

Cavan Community Exchange – May 2010. Issue 5

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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Bailieborough and Belturbet Community Area Forum AGMS

Bailieborough Area Forum meets for its AGM **today Tuesday 27 April** in the Community Business Centre, Shercock Rd, Bailieborough at 7.30pm. A review of the work of the Cavan Community Forum in 2009 and its work plan for 2010 will be available. Elections for the countywide Forum will be held.

Belturbet Community Area Forum will meet on **Thursday 29 April** in the Railway Station.

Further information from kateennals@cavancoco.ie

Cavan Community Radio on the Web!

Cavan Community Radio is up on line streaming pod casts from its broadcasters. Check out the website at www.cavancommunityradio.org

Podcasts include information on the proposed broadcasting schedule, local business matters, what is happening in the community and the Sham Rock festival at the June bank holiday weekend...and more. Cavan Community Radio hopes to be in transmission as from the beginning of July.

Further information from Kate Ennals on 0494378583.

Stories of Love and Conflict

Following the success of the first 'love and conflict' story telling session held in April at the Radisson Hotel, a second session will be held on Thursday 13 May at 6pm – 10pm (a light supper will be provided).

The stories told described the impact of conflict on people's personal lives – how conflict affected relationships, how close relationships rescued people from danger, how mixed marriages from different cultures managed 'difference'. It was really interesting.

To register for the next story telling session on Thursday 13 May, contact Kate Ennals on 0863737847

Cavan Peace III, Phase two, Consultation Workshops

Community groups can input into the next Cavan peace partnership plan (a funding opportunity for groups) on

Wednesday 28th April The Kilmore Hotel, Dublin Road., Cavan 10am to 12.30pm & 5pm to 7.30pm

Tuesday 27th April The Slieve Russell Hotel, Ballyconnell 5pm to 7.30pm

Further information from Marianne Mc Dermott (Telephone 049 4378627) or by e-mail mmcdermott@cavancoco.ie

Cavan Town Comhaltas Branch Meeting. Monday 3 May. 8pm Backyard, Moynehall!

May bank holiday Monday 3rd May Cavan Town Branch Comhaltas will hold a branch members meeting and youth session in the backyard Arts Centre Moynehall Cavan Town from 8pm to 9.15pm, all welcome and agenda includes Summer music sessions, Fleadh updates and County Fleadh performance news .Please attend and have your say in branch events during the All Ireland Fleadh in Cavan Town. There are a variety of other ways that you could support the All Ireland Fleadh Cheoil Cavan Town efforts. **Please contact Martin Donohoe Branch Chairman at 086-2342270** Email cavanmusiclive@gmail.com

Volunteers wanted for Fleadh

As everyone knows, Cavan will host the All Ireland Fleadh Cheoil Na hÉireann from 16th to 22nd Aug 2010. Would you like to be part of this historic occasion? If so a number of stewards are required for indoor competitions.

For further details contact Tommy Costello 8421 Gerry O'Rourke Ext 8413

Fleadh Accommodation Volunteers Needed

Fleadh Cheoil Na hÉireann in Cavan this August is also looking for local volunteers for the accommodation committee. Volunteers will visit possible accommodation providers with a 'fleadh checklist' to ensure that accommodation meets the needs of the visitors. Please offer your help.

Contact 049 4378 543 or email accommodation@fleadh2010.ie

Local Artists Exhibit Portraits of Local People

The members of The Abbey Drawing Group will be launching an exhibiting of their work at the Abbey Bar, Cavan Town on **Tuesday 18th May at 7.30pm**. The show which will run for two weeks will feature a selection of the portraits of local people produced during the groups Tuesday night drawing sessions. Visitors to the exhibition will also be able to view a film of the group drawing Cavan's traditional music star Martin Donohoe. For more information on the exhibition and the other activities of The Abbey Drawing Group, please **contact Will Govan on 0872 657426 or williamgovan@hotmail.com**.

Gardening Project in West Cavan

Community Connections is starting a gardening project for men in West Cavan after Easter. A gardener will be at the site to help for 2 hours each week. It will be informal and it's as much about getting together for the chat as well as growing the fruit & veg!

If you know someone who might benefit from taking part or you are interested yourself, please contact Sandy on 071 9853321

Breastcheck Returns To Cavan

BreastCheck – The National Breast Screening Programme has returned to Cavan to provide over 4,500 women aged 50-64 with their free mammograms (breast x-rays). Eligible women are being screened from a BreastCheck mobile digital screening unit located in the grounds of Cavan General Hospital. **The mobile unit will be located in Cavan General Hospital from 20th April 2010 for a number of months.** A BreastCheck mammogram is a simple procedure and an appointment only takes about half an hour in total. The aim of screening is to detect early breast cancer. The vast majority of women screened are found to be perfectly healthy with less than one per cent diagnosed with cancer.

BreastCheck advises all women aged 50 to 64 to make sure their name is on the BreastCheck register by calling Freephone 1800 45 45 55 or checking online at www.breastcheck.ie.

Cavan ICA Federation – Centenary Celebrations at Johnston Central Library.

Over the last 100 years the ICA has developed from individual groups of rural women coming together to an organisation made up of seven hundred ICA Guilds across the county offering women social networks, opportunities for involvement in the local community, a conduit to participation in broad national debate, a way to participate in culture, particularly the Irish Culture and language, sports and hobbies and above all, great enduring friendships.

ICA centenary celebratory demonstrations and events: 4 – 13 May, Johnston Library

Tuesday 4th – Friday 14 May 2010, Exhibition of the archives of Mrs Phyllis Faris, ICA members' paintings

Thursday 13 May, 5.30pm, Official launch by Marian Harkin, MEP, followed by reception hosted by Cavan ICA Federation.

Friday 14 May, 11.00 – 12.30, Hazel Gumley – Patchwork - decorative items

Tuesday 4 May, 11.00 -12.30, Marie Lynch – Bags, 3.00 – 4.30, Mary Duignan - Patchwork

Wednesday 5 May, 11.00 – 12.30, Patricia Darcy – Basket work, 3.00 – 4.30, Jenny Arnold – Flower arranging

Thursday 6 May, 11.00 – 12.30, Marie Lynch – Cards & Crochet, 3.00 – 4.30, Margaret Smith – Aran knitting
Friday 7 May, 11.00 – 12.30, Patricia Acheson – Decorative boxes, 3.00 – 4.30, Leila Beattie – Sugar craft
Monday 10 May, 11.00 – 12.30, Rosemary Murphy – Knitting
Tuesday 11 May, 5.30pm Anne Marie Dennison, National ICA President, Lecture on history of ICA
Wednesday 12 May, 3.00 – 4.30, Mary Duignan – Crochet
Thursday 13 May, 11.00 – 12.30, Margaret Harten – Flower arranging

Camera Obscura Calling Artists and Community Leaders...

Cavan County Council in partnership with Sliabh Beagh Cross Border Partnership invites artists and community leaders to participate in 'Seeing Across Boundaries' visual arts cross-border project.

Drawing from the landscape, experience and knowledge of the Border, participants will be engaged with concepts centred on observation and surveillance through recording and representation. The artwork from these initial phases will undergo wider dissemination as a means of continuing the engagement and learning process, and in terms of the higher aims around the nature of observation and ways of seeing beyond 'the other'.

To register, please attend information evening tonight:

Today Tuesday 27th April at the Johnston Central Library & Farnham Centre, Cavan, 6.30 – 7.30pm

Further information from rtidy@cavancoco.ie

Web Training in Cavan

Cavan-Monaghan LEADER is organising the 'Advanced Web2.0 Training Course' for individuals, communities and businesses involved in promoting tourism services in Cavan and Monaghan. This course will be delivered over five full days, once a week commencing the 26th April 2010 in an information communication technology suite with broadband access.

If you are interested and meet the criteria outlined, please complete this online [application form](#) which needs to be submitted by the closing date Wednesday 21st April 2010. It is anticipated that competition for places on this course will be high and if your application is successful a deposit of €50 will be required to secure your place.

This course is supported by Cavan-Monaghan LEADER, the Minister and Department of Community, Rural & Gaeltacht Affairs, the EU and EAFRD in part-funding this project

Beginners Geology Course – Marble Arch Caves

A Beginners Geology Course is being run at the Marble Arch Caves Visitors Centre which will look at the science behind such wonderful natural landscapes, for instance, the formation of the caves, and the various rock types that make up the the Geopark in West Fermanagh and West Cavan.

The course tutor is Dr Kirstin Lemon, Geopark Geologist and is being run in association with Queen's University, Belfast. The classes will be mostly practical and will include a guided tour of the Marble Arch Caves and some of the natural landscapes in the vicinity of the visitor centre.

The 5-week course begins on Thursday 29th April and will take place from 18.30 to 20.30.

To register a place or for more information please contact Queen's University on 048 9097 3323, or go online to www.qub.ac.uk/edu/ol/ "

Discounted Insurance For Community, Voluntary and Charitable Organisations

JLT Ireland provide discounted comprehensive insurance to the community, voluntary and charitable sector dealing with everything from care homes, drug treatment facilities, organisations assisting people with disabilities, organisations working with children, FAS CE Schemes, youths, the elderly, disadvantaged to office based charities and community organisations

<http://www.activelink.ie/node/833>

An Introduction to Suicide Research - QUB

A series of courses related to the scientific study of suicide (suicidology) is being offered by the Open Learning Programme of the School of Education at [Queen's University Belfast](http://www.qub.ac.uk) (QUB). Each course offers participants the opportunity to reflect upon, and to develop further insights into human suicidal behaviour. Three courses on "An Introduction to Suicidology" (one 10, one 20, and one 40 hours duration) were offered during 2008/2010. A 40 hour course is, again, planned for QUB's Autumn 2010 and Winter 2011 semesters. A 10 hour pilot course, titled "An Introduction to Suicide Research" (examining approaches to researching suicide), is scheduled for April/May 2010. The course tutor, Philip O'Keeffe, BSc MSc, is an experienced counsellor, supervisor, tutor and researcher, who recently completed a Doctoral dissertation in this field. In most cultures, death by suicide is a predominantly male occurrence. A special invitation to participate is extended to men, but everyone is welcome to register for these courses.

Further information and application forms are available on the QUB website at www.qub.ac.uk/schools/SchoolofEducation/OpenLearning and from QUB School of Education, Tel 02890 973323.

County Cavan Peace Partnership is offering one-day courses in Leadership and Diversity.

The training will help people to take a leadership role in their organisation in developing awareness of issues relating to racism and sectarianism. By doing the course, people will learn how to actively promote equality and inclusivity for all citizens of County Cavan.

The training is for one day with an option to continue further training and support in the autumn.

During the course the participants will focus on the following:

- What diversity means: challenges and benefits
- Exploration of personal attitudes, values, beliefs and prejudices and their origin
- Develop understanding of the historical and contemporary context of racism and sectarianism
- Reflection on the role of leadership in challenging times
- Develop ways of translating new knowledge into practice in terms of leadership.
- Develop understanding of the minority / majority power dynamics

For further information contact ecoveney@cavancoco.ie

Wheel Conference Working Better, Growing Stronger 2nd June. Sligo

The Wheel are holding a conference, entitled Working Better, Growing Stronger aims to equip community and voluntary groups in your area with the latest information and advice on a number of key issues, including: Governance, The Charities Act 2009, Employment Law, Financial Management, Fundraising, Online Marketing and Social Media. The event will feature inputs from a practising barrister, a top facilitator and The Wheel's own team of experts.

For further information [Conference in Sligo](#) (website)

Walk for Tiger Widows

The **Flora Ladies Mini Marathon is on June 7th (Monday)** this year and there'll be about 40,000 women out walking to raise about €10m for charity. -It's 10Km in length. The 'Tiger Widows' are seeking walkers and sponsorship. The money raised is given out in small loans of about €5 for ducks, hens seeds etc. The women repay the loans and the money is then available for more loans. It is a very enjoyable event with such huge numbers of women and a festival atmosphere. Tiger Widows T-Shirts and sponsorship cards will be supplied for anyone who wants one.

To enter online you fill in your personal details. Visit www.womensminimarathon.ie -it costs **€16** to enter and **places are limited** so please register without delay. On the last page following payment there is a button to press to print out your acceptance letter. That is important.

Further information sfox@cavancoco.ie

Art Classes For Children (10-12 Yrs) Drawing/ Painting From Observation

Starting Friday April 30th between 5.00-6.30 pm for 6 wks

Cost €80. All materials included

For further information and booking contact:Michelle Boyle

049 8542379/ 087 2199245 michellegarryross@eircom.net