



## **Cavan Community Exchange – July/August 2010. Issue 7/8**

*Cavan Community Forum has set up Cavan Community Exchange, an email network to enable Cavan organisations and local people to share and exchange information about activities, events, newsletters, funding opportunities taking place in County Cavan. Cavan Community Exchange will be sent out once a month. Information that people want circulated should be emailed to [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie) who co-ordinates the list on behalf of the Cavan Community Forum by 24<sup>th</sup> of every month*

***The next Cavan Community Exchange will be September 2010. Copy deadline August 25<sup>th</sup>.***

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### **Cavan Community Radio is On AIR!**

Cavan Community Radio broadcasts to Cavan Town and environs on Thursday afternoons between 4pm and 6pm on 101.6FM until the end of the year. It has a temporary license held by Cavan Community Forum. It is run by local volunteers for local people. It is the voice of the community in Cavan...and it is your radio station. You can make the programmes...you can get the publicity...free! If you have an event you want people to know about email [cavancommunityradio@hotmail.com](mailto:cavancommunityradio@hotmail.com) This is a great opportunity for Cavan. Check out the website on [www.cavancommunityradio.org](http://www.cavancommunityradio.org)

There are a range of programmes...A Community Guide, Older People Talking, the Gardening Show, Healthy Times, New Communities, The Beat, a Pet Show, an Arts Show, a Community Focus programme where we discuss

local issues, a Sports Show, a Business Show and an Interfaith Show. Lots of programmes for you to get involved with, or if you want to make your own, get in contact.

**Cavan Community Radio is your station. We need help managing it. If you have IT skills and are interested in volunteering your time, contact Una Traynor on 049 4331029**

**Register Now for Cavan Community Road Show. Saturday 31 July 2010. Virginia Show**

Cavan Community Forum is hosting the Community Road Show at the Virginia Show this year on Saturday 31 July. This will be a wonderful opportunity for community groups to come and 'show off' the work that they do. We will be celebrating our activities as volunteers and promote the work we do within our communities – with photos, products, and even demonstrations of the activities. The aim is celebration – to celebrate and promote what we do and to attract more people to join us.

It is also a great networking opportunity, meeting other groups and mingling with show goers! It will be great craic.

The Community Forum will also be awarding the Ann Tully Perpetual Trophy for the best presented exhibition so make sure you look your best!

**Please register for space with Kate Ennals by 12 July on 0494378583 [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie) or Declan Fitzpatrick on 0872367628**

**Bailieborough Agricultural Show. Sunday 4 July. Killinkere**

Bailieborough Agricultural show takes place on Sunday the 4<sup>th</sup> July 2010 on the grounds of Killinkere GFC and Leisure Centre. The show has classes for Horses, ponies, cattle, sheep, goats, dogs, vegetables, flowers, photography, art and bonnie babies. There will also be a cookery demonstration by the Chef from the Park House Hotel, Virginia. As Bailieborough celebrates its 400<sup>th</sup> anniversary there will be a display of machinery which has been manufactured in and around Bailieborough in the last 100 years. There will be numerous trade stands, pets corner, bouncy castle. A fun day out for all the family.

**Further information to Valerie Trotter on 086 846 8097.**

**Model Community Practice in Sustainable Living!**

Cavan Community Forum has a small budget to support groups to develop some kind of model community practice in sustainable energy.

The CCF and Energy Team are looking for proposals from community organisations to develop model practices in sustainable energy in their communities. The winning proposal will be able to avail of advice and technical support from Cavan Energy Team and the Community Forum to help them take their project proposal forward.

Projects could range from building sustainable community centres to water conservation in a village. People may be interested in developing a community wind turbine, installing solar panels on village homes, installing a woodchip boiler in a community centre, setting up a reed bed to replace sewage systems, or developing a community garden, or local exchange system whereby goods and produce are swapped within a community. Any proposal which has a sustainable and innovatory approach will be considered.

Community organisations taking part should have experience of project management as this will be part of the assessment criteria.

While Cavan Community Forum will not be able to fund any project, it will be able to offer advice, technical expertise, and links to other groups developing work in this area. It will also be able to help groups with funding applications.

The closing date for receipt of project proposals is Friday 30 September 2010. Please send project proposals to Kate Ennals, Cavan Community Forum, Farnham St, Cavan. The project proposal form can be downloaded from [www.cavancommunity.ie](http://www.cavancommunity.ie) or contact Kate on [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie)

### **New Charity Shop From the Multi-Cultural Network**

Cavan Multi-Cultural Network has opened a new charity shop at 21 Lynton House, Farnham Street, at the back of the building selling clothing, toys, bric a brac. Items are at excellent prices. Check it out. People are also able to access internet services there. The shop is open between 10am and 4.30pm.

The Cavan Multi-Cultural Network will use the profits from the shop to run multicultural events and projects in the county.

**If you want to get involved with the Multi-Cultural Network, or volunteer for work in the shop, contact 049 4327765**

### **Embrace Cavan – First Meeting 8 July, Radisson Hotel.**

Embrace Cavan is a fledgling group started up for people who are/have been part of marriages or relationships with partners from different cultures and different religions or nationalities. The group met through the Love and Conflict story telling sessions hosted by the Cavan Community Forum during April and May. Many experiences were shared, and participants decided that should meet again to see how they might take a group forward.

Funded by Cavan Peace Partnership and the Community Forum, the first meeting will take place in the Radisson Hotel, Farnham Estate, Cavan at 6pm where soup and sandwiches will be served. There will be a guest speaker from NIMMA ( Northern Ireland Mixed Marriage Association), and the participants will be facilitated so that they can decide how to take the group work forward.

**Further information and registration for the event, contact Siobhan Wallace on 049 4378578. [swallace@cavancoco.ie](mailto:swallace@cavancoco.ie)**

### **Information Coffee Mornings at Johnston Central Library for people with a visual impairment 14 July 11am**

Have you got a visual impairment? Or do you know someone living near you with a visual impairment that would enjoy a get together in a friendly atmosphere in the library? The staff will assist people with the visual aids in the library and the local representative from the NCBI attends the meetings to answer queries. The group is running for the second year now and would welcome some new faces who would bring new ideas and suggestions to the group.

**Helpers are also welcome. Next meeting: Wednesday 14 July at 11.30am**

**Around the House and Mind the Dresser' Cavan County Museum  
July / August 2010-04-27**

In association with **Fleadh Cheoil na hÉireann 2010**, Cavan County Museum is hosting an interactive Exhibition on the history of Irish Traditional Music.

This unique interactive exhibition will cover Traditional Irish music, song and dance which is regarded worldwide as a vibrant example of a 'living' tradition. Its journey from its humble roots in the homes and crossroad dances of rural Ireland to its international influence today defines it as an animated and evolving cultural phenomenon. Common themes of the music including daily living, romance, struggle, nature and landscape are still prevalent in today's society. It is a gift to us from our ancestors, and its popularity ensures it is very much alive and growing.

The exhibition will provide an insight into some of the most important elements of the tradition including the music, the instruments, singing and dancing, the influence of Irish music abroad and vice versa and what the future holds for the tradition. It will engage visitors with audio, visual and physical interactive elements that will prove highly informative to visitors who wish to expand their knowledge of the tradition.

**The exhibition will opens on 2<sup>nd</sup> July 2010. For further details please contact Savina Donohoe. Tel 049 – 8544070 / 087 - 2622419**

#### **Final year of IFI Community Leadership Programme - Apply Today**

Recruitment for the third and final year of the IFI Community Leadership Programme (CLP) is now open. This one year leadership programme is targeted at grassroots community groups working at a local level to develop their communities.

The Programme is now recruiting for groups to participate in the third and final year, which continues to offer exciting and innovative training and learning opportunities which aim to strengthen the leadership capacity of community groups

Read more at [www.nicva.org/news/final-year-ifi-community-leadership-programme-apply-today](http://www.nicva.org/news/final-year-ifi-community-leadership-programme-apply-today). Please complete and return an expression of interest form by 1 October 2010 if you are interested in applying.

#### **LGBT**

Are you interested in exploring a need in Cavan for setting up an LGBT support network? If so text Úna on 086 826 2797 or email [community@cavpart.ie](mailto:community@cavpart.ie) A meeting will be organised in the near future.

#### **East Coast Regional Drugs Task Force Bursary 2010**

The ECRDTF is inviting applications for their Bursary Fund from people currently living in the east coast region (this excludes the Local Drugs Task Force areas) or working with the Drugs Task Force target group and who wish to undertake courses in addiction or social inclusion/ community development.

**Closing date for applications is the November 1st of 2010**

<http://www.activelink.ie/node/1756>

#### **Paul Brady in Town 20 August, Cavan Equestrian Centre**

Paul Brady and Friends will provide a Traditional & Contemporary night with top class entertainment guaranteed. This event is being promoted by Ballyhaise GFC in conjunction with Cavan County Council.

**Tickets available from Multisound and Ticketmaster outlets nationwide.  
Contact Brian Tierney 0879547707**

### **Getting To Grips With Good Practice Guidelines For Family Support Groups**

The family support network is hosting a one day information session on Thursday, 26th August 2010 at 9.45am – 5pm in Carrickmacross Workhouse. The session will examine good practice guidelines for peer led family support groups. Topics that will be discussed include:

Starting a group

- Providing support in a group
- Seeking external supports
- Forming a local network
- National structures & representation

This will be particularly useful for facilitators of family support groups, representatives from family resource centres, traveller led organisations & migrant led organisations in the north east region and northern counties.

Lunch: tea / coffee & sandwiches will be provided.

**Further information from Megan O'leary, (01) 8365 168 / [megan@fsn.ie](mailto:megan@fsn.ie)**

### **Cootehill Library Events**

**The Recycled Instrument Music Workshop with Robbie Perry Orchestra**

**Date 8th July** Time: 11.00am-12.30pm Age Group: 9 - 12 yr olds Cost: €4

Musical mayhem! Using recycled materials and abandoned instruments

Robbie Perry works on improvisation to help children create a musical masterpiece of their own. Not to be missed!

**Summer Art Workshop with Ross Cochrane Date: 19th July or 20th July**

**Time: 11.00am-12.00pm** Age Group: 5-10 yr olds Cost: €4

Learn all about monoprinting and have lots of fun at the same time. Local artist Ross Cochrane will help children to use coloured inks, rollers and their imaginations to create pictures to be proud of – a winner with children of all ages!

**Drama & Dance Workshop with Mary Farrelly – 28 July**

Date: 28th & 29th July Time: 2.00pm – 4.00pm

Age Group: 5-8 yr olds Cost: €7

These workshops feature a variety of dance and drama techniques/styles including vocal & physical warm ups, modern dance, musical theatre, hip hop, theatre games, improvisation and physical

**Booking is essential. Contact [sineadrice@cavancoco.ie](mailto:sineadrice@cavancoco.ie) for further details**

### **Mortas an Chabhain (Pride of Cavan)**

Check out the new brochure of all the events happening around the County this summer to accompany the Fleadh! Available from libraries and tourism office, Museum etc