

Community Newsletter

Produced by

NOV. 2015 Issue 44



Letterkenny C.D.P.




Letterkenny C.D.P. Ltd.
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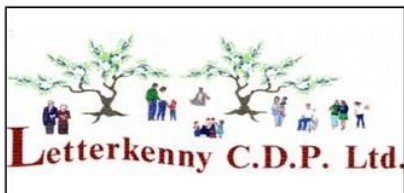
Halloween Monster Bash 2015

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

"Working in the Community~For the Community"

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 for older people or people with special needs. **Home Visits:** tea & a chat With our Volunteers in your own home.

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, FACEBOOK , Mobile Phone etc.

This is a FREE Service.

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.



- * 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. 074 9120472



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 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

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



WAINFEST 2015



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



Mary Healy-Vernon
Outreach Worker

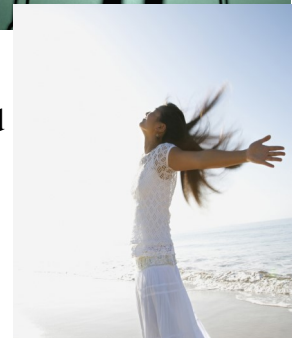
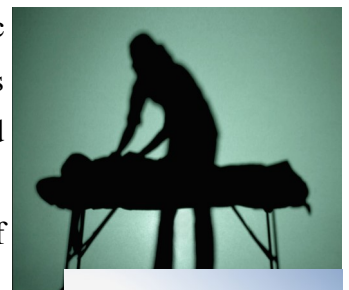
OUTREACH WORK: our outreach worker Mary Healy-Vernon engages with drug/alcohol mis-users aged 18+; to help them access treatment through existing services and initiate community based programmes of care to reduce the harm caused by drug/alcohol misuse.

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



Management and staff of Letterkenny C.D.P. at Community Employment Evaluation in Cheshire Apartments in Aug. 2015. Another very successful year for all of our participants on Community Employment.



CE Participants completing their Health & Safety Training Front L-R Ronald McKnight & Noeleen Brogan. Back L-R Naoimi Crawford, Orla Molloy & Veronica Molloy.



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LEARN 'N' PLAY PRE-SCHOOL



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

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.

CHILDREN'S FUN PAGE

Post your entries or drop them into The Community House 20 Glendale Manor Glencar Letterkenny
Closing date for entries 26 January 2016



Name	Address	Phone No	Age Group Categories: 8-11
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Prizes: Vouchers for Cinema and 4 Lantern's for winner of each age group:-

<p>Name of Artist</p> <p style="text-align: center;">X Factor Winner</p> <p style="text-align: center;">2010</p>	<p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>_____</p> <p>Phone No _____</p> <p style="text-align: center;">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.

Community House 20 Glendale Manor Glencar Letterkenny. Tel: 074/9120633.

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**

The Management & Staff of Letterkenny C.D.P. would like to wish Everyone in the community a very Happy Christmas



A Peaceful New Year



Support our Designated Driver Campaign. Try making some of our delicious "Virgin Cocktails"

Menus available in Pubs, Clubs, Shops, Supermarkets throughout Letterkenny.

OR

**Contact Community House 20 Glendale Manor
Glencar Letterkenny Co. Donegal**

0749120633

Newsletter Winners

Newsletter Team



**Josephine Mc Laughlin
Desktop
Publisher**



**John Roe
PRO**



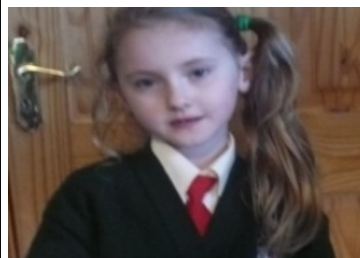
**Margaret
Toner**



Colouring Competition

Erica Harkin

Age 8



Colouring Competition

Cora Gordan

Age 9



Name the Artist

Maeve Schoales

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

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