



Cavan Community Exchange – January 2010. Issue 1

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

Contents

- **Cavan Anti Racism / Anti Sectarianism Plan**
- **CD of Local Memories, Stories and Poems from Belturbet**
- **Cavan Community Cookbook**
- **Time to Discover.....Community Christianity Explored – Tuesday 26 January**
- **Ballinagh Women Back in Action**
- **Cavan Stop Smoking Courses January 2010**
- **Fleadh Bus Hits the Road**
- **Getting Domestic Violence out of the Home**
- **Working together to address self-harm and suicide.**
- **Community Involvement in Planning Hospital Services – Public meeting, Wed 27 Jan**
- **Funding for Non EU nationals and Asylum Seekers - Call for Applications (Information Sessions)**

Cavan Anti Racism / Anti Sectarianism Plan

If you have experienced racism or sectarianism in Cavan, you might be interested in helping to put in place policies and actions to stop such discrimination.

A number of organisations in Cavan are developing an 'Anti Racism/Anti Sectarianism Plan' for the County. This will help local agencies (such as the County Council, the VEC, the Gardai, Department of Social and Family Affairs, FAS, HSE) to make sure that their policies include and embrace all the different communities in Cavan. Focus groups will be held with people who have experienced difficulties and a questionnaire is being distributed through groups and local communities. The information will be collated by independent researchers ensuring that the identities of participants will remain confidential.

If you would like to participate, please contact Emer Coveney on 049 4378581 or Kathy Walsh on 01 8255442. The research will be carried between January and March 2010.

CD of Local Memories, Stories and Poems from Belturbet

Cavan Community Forum has produced a second CD of memories, stories and poems from Belturbet. The stories and poems were recorded at a number of story telling sessions held at the Belturbet Railway Festival in April 2009 and at the County Wide Produce Show in September 2009. Other stories were recorded by Cavan Community Forum members throughout the year.

The stories and memories are told by local people and tales about the railway station before it closed, fair days, tea with a ghost, spraying spuds, border patrols etc.

**Copies are available from Kate Ennals, Cavan Community Forum
Farnham Centre, Farnham St. €5**

Cavan Community Cookbook

Copies of Cavan Community Cookbook are still available from Cavan Community Forum. Price €5

Available from Cavan Community Forum, Farnham Centre. Farnham St. Cavan. Phone 0494378583 or email kateennals@cavancoco.ie

Time to Discover.....Community Christianity Explored – Tues 26 Jan

Is an informal, interactive course for people from all parts of the community (church goes or not) who'd like to investigate Christianity, or just brush up on the basics through discussion in a relaxed environment.

Venue: Farnham Arms Hotel, Main Street Cavan.

Programme to commence on the 26th January 2010.

Time: 8.00pm- 9.30pm.

Refreshments Served.

For further details contact; Jennifer Hill, Good Relations Officer, Cavan County Council, Tel: 087 1225754, Email: jhill@cavancoco.ie

Or log onto: www.christianityexplored.org

Ballinagh Women Back in Action

Ballinagh Women are holding a food tasting night on Monday 11 January with all proceeds going to Cystic Fibrosis at 8pm. On Monday 25 January, the women will be going back to the traditional skill of wool crocheting. This evening will be led by Eileen Connor and Maeve O'Hara.

Further information on the evenings from Wilma Bennett on 0872458490

Cavan Stop Smoking Courses January 2010

Do you want to stop smoking? Would you like help to stay quit? All smokers are welcome to join FREE Stop Smoking courses. They run for 1 hour each week over 6 weeks and will take place at Cavan General Hospital from Tuesday, January 12th at 8pm

Courses are free and people don't need to book a place. For more information phone Health Promotion at 041-685 0671.

Also available is the National Smokers Quitline Monday-Saturday on 1850 201 203.

Fleadh Bus Hits the Road

The Cavan Fleadh 'Pride of Place' (Mórtas an Chabháin) group has a bus filled with facilitators, musicians, and artists available to local communities that are interested in running local singing, dancing, music workshops or wanting to have the craic. Or if communities are running a local festival or event, make sure you get the bus there.

The Fleadh Bus will be on the road during the months of June, July and August 2010. Local events could include exhibitions, lectures, Irish conversations, performances and workshops celebrating traditional culture in our times.

If you are interested in your community participating and having the bus visit contact either Savina Donohoe sbdonohoe@cavancoco.ie 049 8544070 or Catriona O Reilly catrionaoreilly@cavancoco.ie 049 4378548.

Getting Domestic Violence out of the Home

Tearmann Domestic Violence Services are hosting an awareness raising initiative "Bringing Domestic Violence out of the home and into the community" – 26 Cavan Towns Project. This project involves providing an information session in each of the 26 major towns in County Cavan. If your group is interested in getting involved in the event in your town / community please contact us. The three sessions in January are taking place in

- Ballinagh on Friday 15th January at the Health Centre between 9.30 and 11am.
- Ballyconnell on Friday 22 January venue and time to be confirmed and
- Ballyhaise on Friday 29 January, venue and time to be confirmed

For further venues and times and more information, please contact: Emma Jane Hoey on 087 6290833 emmajanehoey@eircom.net Or Siobhan Mc Kenna on 047 72311

Working together to address self-harm and suicide. Tues 26 Jan

This conference will be held 26th Jan 2010, Waterfront Hotel, Londonderry. Organised in partnership with WHSCT, CAWT and the PHA. The conference will be relevant to people who have an interest in the area of self harm and suicide or those who work with clients affected by self harming behaviour or suicide.

The aims of the conference are:

- 1) To increase awareness, share knowledge and best practice around self harm and suicide
 - 2) To promote local and regional projects, initiatives and support services
- The conference is free of charge and places are available on a first come first served basis.

If you are interested in attending please contact the Health Promotion Department on 028 7186 5127 to request a booking form. Email: Deborah.Hunter@westerntrust.hscni.net

Community Involvement in Planning Hospital Services – Public meeting Wed 27 January

In recent years there have been major changes in the organisation of health and social care services on both sides of the border. Many of the services based in border region hospitals will be – or have already been – moved to new locations. Some of these services are now being delivered in community settings. Some services have been centralised in larger regional hospitals.

How have these changes affected your community? Do you know the reasons for the reorganisation of hospital services? Do you agree with the changes? Do you think hospital services or other health services could or should be delivered on a cross border basis? How can local communities influence the from decision-making process?

The Centre for Cross Border Studies (CCBS) has been awarded funding the EU INTERREG IVA Programme to carry out research about how community involvement has influenced planning around hospital services in the border area. As part of this research, CCBS is visiting a number of border

communities to gather the views of local people. The Cavan meeting will be held in the The Bridge St Centre Wednesday 27 January between 2pm and 4pm and between 7.30pm and 9.30pm
**Further information from Ruth Taillon, Deputy Director (Research),
Centre for Cross Border Studies, 39 Abbey Street, Armagh BT61 7EB,
r.taillon@qub.ac.uk Phone 028 375 11559**

Funding for Non EU nationals and Asylum Seekers - Call for Applications (Information Sessions)

There are two calls for funding applications that support the integration of people from non EU countries and for people seeking asylum and refugee status.

The EIF funds support the integration of non EU nationals. Applications for funding are invited from Community and Voluntary/Non-Government Organisations (including minority ethnic led organisations) at national, regional or local level, Integrated Local Development Companies, Urban Partnerships, Local Authorities and other public sector organisations. The EIF is a co-funding measure. EIF contributions must be matched by funding from other non-EU sources.

The ERF funds reception and integration activities for asylum seekers and refugees. Applications for funding are invited from Community and Voluntary/Non-Government Organisations (including minority ethnic led organisations) at national, regional or local level, Integrated Local Development Companies, Urban Partnerships, Local Authorities and other public sector organisations.

The ERF is a co-funding measure. ERF contributions must be matched by funding from other non-EU sources.

Pobal has organised four information sessions on the ERF and EIF 2009 Calls for Funding. The Seminars will take place on the following dates:

- Monday 11th January, 11am – Kilkenny Ormonde Hotel, Ormonde Street, Kilkenny
- Wednesday 13th January, 11am – Holiday Inn, 98-107 Pearse Street, Dublin 2
- Thursday 14th January, 2pm – Sligo City Hotel, Quay Street, Sligo
- Tuesday 19th January, 2pm – Castletroy Park Hotel, Limerick

As places are limited, please register by Thursday 7th January 2010 with Majella Marry on (01) 511 7347 or mmarry@pobal.ie. Please state the names of those attending, the organisation you represent, and any specific requirements. Please highlight whether you are interested in ERF, EIF or both Funds.