



## **Cavan Community Exchange – September. Issue 9**

*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](mailto:kateennals@cavancoco.ie) who co-ordinates the list on behalf of the Cavan Community Forum by 24<sup>th</sup> of every month*

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### **Cavan Community Radio RACE NIGHT. Saturday 4 September 8pm. Dún Ui Neill Barracks, Dublin Road, Cavan**

Support Cavan Community Radio station on Saturday 4 September at a special Race Night and enjoy a night out at the races in the Dún Ui Neill Barracks, Dublin Road, Cavan at 8pm.

Cavan Community Radio, is broadcast between 4pm and 6pm every Thursday (101.6FM) and is run by volunteers. There are a range of programmes – sports, stories, community focus, local people speaking out, healthy times, garden shows, music, new communities that are on every night. If you are interested in making radio programmes, going on air, getting

involved, join the broadcasters at the Race Night...find out more and enjoy a social night out. Everybody is very welcome.

**Further information Kate Ennals on 0863737847 or Una Traynor on 0494331029.**

### **Cavan County Wide Produce Show – Sunday 12 September 2.30pm.**

#### **Drumlane Community Garden, Milltown, Belturbet**

Show off your garden produce at the second annual county wide produce show being hosted by the Cavan Community Forum on Sunday 12 September at 3pm in Drumlane Community Hall, Milltown, Belturbet. Refreshments and display tables will be available. The Produce Show follows the Drumlane annual fundraising walk and BBQ.

Last year was the first countywide produce show and producers came from all over the county to show off their vegetables, wines, eggs. It was a fabulous afternoon and great fun to see and examine other peoples' successes!

**To book a display table contact Kate Ennals on 0863737847**

### **Networking For Funding Workshop – Wednesday 22 September 7.30pm.**

#### **Cavan Crystal**

Cavan Community Forum is hosting a Networking for Funding Workshop on Wednesday 22 August at 7.30pm in the Cavan Crystal to mark Good Relations Week in Cavan.

Community organisations will share their own experiences and issues in relation to funding and be able to hear what funding opportunities there are available in the county. Speakers include Kate Ennals, Cavan Community Forum, Jane Crudden, Peace III Team, Marianne McInerney, Cavan Monaghan Leader, Donal Traynor, UCIT social Finance, and Fintan McCabe, Rural Enablers.

**To register, contact Kate Ennals on 0494378583 or 0863737847 or email [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie)**

### **Claiming Our Future Back – Get Cavan Working**

Interested in claiming back our future in Ireland? A number of civil society organisations are planning workshops around the country so that local communities can start discussing and debating the future Ireland they would like to see – one that is more equal, inclusive and sustainable. These discussions will then feed into an all day event planned in the Industries Hall of the RDS in Dublin City called 'Claiming Our Future' on Saturday 30 October. If you would be interested in getting involved in the Cavan branch or attending a short workshop in Cavan to put forward the values and sustainable policies we would like to see, contact Kate Ennals on 0863737847.

**Further information on 0863737847**

### **Messines Experience Programme**

People may be interested in availing of the opportunity to complete the Conflict Transformation and Messines Experience Programme. This course will involve 4 days in the Messines, Belgium (anticipated dates for this will be 4<sup>th</sup> – 8<sup>th</sup> November). As well as these dates the programme will also involve a pre-departure session (September) and a post return session (mid – late November).

The Programme has been designed around first world war experience of the two traditionally warring communities from Ireland who found a common purpose on a foreign battlefield. The Programme has received great reviews from all that have participated in it and very much fits with Peace III's strategic aim of reinforcing progress towards a peaceful and stable society.

**The application form can also be downloaded from website [www.cavancoco.ie](http://www.cavancoco.ie) (News section) .The closing date for completed applications is 31<sup>st</sup> August.**

**Lecture on Thomas James Barron – Bailieborough Library. 7 September**

Lecture on *Thomas James Barron, historian & folklorist* to take place at Bailieborough Library and Arts Centre on Tuesday 7th September @ 8pm. Lecture to be delivered by Jonathan Smyth.

**Celebration Day for Community Services Friday Sept 10<sup>th</sup>.**

A Community Celebration Day is being organised by National Network Community Service Programme network and Irish Rural Link to showcase the work of the Community Services Projects nationwide on Friday September 10th 2010 to highlight and show case the Community Service Projects which are active in local communities but not much noticed. Each CSP is being asked to forwards details of their plans for the day to [info@irishrurallink.ie](mailto:info@irishrurallink.ie)

**Any queries or comments please contact Vincent at 09064 82744 or email [vincent@irishrurallink.ie](mailto:vincent@irishrurallink.ie).**

**Conference: Suicide is Everybody's Business. Saturday 18 September 2010 Cavan Crystal Hotel 10.30 a.m. to 4.30 p.m.**

'Human Understanding is the most effective weapon against suicide' and so Living Links Cavan is holding a conference to promote awareness of suicidal behaviour on Saturday 18 September in the Cavan Crystal. Living Links provide outreach services and support to families bereaved by suicide and also promote awareness of suicidal behaviour and suicide prevention issues.

Conference Speakers Include:

Dr. Vincent Russell, Psychiatric Unit, Cavan General Hospital

John Lonergan - Retired Governor, Mountjoy Prison

Michael Egan - Founder member of Living Links

Mary Egan - Bereavement Healing Service

Garreth Phelan - Suicide Prevention Office

Carol Ann Milton - Author of "The Coldest Night", a familys experience of suicide

**For further information please contact Cavan Living Links on 086 0235414**

**FETAC level 5 Childcare in FOCUS**

Focus FRC in conjunction with Cavan Communtiy education officer Gemma Brady are offering FETAC level 5 childcare in Killeshandra, this 2 year course is ran 1 night per week and will qualify individuals to work in a childcare setting and will include work placement. Course fees will be reduced if you have (1) not completed your leaving cert (2) Are receiving social welfare (3) have a medical card.

**If you are interested please register with Noeleen on 0494364065.**

**Information Coffee Mornings at Johnston Central Library for people with a visual impairment.**

Do you know someone living near you with a visual impairment that would enjoy a get together in a friendly atmosphere in the library? The staff will assist you with the visual aids in the library and the local representative from the NCBI attends the meetings to answer queries. The group is running for the second year now and would welcome some new faces who would bring new ideas and suggestions to the group.

**Next meeting: Wednesday 15 September at 11.30am All Welcome**

**Information Evening on Eating Disorders, Body Image, Food Issues  
Wednesday 29th September - Cavan Crystal Hotel at 7:30pm.**

Eating Disorders are increasing in both frequency and severity. There is also a changing age profile of patients, with children as young as nine presenting for treatment. It is recognized that there is no single cause for eating disorders and it is known that triggers can include concerns such as body image, social and cultural pressures, media pressures, family history or other mental health issues. This information evening presents an opportunity to learn more about eating disorders, and about the treatment options and support services available.

**It's Electric in Cavan!**

Cavan County Council now leads the posse to develop a sustainable transport system and reduce carbon emissions in Cavan. Last month, the Council launched its first electric member of the council vehicle fleet – as part of the Green Fleadh. An on-street charging point is available in front of the courthouse.

**If you are interested in sustainability, contact the Sustaining Cavan Initiative, Kate Ennals on 0494378583**

**Joseph Rowntree Charitable Trust Grants Available**

Check out the website [www.jrct.org.uk](http://www.jrct.org.uk) for funding information from the Joseph Rowntree Trust. Funding applications from Irish organisations must be submitted by 7 September. The deadline is first post, or 0900 UK time for online applications, on the dates listed below.

**Killeshandra Bowlers out on Wednesdays!**

Killeshandra Bowlers are growing in numbers every week and are continuing to take new members as they practice throughout the summer, they play every Wednesday night in the community hall. membership fee is €5.00 per night and all welcome.

**Further information on 0494364065**

**“Local Tour Guides – Training Options?” Presented by The Rural College in partnership with The Ulster Local History Trust. Saturday 11th September 2010**

People interested in becoming a local tour guide, or helping to develop a local tour guide training programme, is invited to attend a FREE seminar: “Local Tour Guides – Training Options?” Saturday 11th September 2010, 10.00am - 1.00pm at The Rural College & Derrynoid Centre, Derrynoid Road, Draperstown BT45 7DW

**Please contact The Rural College on 0287 962 9100 or email: [enquiries@ruralcollege.co.uk](mailto:enquiries@ruralcollege.co.uk) before Friday 3rd September to confirm attendance.**

### **Major training opportunity for 18-25 year old in West Cavan**

This course would ideally suit people taking a gap year, not progressing to college or university at present, or who are in part-time work or who are unemployed at present. The 'Pathway to Leadership' course is run in 3 stages, each lasting 12 weeks.

Training will take place in Craigavon (Tues) and Blacklion (Thurs) two days per week. Transport and lunch is provided and a childcare allowance is also available if required.

**Read more details on the Community Connections website [www.cccdp.wordpress.com](http://www.cccdp.wordpress.com) or register your interest with Sandy at Community Connections – [sandy@communityconnections.ie](mailto:sandy@communityconnections.ie)**

### **Killeshandra Job Club**

September will see the Launch of Killeshandra Job Club, this service will be available on Wednesdays from 10.30am-1pm to help those needing support in looking for a change of career or indeed a job in general, this will also include people interested in training for a new area and back to adult education, anyone interested please contact office or drop in and talk to one of our staff.

**Further information 0494364065**

### **The K Club in Cavan**

The newly established ladies K club are a group of women working with the Killeshandra Focus FRC and the networking officer, Siobhan Wallace. They meet every Wednesday to socialise, learn new skills and make new friends. New members are welcome,

**For further information, ring 0494364065**

### **The Search is on for Ireland's Philanthropist of the Year 2010!**

- Do you know someone who deserves recognition for the work they do to improve society or community?
  - Nominations for The Community Foundation for Ireland's 2010 Irish Philanthropist of the Year Awards are now open
  - Previous winners of the Award include JP McManus, Declan Ryan, Chantal McCabe and Niall Mellon
  - Nominations can be made at [www.communityfoundation.ie](http://www.communityfoundation.ie)
- The Community Foundation for Ireland is calling on everyone around the country to make their nominations now for the 2010 Irish Philanthropist of the Year Awards. These awards publicly recognise people whose personal money has made an outstanding and lasting contribution in their communities and to society. The awards serve to highlight achievements and inspire others to give and to make a difference.