



Cavan Community Exchange – June 2009 Issue 6

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

- **Planting for Victory – Energy Workshop – Thursday 18 June, Cavan Museum at 7.30pm**
- **Health Seminar in Ballinagh and the Women Go to Dublin for Summer Outing – 3rd June**
- **Breaking World Records in Cavan! Sat 20 June**
- **Public Meeting on Suicide in Gowna. Wed 17th June**
- **Cavan Community Gardens: The Search is on to Find Ireland's Best School and Community Biodiversity Gardens**
- **Social Networking in Cavan**
- **Killeshandra Opens Shop**
- **Donovan in Ballyjamesduff. 11th July**
- **Housing Information in Cavan**
- **Cavan Community Cookbook**
- **Last Chance to Show off your flora and fauna**
- **Best Practice Manual For NI Voluntary And Community Groups**

Planting for Victory – Energy Workshop – Thursday 18 June, Cavan Museum at 7.30pm – 9.30pm

Cavan Community Forum is hosting the third of a series of energy workshops, 'Green Collar Jobs?' This workshop will look at what local enterprises can be developed out of bio-mass fuels. It will consider how biomass crops can support local business and what businesses could be developed to support the use of bio-mass fuels.

There will be a presentation from Malcolm Dawson from the South West College in Omagh. Malcolm has published a number of conference and research papers on topics such as 'Realistic Renewable Energy Resource in Short Rotation Willow.' This will be followed by discussion and questions. Cavan County Enterprise Board will also be available for discussion on setting up local businesses in relation to bio-mass fuels.

Further information, kateennals@cavancoco.ie

Health Seminar in Ballinagh, Skittles and the Women Go to Dublin for Summer Outing in June.

A health seminar is being held by Ballinagh Women's Group on Wed 3rd June @7.30pm pm in Ballinagh Community Centre. Speakers on the night will talk on Osteopathy and Hearing Problems /Ears. Everyone Welcome.

Skittles is held in Seamus Bradys pub in Ballinagh on Monday 15 June at 9pm. Everyone is welcome.

The Women's Group are also organising a summer outing on Sat 27 June to Dublin to visit Jameson's Distillery (Tour +Lunch) then on to Abbey Theatre to see "*The Last Days of a Reluctant TYRANT*". There will be an evening meal in Kells on way home .

For more information Contact Fildelma on 087-6849137

Breaking World Records in Cavan!

On Saturday 20 June, Cavan GAA Coaching & Games celebrate the GAA 125 Anniversary by attempting to break a Guinness World Record for the most participants taking part in a 100m continuous relay around the running track at Kingspan Breffni Park over a 12 hour period. Beginning at 9.30pm, members of every GAA club along with all interested individuals in Cavan are invited to participate in this world record attempt.

More than 2000 participants will be needed to break the record so all members of all GAA Codes - Football, Hurling, Camogie, Rounders & Handball, Juvenile Boys & Girls and Senior Men & Ladies are invited to participate with their clubs. The record attempt seeks to celebrate 125 years of the GAA and to raise both awareness and money for the Marie Keating Foundation, the Cavan General Hospital Diabetes Fund and for Games Development within Cavan GAA.

For more information please don't hesitate to call or email Nicholas Walsh Games Development Manager, Cavan GAA, 087-7439535
walshiesport@hotmail.com

Public Meeting on Suicide in Gowna. 17th June.

Gowna Development Community Association is hosting a public meeting on Suicide on Wednesday 17 June at 8pm in Pikers Lodge, Gowna.

Mary McTiernan, a founder member of STOP - Suicide Teach Organise and Prevent will speak at the meeting. Mary lost her son three years ago to suicide and she formed STOP in the aftermath of the suicide of 3 young friends in North Leitrim. Along with other bereaved family members they decided to get together to highlight the issue of suicide and to put something in place for those bereaved by suicide. STOP run a crisis help-line and it operates 24/7. They travel to schools, colleges and workplaces on request to speak on suicide prevention, mental health and related issues.

Further information, Gerry.Brady@irishlife.ie

Cavan Community Gardens: The Search is on to Find Ireland's Best School and Community Biodiversity Gardens

An award scheme has been launched to find and recognise Ireland's most environmentally friendly school and public gardens. All gardens that are open to the public or run by the community are entitled to enter as well as gardens in primary and second level schools. The awards are run by Corrin

Hill Ice Cream in conjunction with BirdWatch Ireland. The aim of the awards is to find the gardens that benefit the environment most by protecting biodiversity

Full details about the awards are available on www.corrinhill.ie.

Social Networking in Cavan

Cavan Community Forum and community development workers in Cavan met in May to discuss publicity and how best to reach out to local community groups. We were wondering how many groups/villages/towns do newsletters. If you produce a newsletter, do let Kate Ennals know as it might be useful to network. We were also wondering about developing a mobile network of groups or social network on line.

If you are interested, contact Kate Ennals, Community Forum Co-ordinator on 0494378583 or 0863737847.

Killeshandra Opens Shop

Killeshandra have successfully opened their new F.O.C.U.S. Family Resource Centre at premises on main street Killeshandara, The Family Focus Resource center was established in 2008 after almost 2 years pre-development training and work. The project is funded by the Family Support Agency and managed by local voluntary representatives from the Killeshandra area who have tirelessly worked to establish the F.O.C.U.S Family Resource Center who's aim is to create a positive environment where people are encouraged and supported to meet their own needs, access their rights, fulfill their potential and engage equally in society. The aim of the Family Focus Resource Centre is to engage people experiencing social exclusion and marginalisation and to develop projects to reduce levels of poverty and isolation. The project is hoped to address four areas of exclusion in the Killeshandra area but will be a resource for the whole community.

Anyone wishing for information can contact Noeleen on 087 247159/ 049 4364065 or by email on focusfrc@gmail.com

Tour of Derry from Bailieborough

Bailieborough Arts & Cultural Centre@ the Wesleyan Chapel is organising its summer cultural tour to Derry City from Sunday 21 to Monday the 22 June 2009. The tour begins with a **Guided Walking Tour of the 17th Century Derry City Walls & St Columb's Cathedral** – built between 1614 and 1619, these original walls are almost perfectly preserved today, making Derry one of the finest examples of a Walled City in Europe. Accommodation will be provided at Di Vivci's hotel for one night B & B and one evening meal! Day 2 involves a visit to the award winning **Tower Museum** – This recently refurbished museum houses two state of the art exhibitions; the story of Derry and also The Armada Shipwreck which showcases the artifacts unearthed from La Trinidad Valancera, found wrecked off the Donegal coast. There will also be a chance to visit the newly opened **Museum of Free Derry**. A tour guide will direct you through the museum.

Bookings with Niamh Smyth @ 042 -966 66 66

Donovan in Ballyjamesduff

Cavan County Museum and Cavan County Council Arts Office are delighted to announce a very special Donovan celebration entitled 'Donovan Days' from 10-12 July 2009 at Cavan County Museum, Ballyjamesduff.

Events:

Friday 10th July: launch of an exhibition of Donovan's artwork, a collection of Sapphographs for their European unveiling in Cavan in association with Govinda Gallery, Washington DC and curated by Chris Murray.

Saturday 11th July: a concert in tribute to Donovan at the Museum. This will be a celebration of Donovan's influences the Scottish and Irish Celtic traditions and his legacy. Other guests on the night will include Sean Ó Sé, the renowned singer and performer from west Cork; Noel Battle, 12 times All-Ireland mouth organ champion, and Seamus Fay, Cavan's lilter, along with the Nyah musicians.

Sunday 12th July: a screening of the award winning Donovan documentary, 'Sunshine Superman', followed by a rare Q&A session with Donovan moderated by Chris Murray, Govinda Gallery.

Further details Cavan County Museum 049 8544070

www.cavanmuseum.ie www.cavanmusic.com

Housing Information in Cavan

Information on the range of housing options (*local authority, affordable housing, shared ownership and the rental accommodation scheme*) that are available to local people, but particularly to lone parents has been published in a report by the Cavan Lone Parent Group, Action and the Social Inclusion Unit in the County Council.

The report looks at housing needs assessment, the different housing options available, how the housing repairs system works, the meaning of estate management, and handling anti social behaviour. It also explains housing loans, affordable housing, tenant purchase and rental accommodation schemes and gives contact details.

For further information or a copy of the report, contact Grainne Boyle at gboyle@cavancoco.ie or ring 0494378586

Cavan Community Cookbook

Cavan Community Forum is looking for recipes to produce a local Cavan cook book made up of local community recipes.

We want recipes that reflect local culture, tradition, or fit in with the theme or employment of the area. So, we maybe a few fishy dishes (given the lakes), or we might get lovely creamy desserts from Killeshandra. Be creative! And do tell a story with them...why they were chosen, and where they come from. Anyone can submit a recipe. The recipes have to be submitted to the Community Forum office (Farnham Centre, Farnham St, Cavan) by 29th July. It is hoped to have the book produced before Christmas. It will be sold and proceeds will go to the work of the Cavan Community Forum.

Contact Kate Ennals on kateennals@cavancoco.ie

Last Chance to Show off your flora and fauna

The Golden Mile competition is a great opportunity to draw attention to, celebrate and rediscover the beauty of your local lanes. Get together with your neighbours, decide together which mile will work the best, uncover the local folklore and history, and get cracking. Paint the gates, piers, water pumps, highlight the built and natural heritage, write up any scandal or romance, plant native hedging and trees, put up signs, get the school children involved and have a bit of fun. The overall winner gets a cash prize and other awards are given out. Judging takes place in early October.

Further information from acartwright@cavancoco.ie

Best Practice Manual For NI Voluntary And Community Groups

The Department for Social Development has launched a Community Capacity Building Manual for Northern Ireland. The manual is a collection of best practice case studies showcasing the work of voluntary and community groups across Northern Ireland. The Capacity Building Manual is for use by anyone involved in community development - from those just starting out - through to the more experienced organisation. It highlights the diverse achievements of 20 local community groups in the fields of community capacity building, community leadership and organisational development.

The Capacity Building Manual is available to download at www.dsdni.gov.uk/vcni-community-capacity-building.pdf. Hard copies from the Business Support Unit, Voluntary and Community Unit, on 028 9082 9430.