



## **Cavan Community Exchange – September 2009 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 Cook Book**

Cavan Community Forum needs Cavan recipes that either relate to local town lands or community organisations or that are meaningful for people as individuals. Please send a recipe, saying why you chose that one, for the Cavan Community Cook Book. All recipes will have to be attributed to sender. The Cavan Community Forum will be producing the book for Christmas...a great and amusing stocking filler!

**Please send recipes to Kate Ennals [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie) by 10<sup>th</sup> September, giving your name and/or community organisation.**

**Sharing Power Conference – Thursday 17/Friday 18 September. Cavan.**

Cavan Community Forum is hosting a prestigious regional Conference 'Sharing Power' in Cavan Crystal Hotel on 17 and 18 September. The conference (funded by the Joseph Rowntree Charitable Trust) will discuss the challenges faced by community representatives when they represent community views on the county wide boards and look at how to improve partnership working with local councillors, local council officers and other state bodies.

The conference involves a range of different perspectives – local authority, local rep, local community, national government perspective (two government ministers are taking part). There will also be plenty of opportunity for the conference participants to have a say and get their views across in workshops being held over the two days. Also, there will be a cross border experience provided by a speaker from Rural Community Network, NI and the after dinner speaker is from the Shoreditch Trust, UK that has initiated really interesting social enterprise projects set up and managed by local communities.

**The Conference is being held in the Cavan Crystal on Thursday 17 and Friday 18 September. Registration forms and brochures are available on the Cavan Community Website: [www.cavancommunity.ie](http://www.cavancommunity.ie) or contact Kate Ennals on 0494378583. Ten stands are available for groups wishing to display material or promote their activities.**

#### **Telling Tales at Cavan Garden Produce Show. Sunday 13 September**

Drumlane Community Partnership and Cavan Community Forum are hosting a county wide Garden Produce Show, BBQ and story telling session on Sunday 13 September 2009 between 4 and 7pm at the Drumlane Community Centre, Milltown. Everyone growing their own is welcome to come along with produce or stories to tell and enjoy the craic.

**To register for a tablecloth, contact Kate Ennals on 0494378583**

#### **Make a Show of Yourself. Saturday 26 September. 2pm – 5pm**

There is also the annual CCF 'Make a Show of Yourself' in Cavan town hall on Saturday afternoon on 26 September – another opportunity to show off the work of the brilliant Cavan community organisations and attract new members and do a bit of networking. There will be music, singing (happy birthday to the town hall), dancing, and refreshments.

**To register for a table, contact Kate Ennals on 0863737847**

#### **H.S.E. Walking for Health Workshop – Monday 31 August**

A Walking for Health workshop is being held on Monday 31 August 2009. Realtog Centre, Kilnaleck 7.00 p.m. to 9.30 p.m. Only 20 places available so please book a place by phoning South West Cavan Community Development Project on 049 4336070. Admission is free, and please wear clothing and footwear appropriate to walking.

#### **Bruskey ICA – 2<sup>nd</sup> September**

The first Autumn meeting of the Bruskey ICA will take place on Wednesday 2 Sept at 8.30pm in the national school. The group is celebrating its 40th anniversary this year and plans will be made to mark this event. New members are welcome. Bruskey ICA meets on the first Wednesday of each month at 8.30pm.

**Further information, contact Wilma on 0872458490**

### **SAFetalk Suicide Awareness Training – 9 September**

The HSE is running accredited Suicide Awareness Training on Wednesday 9 September, 7p.m. in Belturbet GAA Grounds. To register please contact the South West Cavan Community Development Project on 049 4336070

### **Child Protection Training – 9/10 September**

Child Protection training is being organised for Wednesday 9 and Thursday 10 September, between 6.30 p.m. to 8.30 p.m. in Crosskeys Resource Centre. It is accredited by the NYCI, and delivered by the VEC.

**To register phone 049 4336070**

### **Cavan Community Radio Update**

Check out [cavancommunityradio.org](http://cavancommunityradio.org) for further information about the up and coming Cavan Community Radio Station

**For further information contact Kate Ennals on 0494378583**

### **An Education Programme For People With Type 2 Diabetes**

A six- week free education programme will be Diabetes starting in St. Felim's Hospital (Room 105-106 – St. Brendan's Ward), Cavan on Friday 28th August 2009 for people with Type 2

Week 1 – Friday 28th August 2009 – am or pm What is Diabetes, Your Health Profile explained?

Week 2 – Friday 4th September 2009 – am or pm Weight Management

Week 3 – Friday 11th September 2009 - am or pm Carbohydrate Awareness

Week 4 – Friday 18th September 2009 - am or pm Reading Food Labels

Week 5 – Friday 25th September 2009 - am or pm Possible Complications of Diabetes

Week 6 – Friday 2nd October 2009 – am or pm Are you an X-pert, life style experiment results – how to continue?

The morning group will start at 10.15 am and finish at 12.45 pm approx. The afternoon group will start at 2.00 pm and finish at 4.30 pm approx. Please note that the availability of a morning and an afternoon group is dependent on sufficient numbers

**If you would like to book a place on the course, please phone Shirley Lynn on 046 – 9076407.**

### **Ballinagh Womens Group – Monday 14 September at 8pm**

The first meeting of the autumn season of Ballinagh Women's meeting takes place on Monday 14th September at 8pm in the Community Centre, Ballinagh. The speaker on the night will be registered osteopath, Lorraine Bennett. Lorraine will be talking about the importance of good health and how to look after yourself in simple and effective ways.

Ballinagh Women's Group meetings will be held every two weeks on a Monday night in the Community Centre. New members are always welcome.

**Further information from Wilma Bennet on 0872458490**

### **Cavan Energy Steering Group**

Cavan Community Forum is hoping to develop an active 'Energy Group' in Cavan to link into EU projects, and provide supports and information around sustainable energy in county Cavan. A workshop is being planned for Tuesday 20 October.

**If you are interested in being a part of this work, please contact Kate Ennals on 0494378583 or 0863737847,**

### **Cavan Representative Wanted for CCF**

Cavan Community Forum needs a representative from one of the community organisations in the Cavan electoral area. The Community Forum will meet on Tuesday 8 September, Tuesday 10 November, Tuesday 12 January, 2010 Tuesday 9 March, 2010. Area annual elections will take place in April 2010.

**For further information contact Kate Ennals on 0494378583.**

### **Positive Relations Project**

Following the recent Political Skills Leadership Workshops, some participants are currently availing of Internet & Email training in Tullacmongan Resource Centre.

Community Development and Conflict Resolution training will commence in September in the Resource Centre leading to recognised qualifications.

**For details contact Mary McCabe, Women's Training Development Officer, 0860200083**

### **Changed Circumstances?**

Elizabeth Finn Care supports people throughout Ireland who have been in professional employment and are now struggling to cope with sudden or unexpected changes in their financial circumstances. We provide financial help, tailored to individual circumstances, as well as emotional support through our experienced caseworkers and national volunteer network.

**For further information contact Finbarr Fitzpatrick on 1890 882349 or [finbarr.fitzpatrick@elizabethfinn.org.uk](mailto:finbarr.fitzpatrick@elizabethfinn.org.uk)**

### **Cavan Community Forum Website**

If you are affiliated to the Cavan Community Forum, your community group could have a free website to promote its work and activities to local people and the world in general. The Cavan Community Forum's website is visited by hundreds of people a month and people use it to find out what is going on in the County. Make sure you get your webpage and activities up there. It is so simple and Forum members are happy to come out and help.

**Check the Forum Website on [www.cavancommunity.ie](http://www.cavancommunity.ie)**

### **Sheltered Housing in Oriel Lodge Belturbet**

Cluid Housing Association has a number of one and two bedroom apartments available for people over 55 in a sheltered housing complex in Belturbet. In certain cases they will consider young people who may need support in order to live independently. The apartments are self contained and there are communal facilities for socialising, a laundry and an emergency call system.

**For further information contact Karina Charles or Liz Thompson on 01 8578030**

### **Co. Cavan VEC Community Education Courses - Autumn 2009**

West Cavan (Belturbet, Bawnboy and Blacklion)

1. FETAC Level 3 Computer Literacy (14 weeks)  
Introduction to computer components, Microsoft Word, Microsoft Excel and Microsoft Internet Explorer.
2. Introduction to I.T. (10 weeks)  
Introduction to computer components and Microsoft Word.
3. Internet and eMail (6 weeks)  
Introduction to using the internet and sending email.

4. ECDL (30 weeks)  
Computer Components, Windows and File Management, Microsoft Word, Microsoft Excel, Microsoft Powerpoint, Microsoft Access, Microsoft Internet Explorer
5. Advanced Word (15 weeks)  
Childcare and Healthcare Support (Kingscourt and Bawnboy)
  1. FETAC Level 5 Childcare (2 years part time one evening per week)  
Child Development, Early Childhood Education, Work Experience, Working in Childcare, Caring for Children (0-6), Communications, Understanding Special Needs, Nutrition.
  2. FETAC Level 5 Healthcare Support (2 years part time one evening per week)  
Care Skills, Care Support, Safety and Health at Work, Communications, Work Experience, Care of the Older Person, Care of People with Mental Illness, Intellectual Disability Studies.

Are you a member of a community group in your area? Would you like to set up a course for your group? For example: Introduction to I.T., First Aid, Oils or Watercolours, Basic Gardening, Personal Development, Keep Fit or Crafts.

**For information on any of the above courses please contact Gemma Brady at 049 4377562 or [cef@cavanvec.ie](mailto:cef@cavanvec.ie)**

### **Launch of Cavan Sports Partnership Strategy**

Cavan Sports Partnership's first strategic plan will be launched on the 30<sup>th</sup> September at 6pm in the council chamber by Mr John Treacy CEO, Irish Sports Council & Mr Jack Keyes, County Manager, Cavan County Council. This strategy will guide the work of the sports partnership for the coming three years and will aim to enhance sport and recreation opportunities for all people in Cavan.

### **Go for Life National Grants Scheme**

The Irish Sports Council and Age & Opportunity have launched the 2009 Go for Life National Grants Scheme. Application forms are available from the sports partnership office or website [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie) or alternatively can be downloaded from [www.ageandopportunity.ie](http://www.ageandopportunity.ie) These grants are available to all local clubs, groups and organisations that promote increased participation in recreational sports or physical activity for older people as a main element of their activity. Closing date for receipt of grant forms is 30<sup>th</sup> September 2009.

### **Older & Active Sports Festival**

Cavan Sports Partnership in conjunction with the HSE and Positive Age, Cavan are hosting a fun and active sports festival for older adults on Tuesday 22<sup>nd</sup> September from 9.30am – 1pm in Cavan Leisure Complex. To register for the event please contact Maisie Smith (049) 4360433.

### **European Mobility Week**

As part of European Mobility Week; Main Street, Cavan will be closed in order to encourage "in town without my car". Cavan County Council, Cavan Town Council & Cavan Sports Partnership have been awarded €50,000 in funding from the Department of Transport for the completion of a footpath/cycleway route around the Con Smith Park. The route has been marked as an Irish Heart Foundation, Sli na Slainte walkway, providing a 2km safe and accessible looped walk for the people of Cavan.