



Cavan Community Exchange – February 2010. Issue 2

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 who co-ordinates the list on behalf of the Cavan Community Forum by 24th of every month

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Calling Cavan Gardeners and Producers

Cavan Gardeners and Producer's Network is made up of Cavan gardeners and producers who come together to share information, experience and ideas, learn from each other, and help communities grow and produce their own food. It will be open to all community gardeners and food producers. It is hoped activities will involve

- Training
- The development of community gardens / allotments
- The holding of a countywide produce show
- Guerrilla gardening initiatives
- The development of a vibrant Cavan Farmers' Market

For further information, contact Kate Ennals on 0494378583

Ladies Night out! Fashion Show. Friday 5th February 2010

A fashion show is being held at the Kilmore Hotel, Cavan on Friday 5 February at 7.30pm in aid of Special Care Baby Unit in Cavan General Hospital. Admission €15. Wine reception.

Tickets available in Chest of Drawers and Naoi Mi Maternity Store
Community Christianity Explored – 9th February 2010

An informal, interactive 6 week course for people from all parts of the community (church goers or not) who'd like to brush up on the basics through discussion in the Farnham Arms Hotel, Main Street Cavan starting Tuesday 9th February at 8.00pm-9.30pm.

For further Information contact Jennifer Hill, Good Relations Officer. Tel 087 1225754

Energy Matters in Cavan

As part of its '**Sustaining Cavan**' initiative, Cavan Community Forum will be producing an email bulletin, Energy Matters, first edition in February. This bulletin will circulate energy saving tips, and information about alternative methods of energy production, useful websites, waste management, composting etc. If you have any information that you think should be circulated, please send to kateennals@cavancoco.ie

Further information, kateennals@cavancoco.ie

Launch of Recording the Wildlife of Cavan and Schools Archaeological Pack – Tuesday 26 February

The Heritage Office of Cavan County Council will launch two publications Tuesday February 23rd at 12 noon in Cavan County Museum. The first publication **Recording the Wildlife of Cavan** is a beautiful publication with wonderful wildlife photographs and illustrations. This encourages the local community to identify and record species found in Cavan. The second publication **Schools archaeological pack** is aimed at primary school students and has been compiled by Dr. Brendan Scott and contains many photographs and illustrations by Heather Brett. It is a fun way for students to learn about County Cavan's rich archaeological heritage.

Further information from Anne-Marie Ward, Heritage Officer, (049) 4378600 or email amcurley@cavancoco.ie

February Courses and Events in Tullacmongan

- Personal Development for Women Commences 9th February from 8.00pm - 9.00pm Tullacmongan Resource Centre.
- Keep-Fit every Wednesday night 8.00pm - 9.00pm Qualified Instructor Hip-Hop for youth 13-18 every Tuesday night 8.00pm - 9.00pm Golden Oldies Active Retirement Group meet every Monday at 7.30pm in Resource Centre new members welcome.
- Social For People with Disabilities on 14th February 3.00pm -6.00pm Music and light refreshments served all welcome.
- Youth club for 6-12 year olds runs every day Monday-Friday 6.00pm-8.00pm
- Cross/Border Youth Project are currently organising Cross/Border Residential for February for more information contact Jenny/Mary on 04965402

Mapping the Future for Women in Cavan

Over the coming months Co. Cavan VEC plan to offer women the opportunity to avail of education and career guidance in a course entitled "Mapping my future". Following on from this there will be a series of 'Taster' courses which are aimed at giving women a chance to 'try out' different career areas. The following is a list of possible 'Taster' courses:

- Business/IT/Admin/Secretarial
- Healthcare Support (caring for the older person)

- Childcare
- Catering and Hospitality
- Beauty Therapy

All courses will take place from January to June 2010 and will be provided free of charge. For more information contact Anita McKenna 049 4361881 ext. 205 by Friday 5th February 2010. An information morning (11am) and evening (7pm) will be take place on Wednesday 10th February at the Hotel Kilmore, Dublin Road, Cavan.

What do you think of Cavan County Library Service? Public Meetings to Learn What You think.

How can Library Services be improved and developed to meet your needs and those of your community? A Library Development Plan is under preparation. Let the Library know what you think. Make your views heard.

- Belturbet Railway Station on Monday 22nd February. 2.30 – 4.30
- Bailieborough Library on Tuesday 23rd February . 2.30 – 4.30
- Ramor Theatre on Wednesday 24th February 2.30 – 4.30
- Johnston Central Library on Thursday 25th February 2.30 – 4.30

Written submissions are also very welcome and should reach your local Library by 5th March.

Information Evenings on Rural Development Programme

Cavan-Monaghan LEADER will be holding 2 public information evenings on the Rural Development Programme 2007-2013 (LEADER Programme) on Wednesday the 24th February in Ballyhaise Agricultural College, Main Building @ 8pm. and Thursday the 25th Februray in the Acorn Centre, Newbliss @ 8 pm.

The evening will consist of a presentation on the Rural Development Programme and the measures available. There will also be a chance to meet and discuss possible projects with Cavan-Monaghan LEADER staff. All welcome.

Knockbride Macra Charity Fundraiser – Friday 26 February 2010

The members of Knockbride Macra are organising a charity night in aide of AWARE. This fundraising event will take place in the Bailie Hotel, Bailieborough on Friday 26th February. There will be a live Comic Hypnotic Show. Tickets are only €10 each and include entry into the disco. Doors open at 9pm. AWARE is a national voluntary organisation providing support through depression. It undertakes to create a society where people with depression are understood and supported.

Tickets are available from the Bailie Hotel and the members of Knockbride Macra including Olive at 086-8323045, Gerry at 086-0682393 and Naomi at 087-9493736.

Community and Enterprise Small Grants Scheme Deadline

Community organisations need to get applications for the Small Grants Scheme into Community and Enterprise, Cavan County Council by Friday 5 March 2010.

Further information from community@cavancoco.ie

Looking for Green Traditional Tips

Cavan Community Forum is looking for green, traditional tips from Cavan people to put together a community booklet on Cavan Ways of Doing Things...for instance, vinegar absorbs smells and its own odour quickly disappears too. So vinegar can be used as an air freshener (mix with water in a cheap spray bottle plus a drop of scented oil if you like).

If you have any such tips, please send to kateennals@cavancoco.ie or to Kate Ennals, Cavan Community Forum, Farnham Centre, Farnham St, Cavan.

Need a New Career?

Focus family Resource Centre are running a CV preparation and interview techniques course in February. It could be the boost you need to put yourself ahead of the competition. If you are interested and would like to attend please register your name with Noeleen or Ann on 049 436 4065

Knitting Classes in Killeshandra

With the recession looming and the bad weather, a knitting group is hoping to set up in Focus Killeshandra with all ages and abilities welcome. Could be the ideal way to get out of the house, meet new people and have fun!

If you are interested please contact Noeleen on 049 436 4065

Bailieborough Classes

Bailieborough Arts and Cultural Centre @ the wesleyan chapel have new classes starting in January and February 2010. The Arts Education Programme for children continues with classes in Speech & Drama, Teenage Drama, Hip Hop, Ballet, Guitar and Visual Arts.

One of the new additions to this year's class list is Adult Hip Hop. This fun, energetic and exhilarating class will begin on the 24th February 2010 in Bailieborough at 9pm. This ten week course will give you a taste of the fun of Hip Hop and also help you shed some excess pounds along the way. Classes will also be available in both the Virginia and Cavan Town areas.

For further information, please contact: Niamh Smyth 087 - 998 22 22

Donate unwanted toys, shoes, bags etc

All unwanted toys, good shoes, bags, clothes and unwanted gift can be donated to support people in need Nigeria.

For further information call VERA on 0879257654 or 0876390605

Performance and Touring Award - Music Network

Funded by the Arts Council, this award assists Irish and Ireland-based musicians in realising performance opportunities. It is open to musicians and ensembles of all genres.

Further information www.musicnetwork.ie, Deadlines in 2010; 15 February, 8 June, 4 October

Ballinagh Women Wrapped in Wool!

Ballinagh women will be learning Wool Crocheting on Monday 8 February. Every body welcome!

Further information from Wilma Bennett on 0872458490