

Community Newsletter

Produced by

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Letterkenny C.D.P.



Letterkenny C.D.P.

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Call in to our Charity Shop in the Court-

yard Shopping Centre Gifts for occasions 0749125796



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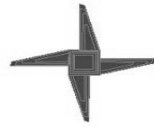


Letterkenny C.D.P. Community House 20 Glendale Manor Glencar Letterkenny Co. Donegal

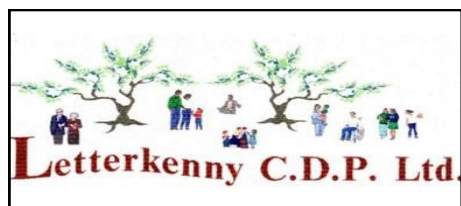
Tel. 074 9120633 email: lkennycdp@eircom.net - check us out on Facebook

Letterkenny C.D.P. celebrates St. Bridget's Eve 2017

Staff and Management Letterkenny CDP



Letterkenny C.D.P. ~ Programmes



“Community House” 20 Glendale Manor Glencar

Letterkenny County Donegal 0749120633

Adult Education Classes Underway -- Don't Miss Out!

Spring 2017 Adult Education courses have started! There has been a great uptake in Letterkenny CDPs current season of courses. A one-day Basic First Aid and CPR course was completed last month. Woodturning, delivered from the Men's Shed in Letterkenny, has proved very popular indeed with a full class having started two weeks ago. Also in progress are Decoupage, a fun and easy way to decorate just about any household object – from small vases to large pieces of furniture – and Tai Chi, a non-competitive, self-paced system of gentle physical exercise and stretching that is beneficial for any age group! Letterkenny CDP is currently recruiting participants for two additional craft courses due to start in May. These courses are:

- Paverpol – a unique craft that uses a textile hardener to give shape to your creativity! This technique allows you to make statues, masks, wall decorations, etc. that give the appearance of bronze or other metals, but is lightweight. Come and try it out!
- Multi- Crafts – Want to take a ‘taster’ course that gives you the chance to try a number of crafts to find your favourite? Well, we have the course for you! Our Multi-Craft course will include: making rag rugs, flower arranging, book folding, shoe and handbag revamping and decoupage.

If you are interested in either of these upcoming courses, contact Letterkenny CDP at (074) 9125796 or drop into our shop in Letterkenny Courtyard Shopping Centre to register and view a sample of what is possible with Paverpol.

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.

Contact 0749120633

CARE & REPAIR

Do you live alone, have a disability or on low income? Do you need some minor repairs, Grass cutting etc. carried out?

Contact our Care & Repair Team 0749120633

I.T. IN THE HOME

Are you interested in learning how to text, email, skype, etc. We will come to your home and teach you. Contact 0749125796

This is a free service

WATCH THIS SPACE

Volunteer in your Homecoming soon. Do you want to volunteer but have difficulty leaving your home due to mobility Transport issues.

Contact 0749125796

If you are interested in any of the above or want information on our future programmes

CONTACT 0749120633 or email lkennycdp@eircom.net.

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

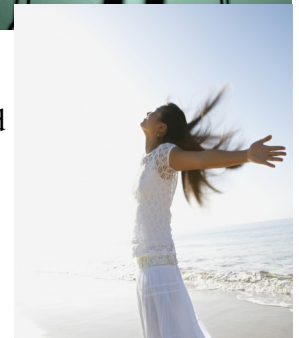
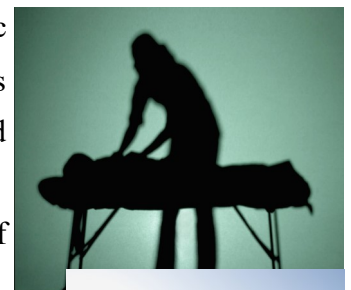
OUTREACH WORK: our outreach worker Mary Healy-Vernon engages with drug/alcohol mis-users aged 18+; to help them access treatment through existing services and initiate community based programmes of care to reduce the harm caused by drug/alcohol misuse.

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



Letterkenny CDP organised a very successful Women's Health Week from 8th to 11th March 2017 in association with Letterkenny Shopping Centre, The Courtyard Shopping Centre. Over 300 women (and some men) visited us during the week and had free Health Checks, Non Alcohol



Cocktails and information from the many groups that participated during the week. We are indebted to the all the groups who attended i.e. Marie Keating Foundation, Mc Fadden's Pharmacy, Boots Pharmacy, Connect Hearing, Domestic Violence, Slimming World, Aura Leisure Centre etc. A big thank you to team CDP who worked hard to make this event a success.



CPR & First Aid Training



Training with Letterkenny C.D.P.

Some of Team C.D.P. who have completed several training courses over the last few months. Well done everybody and thank you for your commitment to returning to education and training.



Child Protection & Level 1 Youth work

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





LEARN'N'PLAY PRE-SCHOOL



REDUCED
RATES
(CCS)

FREE
PRE-SCHOOL
PLACES
(ECCE)

SESSIONAL
PLACES

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 2017

The Children from the Learn & Play Preschool took part in the National Pyjama Day Throughout the morning the children played games and a variety of activities and bed time stories.

We would like to thank all the parents for their support and contributions.



Our national P.J day for Early Childhood Ireland. Also if you could add that we are now taking bookings for 2017/18 preschool year. Limited places available. Thanks

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

<p>Name this Artist</p> <hr/> <p>Name this song by</p> <p>Taylor Swift</p> <hr/> <p>If this was a ????</p>	<p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>_____</p> <p>Phone No _____</p> <p style="text-align: right;">Age Group Category: 11-14</p>
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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



Newsletter Winners

Newsletter Team



Josephine Mc Laughlin
Desktop Publisher



John Roe
Pro



Margaret Toner

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

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