

# Community Newsletter

Produced by

May 2015 Issue

# Letterkenny C.D.P.

Free



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



Contents:  
1

Community House 20 Glendale Manor Glencar Letterkenny Co. Donegal  
Tel. 074 9120633 email: lkennycdp@eircom.net - check us out on Facebook

## Newsletter Team

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## Letterkenny C.D.P. ~ Winners of Community Section in St. Patrick's Day Parade

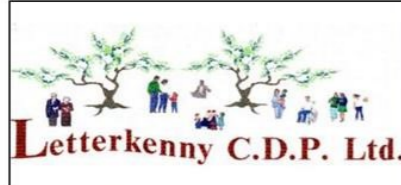


The Management & Staff of Letterkenny C.D.P. were delighted to take part in Letterkenny Town's St. Patrick's Day Parade, organised by Letterkenny Chamber of Commerce. We were thrilled to win the Community Section Award and accepted it on behalf of all of our volunteers who give so much of their time and energy to the community work in Letterkenny and throughout County Donegal.

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



# Letterkenny C.D.P. ~ Programmes



“Community House” 20 Glendale Manor Glencar  
 Letterkenny County Donegal 0749120633  
 Email: lkennycdp@eircom.net  
 or LIKE our Facebook Page



**Environmental:**  
 work with Residents’ Associations.  
**Minor Repairs**  
 indoors & outdoors  
 Home Visits: tea & a chat



Places available on the following  
 Courses  
 ♦ Basic Car Maintenance  
 ♦ Woodturning  
 ( men only in Men’s Shed)  
 ♦ Arts & Crafts / Upcycling

**HOME VOLUNTEERS :** Are you confined to your home ? Join our **Volunteer in the HOME CLUB**

**MEN’S HEALTH WEEK:** Week long event in June in line with National Men’s Health Week.



**LETTERKENNY MEN’S SHED:**  
 Join this group of men who meet in Men’s SHED premises in the Old Laundry St. Conal’s on Mon & Tue. 9am to 5pm and Wed. 9am to 12.30pm

## SENIOR ALERT SCHEME

We install a personal Buzzer Alarm for people aged 65yrs and older. The installation of these alarms is funded by the Department of Environment and Local Government, you pay €66 a year monitoring fee.



**BEALTAINE ~ May ~ Month for Older People (50+)**  
 “Celebrate with Letterkenny C.D.P.” This year we have Lunch, Music, Dance in the Station House Hotel on Wed. 27th May. Ring now and book your place.



\* Family Fun Days in your area  
 ♦ Recreational Activities for Youth  
 ♦ Arts /Crafts for Youth & Children  
 ♦ Summer Camps for children  
 ♦ Plan future activities with our Youth team.

## Community Response to Drugs/ Alcohol :

Our Outreach Drugs/Alcohol Worker provides a non-judgemental, confidential service to people who wish to reduce the harm of the effects of alcohol/ drugs on their day to day lives. She will meet people in their own home or in a venue of their choosing. Confidential Number **0867752142**



**Morning Pre-school in 20**  
 Glendale Manor Letterkenny.  
**Enrolling now for Sept. 2015.**



Places available in  
 ECCE (Free Pre-School Year)  
 CCS (subsidised rates for low income families) & affordable rates for children who are not eligible under the above categories.

**Holistic Therapy Programme:** We provide Reflexology, Reiki, Indian Head Massage or Stress Management for people in recovery from Drug/ Alcohol use or families of people with drug alcohol issues

If you are interested in any of the above or want information on our future programmes CONTACT 0749120633 or email lkennycdp@eircom.net All of our programmes are FREE or have a minimum FEE for training

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# CHILDREN’S FUN PAGE

Post your entries or drop them into The Community House 20 Glendale Manor Glencar Letterkenny  
 Closing Date for Entry

## Competition Winners

*Prizes  
 Sponsored by*

**4**

**Lanterns &**

### 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. A n 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.

**BOOK NOW FOR Sept. 2015**

## Action on Alcohol Week



## St. Patrick’s After Parade Party in Letterkenny MEN’S SHED



**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, 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.*





# St. Patrick's Day Winners



Letterkenny C.D.P



# Community Employment Project News

An Roinn Coimrois 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

## Men's Shed

