guardians, and to ensure that all services delivered in the project are of a high quality, safeguarding children's well being while providing opportunities for play and developing learning skills in a child-centred, environment.

In Sept. 2013 Letterkenny C.D.P. recruited Lisa Gallagher as Pre-school leader to further develop our Pre-school Service. Lisa has a background in childcare and related programmes for over 20 years; which includes the facilitation of the Sugradh le Cheile programme in Schools through Co. Donegal.

Lisa says "we strive to provide a programme of activities which encourages the physical, social, emotional, intellectual, creative and linguistic development of the children who attend our service".

With the continued support of Donegal County Childcare Committee and their excellent staff Letterkenny C.D.P. has introduced the Aistear Curriculum to the service (Early Childhood Curriculum Framework) because early childhood marks the beginning of children's lifelong learning journeys; this framework is called *Aistear*, which is the Irish word for journey. This celebrates early childhood as a time of being, and of enjoying and learning from experiences as they unfold. This early learning also lays important foundations for later learning.

Learn 'N' Play Pre-school offers the following service: ECCE FREE Pre-school Year to all eligible children. CCS Subvention Programme: to all eligible children who do not qualify for the FREE pre-school year. Full fees payment: if your child is not eligible under the above programmes we have places for children under our full fee programme. These fees are worked out at an affordable rate per day. We fill our pre-school places on a first come first served basis. Afterwards we create a waiting list and places will be allocated as soon as they become available.

Letterkenny C.D.P. Open MIC ~ Celebrates

Letterkenny Wellness Week



Letterkenny MEN'S SHED ~ Celebrates Letterkenny Wellness Week



Members of Letterkenny MEN'S SHED welcoming members of Castlefin MEN'S SHED to their Open Day during Letterkenny Wellness Week

Letterkenny Men's Shed (based in Old Laundry St. Conal's Hospital)
Opening Hours Mon = 9am to 5pm Tue = 9am to 5pm Wed = 9am to 1pm
 & some evenings subject to interest

Call in for a cuppa and a chat, see what we do and what we have planned, share your ideas, get involved, work at your own pace. Open to men of all ages and abilities.
 For further details contact 0749120633 (direct number 086227043)

Letterkenny Men's Shed is sponsored by Letterkenny C.D.P. in conjunction with H.S.E. (L.G.H.) supported by Dept. of Social Protection and is affiliated to Irish Men's Shed Association.





Letterkenny St. Patrick's Day Parade



Letterkenny C.D.P celebrates St. Bridget's Eve 2014



Letterkenny C.D.P. ~ Men's Health Week 2014
FREE Health Checks, Information, Advice and much more.
Wed. 18th to Sat 21st June (Programme of events will be completed and distributed soon.)

For further information Tel. **074 9120633** Email: lkennycdp@eircom.net
Supported by Men's Development Network ~ Men's Health Forum, Dept. of Social Protection & part funded by Donegal Local Development Co. Ltd.



Community Employment Project News

An Roinn Coimisce Sóisialaí
Department of Social Protection
www.welfare.ie

Letterkenny C.D.P. Sponsors a Community Employment Project funded by the Dept. of Social Protection & supported by the local community.



Mary Rose Sheridan
Com. Employment Supervisor



Welcome
Johnny Mc
McCullough



Sorry to see you go
Cathal Monaghan
Good Luck in the future

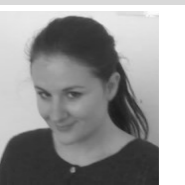
Occupational First Aid Participants receiving their Certificates Front L-R Zoe Barker, Siobhan Mc Guigan, MaryRose Sheridan (Supervisor) Damien Sweeney and Lee Mc Hugh. Back L-R Eimer Shea, Teresa Mc Fadden, Brian Gallagher, Chrystof Szyzman, Eileen Mongan and RoseMarie Ward.



In the Photo: Liam Strain, Gardener with Letterkenny C.D.P. working hard at our raised bed in the Letterkenny Community Garden, behind St. Conal's Hospital. If you want to get involved in Gardening why not volunteer with Letterkenny C.D.P. Contact 0749120633



Chrystof Szyzman, Gabriel Boyle and Marek Bognawzic who completed their SafePass training



Congratulations to Sinead Davenport, Teresa Mc Fadden, Gabriel Boyle, Siobhan Mc Guigan, Christine Cullen and Zoe Barker on completing their A.S.I.S.T. course. All achieved passes.