



Cavan Community Exchange – August 2009 Issue 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 who co-ordinates the list on behalf of the Cavan Community Forum by 24th of every month. (This edition is a little early to catch late July events)

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TUI BUI – The Yellow Straw Walk – Sunday 26 July 2007.

Corlough Development Association are holding an Inaugural Townland Walk on Sunday 26 July 2009 at 3pm. The walk is named and will include a tour of Teeboy - Tui Bui - Yellow Straw – which refers to the thatched houses of the area. Historical notes will be given out on the day and refreshments will be served.

For further information contact Rob Steinke 086 3946467 or Tony on 049 9523864

Focus Family Resource Centre, Killeshandra – Official Opening 27 July 12 noon.

The launch of Focus Family Resource Centre in Killeshandra will take place on 27th July at 12 noon. It will be officially opened by Minister Brendan Smith and Family Support Agency CEO, Pat Bennett. Focus Family Resource Centre is a community based project set up to meet the needs of vulnerable groups in the town of Killeshandra and its surrounding areas. Its focus is the elderly and isolated, young people, young parents and carers. These groups are being targeted by Focus for specific programmes whilst a drop in advice

service, education, training and information is available for any member of the community.

Anyone wishing to contact the centre, opening hours are from 9.30am to 5.30pm Monday to Friday, with evening appointments available upon request. Please contact Noeleen on 049 4364065 or 0879247159, alternatively email at focusfrc@gmail.com

Gowna Festival – Bank Holiday Weekend.

The Water Boys, the Weather Girls, Shirley Bassey, Susie Quattro and Tom Jones are amongst the host of stars lining up to sing their favourite songs in the Pikers Lodge, Gowna on Sunday 3 August at the 'Stars in Your Eyes' Show. The Saw Doctors and the Pointer Sisters are also making guest appearances alongside many others. 9.30pm. Tickets €15.

Having made their debut in Gowna on Sunday, most of the stars will be out (in disguise) **live pig racing** on Monday 4 August at 2pm in the GAA football field. Come and bet on your favourite pig! Everybody is welcome.

Further information Kate Ennals on 0863737847.

Ballinagh Women's Group – Monday 10 August

Ballinagh Women's Group next meet on Monday 10 August at 8pm in the Hall.

Topics for the night will include focus on gardening. Lead speaker, Hazel Lowry will discuss flowers for the autumn and what to put in both outdoor and indoor tubs and planters.

Further information, contact Wilma Bennett. Tel 0494337449

Johnston Library events in August

Story time and colouring session for 4 – 6 on Wednesdays

5th, 12th and 19th August between 11.30am and 12.15 and during Heritage

Week – 24th – 26th August the Johnston library is telling

Irish English bi-lingual stories with Aideen McBride looking at the Irish myths and legends. Free event

Invitation to Celebrate Heritage Week 2009

Cavan County Council Heritage Office is delighted to be involved in supporting this initiative and have planned the following events which are all **free** to the public;

Nature Detectives- Learning about nature the fun way!!

Date: Saturday 22nd August

Time: 2:00pm

Location: Bear Essentials, Silver Bear Centre, Bawnboy.

Join the Heritage Office of Cavan County Council along with Blue Damsel Discovery for a special event at Bear Essentials. Bear Essentials are dedicated to help to preserve crafts, heritage and our natural environment. Discover bugs, bees, birds, butterflies & the beauty of our natural heritage. Make your own nature crafts. Fun for all the family! Refreshments served. Come in suitable clothes and bring wellies for fun outside.

To book this event contact acartwright@cavancoco.ie or www.beaessentials.ie

Guided Walk- The Lake Road, Mullagh

Date: Sunday 23rd August

Time: 3:00pm

Location: Meet at Cloghbally Corner, Mullagh

Join St. Kilian's Heritage Trust for a guided walk of the impressive Lake Road Mullagh. Spectacular views of Mullagh Hill and Lake as well as enchanting natural and built heritage. As Robbie O'Reilly in his poem so aptly put it "Take a look if you will at that beautiful scene that surrounds Mullagh Lake, that beautiful orient Spring".

Language of the Landscape- Workshop

Date: Tuesday 25th August

Time: 6:00pm-9:00pm

Location: MacNean Resource Centre, Blacklion

Join Seamus O'hUltachain as he interprets some of Cavan's placenames in an evening of workshop, sessions and discussions.

Irish placenames often say a great deal about the landscape, and can be a great insight into landscapes that have long since disappeared.

Booking essential contact Kirstin Lemon on 087 2159877

Rockin' around the Geopark- Laidback Lecture/Talk

Date: Thursday 27th August

Time: 7:00pm-8:30pm

Location: Johnston Central Library

Join the Cavan County Council Geopark Ranger Dr. Kirstin Lemon for an introduction of the Geology of our Geopark, learning about the rock and landscapes of the area. The Marble Arch Caves Global Geopark inhabits the rugged mountainous uplands and the gentle rolling lowlands of Counties Cavan & Fermanagh. The Geopark takes in numerous sites open to the public throughout Cavan. Learn about the Geology of our Geopark at this laidback lecture.

The Ecclesiastical Mile, Kilmore- Guided Walk

Date: Friday 28th August

Time: 7:00pm.

Location: Meet at Kilmore Cathedral car park.

The Ecclesiastical Mile Kilmore was the 2008 award winning Golden Mile. Join the Kilmore Cathedral Select Vestry & Mr. Neil Foulkes, Hedgerow Management Consultant for a guided walk of this spectacular rural paradise walk. The Select Vestry will guide us through the built heritage and history of the area taking in one of the most finest ecclesiastical buildings in the county- Kilmore Cathedral along with the wealth of history in this area including the Holy Well, Bishop Bedell's Tree, Motte & Bailey, See House and Parochial House. Mr. Neil Foulkes will guide us through the natural heritage of this winning mile of roadway. Followed by refreshments in the Parochial Hall. All are welcome!

The Rocky Roadshow

Date: Saturday 29th August

Time: 12:00pm until 4:00pm.

Location: Belturbet Railway Station

Give your Junior Explorer the chance to learn more about the natural landscape of the Geopark with a variety of hands-on events. This event is aimed at children under 15, but adults are encouraged to join in!

Have hours of fun as you learn how to make volcanoes, fossilise dinosaur 'footprint', model your own moving glacier and find out about earthquakes.

Stoneworking from the Neolithic to the Twentieth Century, Moneygashel Cashel, Blacklion, Cavan

Date: Sunday 30th August

Time: 2:00pm -3:00pm

Location: Meet at Gowlan Church

Join Local Historian Jim Nolan for a guided walk and talk about the heritage of Moneygashel Cashel, Megalithic tomb and 19th/20th century homesteads.

Further Funding for Social Enterprises

UCIT has announced that their access to finance for onward lending to Community Enterprise has increased substantially with the news that one of their sources of funding, The Social Finance Foundation, has secured additional investment to the €25 million Seed Funding already available for investment in social enterprise. This new investment will bring the total funding accessible by UCIT from this source alone, and for distribution to groups across the Republic only, to €97 million over the next 12 years.

Ulster Community Investment Trust encourages any agencies/projects who know of other projects looking to access finance, including match funding for community enterprise to contact their southern office on 041-6858637 or email donal@ucitltd.com for further information.

Doing for yourself Competition - €15k

4FM, in partnership with the Sunday Business Post and Unique Media, is offering a €15,000 advertising and communications package to a budding entrepreneur. They are looking for entrepreneurs from around the country who have set up a company or an ongoing local business initiative within the last 12 months. Local charity, community and 'not for profit' initiatives are also invited to participate. To enter you write a 500 word (maximum) entry outlining why your initiative is a positive and inspiring example of people "*Doing it for themselves*".

The winner of the "Doing it for themselves" competition will receive:

- A radio advertising package to be run on 4FM, Ireland's newest radio station, which broadcasts to Dublin, Galway, Cork, Limerick and Clare.
- A print advertising package to be run in the Sunday Business Post.
- A tailored communications campaign by public relations and advertising experts Unique Media.

All entries should be submitted before August 10th 2009 to 4FM via their website www.4fm.ie or posted to 4FM, Latin Hall, Golden Lane, Dublin 8. The overall winner and two runners-up, who will each receive a radio advertising package worth €1,500, will be announced in September 2009.

For further information log onto www.4fm.ie

Integrating Communities – Grants Available

This is a project that provides grants and supports for cross border/cross community partnerships under its 'Sharing Space' programme. It must include strong and active reconciliation themes

Applications welcome from community groups located in the 6 border counties and Northern Ireland.

Both project partners must be signatories to the application.
Expression of Interest forms available from www.rdc.org.uk. Closing date for receipt is 4pm on Friday 14 August

Ageing Research Grant - €300,000 to Allocate

CARDI has just launched Call 2 of its Collaborative Ageing Research Grant Programme which encourages ground breaking studies that bring together different perspectives, sectors and disciplines across the island of Ireland in ways that can help improve the lives of our older people. It is inviting applications for grants to fund cross-border and inter-disciplinary research or to create networks of academics with the public, private and voluntary sectors to examine issues arising out of an ageing society in Ireland, north and south. We have €300,000 to allocate - €25,000 for research grants and up to €10,000 for research networks. Deadline for applications is 2nd October 2009. For further information see the link:

<http://www.cardi.ie/grantprogramme>

CARDI's Strategic Research Officer, Paul McGill, is available for further information and advice, you can contact him at paul@cardi.ie

Social Inclusion Work in Cavan

Cavan County Council launched a new unit to promote Social Inclusion in the county on 21 July alongside a social inclusion handbook for local authority staff. The purpose of the Social Inclusion Unit is to help the local authority to improve the way it delivers services for customers, especially people from disadvantaged backgrounds. The handbook shows the social inclusion work of the different Council departments in tackling social exclusion.

For more information contact Emer Coveney, Social Inclusion Officer on 049 437 8581 or 086 0623060