

Community Newsletter

Produced by

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Letterkenny C.D.P.

FREE


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Management and staff of Letterkenny C.D.P. delighted to have win the best Community Float and the Danny Doherty Memorial Plaque in Letterkenny Chamber s St Patrick's Day Parade.



Management and staff of Letterkenny CDP dedicated their entry to "Declan Holian" (tragically deceased) who drove their entry in Letterkenny Chamber St Patrick's Day Parade (2015).



Management and staff of Letterkenny C.D.P posing for a photo with local Garda before setting off to join Letterkenny Chamber's St. Patrick's Day Parade

Letterkenny C.D.P. Community House 20 Glendale Manor Glencar Letterkenny Co. Donegal

Tel. 074 9120633 email: lkennycdp@eircom.net - check us out on Facebook

Margaret Toner and Naomi Crawford of Letterkenny C.D.P. learning how to do some dance steps at the Letterkenny C.D.P's Non Alcohol After Party in the Letterkenny Men's Shed on St. Patrick's Day 2016.



Some of the people who enjoyed the dancing and craic at Letterkenny

Taking a break from the dancing at Letterkenny C.D.P non Alcohol Party in Letterkenny Men's Shed.



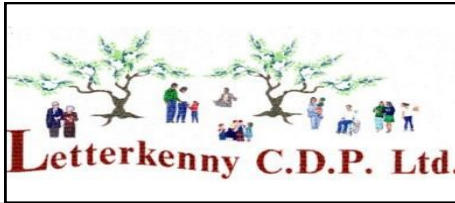
Mary Rose Sheridan Letterkenny CDP playing her part on their winning float at Letterkenny Chamber St. Patrick's Parade.



Anne Marie Gallagher, Chairperson C.D.P showing some moves on the winning float at Letterkenny St Patrick's Day



Letterkenny C.D.P. ~ Programmes



“Community House” 20 Glendale Manor Glencar

Letterkenny County Donegal 0749120633

CARE & REPAIR

Environmental: work with Residents' Associations.

Minor Repairs: indoors & outdoors for older people,

MEN'S HEALTH WEEK:

Week long annual event in June -**MEN'S SHED:** Join this group 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

MEN'S HEALTH & WELLBEING

Are you confined to your home ? Do you want to keep in touch with family away from home?

We will visit you with I.T. equipment and teach you how to use SKYPE, Emails, FACE-BOOK ,

I.T. Home Project

Mobile Phone etc.

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.

SUPPORT OLDER PEOPLE

YOUTH WORK

* Family Fun Days in your area
♦ Recreational Activities for Youth

- ♦ Arts /Crafts for Youth & Children
- ♦ Summer Camps for children

Community Response to Drugs/Alcohol : Our

Outreach Drugs/Alcohol Worker provides a

START PROJECT

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**

Upcycling/Decoupage:

Creative arts group and train in Arts/Crafts/Up cycling/ Recycling. Weekly Training Sessions ,materials supplied, reasonable fees.
Or bring your favourite item that you want to up-cycle and get support from our team

CREATIVE CORNER

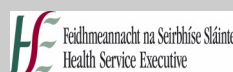
Holistic Therapy Programme: We provide

Reflexology, Reiki, Indian Head Massage for people

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

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



Letterkenny C.D.P. ~ S.T.A.R.T. Project

Support – **T**reatment – **A**ftercare – **R**ehabilitation – **T**ogether (S.T.A.R.T.)

For information on the START PROJECT contact 0749120633

or call the confidential line Outreach Worker Mary Healy-Vernon 0867752142

The S.T.A.R.T. project is a Community Response to Drugs/Alcohol Misuse which was set up and managed by the voluntary Board of Directors and staff of Letterkenny C.D.P. The programme is funded by the H.S.E. through the North West Regional Drugs Alcohol Task Force.



The programme comprises ~ Outreach Work ~ Holistic Therapies ~ Support to family members and concerned persons affected by a loved ones drug/alcohol misuse ~ Health and social programmes for those in recovery. Advice, information, alcohol & drugs awareness, referral to other services where needed.



Mary Healy-Vernon
Outreach Worker

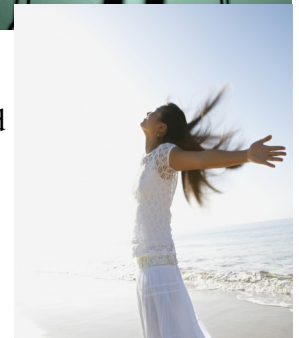
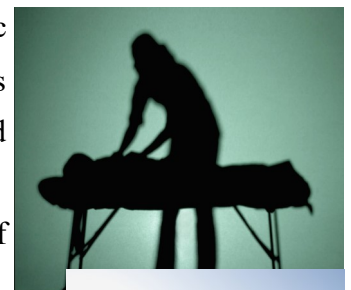
OUTREACH WORK: our outreach worker Mary Healy-Vernon engages with drug/alcohol mis-users aged 18+; to help them access treatment through existing services and initiate community based programmes of care to reduce the harm caused by drug/alcohol misuse.

The overall aim is to address a common trend in recent years, of the number of young adults who have become poly drugs users in Letterkenny and surrounding areas, using a more flexible community based holistic approach. She does this by meeting with the drug user in their own environment and encouraging them to participate in our treatment and rehabilitation programme. This is a free and confidential service and you can contact Mary on her direct confidential line **0867752142**

HOLISTIC THERAPY PROGRAMME: we co-ordinate a holistic therapy programme by working in partnership approach with existing services and initiating new avenues to the treatment and rehabilitation of those affected by drug/alcohol misuse and their families/concerned others. We deliver this programme throughout County Donegal with the support and participation of G.P's, Addiction Services, Family Resource Centres, Community and Voluntary Groups.

Each service user receives approx. 6 session of a therapy of their choice delivered by Fully Qualified Therapists in different parts of the county. The therapies available are Reflexology, Indian Head Massage, Reiki and Auricular Acupuncture.

For further information contact 074 9120633.



Community Employment Project News

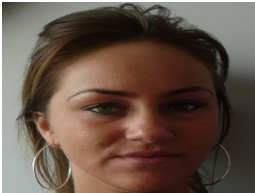


The Community Employment Project is funded by the Dept. of Social Protection & supported by the local community.



Mary Rose Sheridan
Com Employment Supervisor

Welcome to our new members of Staff



Priscilla Connors Judith

Letterkenny CDP organised a very successful Women's Health Week Mar. 2nd to Mar. 5th, in association with Letterkenny Shopping Centre, the Courtyard Shopping Centre and Donegal Women's Centre. Over 500 women (and some men) visited us during the week and had free Health Checks, Non Alcohol Cocktails, Holistic Therapies, Manicures, Free Hearing Tests and got information from the many groups that participated in the week. We were very grateful to have the Marie Keating Mobile Cancer Unit in attendance on Thursday wish to thank them very much for attending all the health events that we organised. We also thank the, nurses, the beauticians, holistic therapists, hearing specialist and other groups who attended and a big thank you to our marvellous team CDP who worked very hard to make this event a great success .



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



Comhairle Contae
Donegal County Council
An Roinn Coimirce Sóisialaí
Department of Social Protection
www.welfare.ie



Northwest Regional
Drug & Alcohol Task Force





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



NATIONAL PYJAMA DAY

EARLY CHILDHOOD IRELAND

2016

The Children from the Learn & Play Preschool took part in the National Pyjama day and raised a grand total of €130.00 . Throughout the morning the children played games and a variety of activities and bed time stories.

Mones raised by National Pyjama Day 2016 will be used by Irish Autism Action to fund an awareness raising campaign, and to develop training on supporting children with additional needs which will be made available to the sector and which is specifically tailored to meet the needs of early childhood educators.



CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 20 Glendale Manor Glencar Letterkenny
Closing date for entries 22 June 2016



Name	Address	Phone No	Age Group Categories: 4-7
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© 2011 Letterkenny Community Development Project

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

Name this Artist

**Name this song by
Taylor Swift
If this was a ????**

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.

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



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**

We were delighted to attend Letterkenny Tidy Towns Cleaner Community Launch. A big thank you to Anne Mc Gowan and her committee for all their hard work and for involving Letterkenny C.D.P. in their achievements. Best wishes for 2016 initiative.



Newsletter Winners

Newsletter Team



Josephine Mc Laughlin
Desktop
Publisher



John Roe
PRO



Margaret Toner



Marie Callen— Name the Artist



Katie Harkin—Colouring Competition

**PRIZES
SPONSORED
BY
4 LANTERNS
&
CENTURY CINEMA**

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