

Cavan Community Exchange – May 2009 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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The Polish Day in Cavan - Sunday 3 May 2009

Everyone is invited to the Pastoral Centre; St.Patrick College,Cavan Town onn Sunday 3 May between 12 and 6pm to celebrate the Polish day in Cavan. Celebration will include Polish mass, dancing, football match between Polish an Irish community(juniors and seniors), poetry recital, face painting, loud reading in two languages (Polish and English), display of children works , karaoke, Mini Playback Show, sports games and Polish traditional food.

Tell your friends and family to come along and join in on the day. Everyone welcome and admission is free.

The Macra Wedding of the Year – Sunday 3 May

Will the groom arrive on time? Will the brides dress fit? Is the priest even a priest? All these questions will be answered at the Wedding Bash in St Killians Lodge Mullagh on May 3rd. Big party starts at 6pm. Tickets €25 include full evening meal, band and DJ, €10 into band and DJ from 9.30 and €5 to DJ from 11.30.

For more information or tickets contact Aileen at 086 3990777.

Cavan Multi Cultural Youth Day – Saturday 9 May

Fun, food, dance, performing arts are the order of the day on Saturday 9 May at the Bridge Street Centre, Bridge St between 2pm and 5pm when the Cavan Comhairle na Nóg hosts their multi-cultural information day and food fair.

There will be information and artefacts from different countries, food tasting, performances and face painters. Everyone is welcome.

Blow It All Away! Turbine Energy Workshop. 14 May, Bailieborough

Cavan Community Forum is hosting a workshop that will look at the potential of turbine energy in Cavan – in terms of business opportunities and energy saving possibilities on Thursday 14 May in the Community Enterprise Centre, Bailieborough. The workshop will look at the employment potential of energy saving enterprises and discuss the opportunities and challenges linked to developing wind energy projects in Cavan.

7.30pm Introduction from CCF

7.45 In-put from Ray Burke, DKIT

8.30 Discussion

- What turbine businesses/projects might be established to support energy saving in Cavan.
- How might one go about setting up such a business
- The challenges

Cavan Women in Leadership

Tullacmongan are running a Day Workshop for Cavan women on Saturday 6th June which will help build confidence, enable you to increase your influence and contribute more to the community. These are leadership skills which will improve your community, work, social and family life. The workshop will take place at the Tullacmongan Resource centre from 10am – 3pm and is free. There will be follow up training offered, leading to recognized qualifications.

For further information or to book a place, call 049 4372730 or 049 437 2976.

Cathaoirleach's Awards Scheme 2009.

It's the time of the year to nominate some one in your community who has given special service or been particularly active this year for the Cathaoirleach's Awards, 2009! The object of the County Council scheme is to give due recognition to people who have given special service to their community in County Cavan. The six Award Categories are:

- Arts, Culture & Heritage
- Youth Groups
- Social Inclusion Dimension Groups
- Community & Environmental Groups
- Sports & Recreation
- Young Volunteer of the year (under 18)

Application forms and full details are also available on the Cavan website at www.cavancoco.ie or on the Community Forum Website www.cavancommunity.ie Or phone (049) 4378577 / (049) 4378579. The latest date for receipt of completed application forms is 5 p.m. Thursday 15th May 2009 and completed applications should be forwarded to the **Director of Service, Office of Community & Enterprise, Cavan County Council, Farnham Centre, Farnham Street, Cavan.**

Landrover Safari in the Geo Park – 9th May

Location: Will depart from car park at entrance to the Lough Navar Forest Scenic Drive, County Fermanagh. **Date & Time:** Saturday 9th May at 2:00pm

The drive will take in the varied landscapes of the forest and will include short stops at sites of interest.

Natural History Walk of Cuilcagh Mountain – 10th May

Location: Will depart from Market House, Blacklion, County Cavan.

Date & Time: Sunday 10th May at 11:00am

Taking in the landscapes and forested areas of Cuilcagh Mountain as well as looking at some of the fine archaeological monuments within the Burren Forest. Walkers will return to Blacklion stopping to look at lime kilns, cave entrances and relict field walls.

Beginners Geology Course in conjunction with Queen's University

Duration: 4 Weekly Sessions

Dates & Times: Starting Thursday 7th May 6:00pm- 8:30pm

Location: Marble Arch Caves Visitor Centre, County Fermanagh

Fee: Fee £27.00 (concession rate £17.00)

As part of the Queen's University Open Learning Programme a new course introducing people to geology including minerals, rock groups & fossils, then moving on to the processes that help to shape our landscape with particular emphasis on the rocks found in the Marble Arch Caves Global Geopark (Counties Cavan and Fermanagh). This course will be mainly practical based and will include a tour of the caves and other natural landscape features found within the vicinity.

Students should, therefore, dress accordingly.

Travel to the Marble Arch Caves is not included in the cost.

Booking for this course is essential.

For further information on the above please contact:

Marble Arch Caves Tel: 048 66348855

Web: www.marblearchcavesgeopark.com

Social Finance Opportunities - €97 million over the next 12 years.

UCIT are pleased to announce that their access to finance for onward lending to Community Enterprise has increased substantially with the news that one of their sources of funding, *The Social Finance Foundation*, has secured additional investment to the €25 million Seed Funding already available for investment in social enterprise.

This new investment will bring the total funding accessible by UCIT from this source alone, and for distribution to groups across the Republic only, to

Ulster Community Investment Trust encourage any agencies/projects who know of other projects looking to access finance, including match funding for community enterprise to contact their southern office on 041-6858637 or email donal@ucittd.com for further information.

The Big Lottery Fund's - People's Millions

The Big Lottery Fund's People's Millions programme is open for applications. The fund is for community projects that provide opportunities for people to enjoy their local area, both indoors and outdoors, and improve local facilities.

Voluntary and community groups, local authorities, e.g. schools; statutory health bodies,

and social enterprises are eligible to apply for up to £50,000. The programme will fund 69 projects across the 15 ITV regional news areas. The public will vote for applicants in competitions in each regional area. A 'bonus' award will also be made. Deadline: 15 May 2009, noon

For more information and application details visit the Big Lottery Fund's People's Millions at www.biglotteryfund.org.uk/prog_peoples_millions.

The Witches Round Table

The Witches Round Table is a chatting and information moot, that is happening every first Monday each month, at 7pm. Interested people are informed about the alternative 'Old Religion'. It's purpose is to inform free minded and interested people about the historical truth of the Old Religion, the witch hunts and burning times, as well as contemporary Paganism and Witchcraft/Wicca, which are alternative Religions, accepted and protected by the Irish Constitution.

Details of the meetings can be obtained at: Arkana_Ireland@yahoo.ie

Cavan Community Cookbook

Cavan Community Forum is planning to produce a local Cavan cook book (Nevin Maguire, eat your heart out and/or give us your favourite recipe) made up of local community recipes.

Each community or cook can contribute recipes that reflect local culture, tradition, or fit in with the theme or employment of the area. So, we could expect to see a good few fishy dishes (given the lakes), or we might get lovely creamy desserts from Killeshandra. Be creative in your recipes and do tell a story with them...why they were chosen, and where they come from. The recipes have to be submitted to the Community Forum office (Farnham Centre, Farnham St, Cavan) by 31st August. 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.

Further information from Kate Ennals at kateennals@cavancoco.ie

Wheelchair Dancing Day – Get into it!

The first ever Wheelchair Dancing Day, will be held in Cavan Sports & Leisure Complex on Saturday 11th July 2009 by Winners on Wheels (WOW). There will be two professional wheelchair dancing teachers who will provide tuition on the day.

The aim of **The WOW Group** is to make it possible for young children who are wheelchair users to come together and enjoy recreational activities, which will involve play adapted to their needs. We aim to try and make it "**as easy**" for a child who is a wheelchair user, to enjoy their play & activities, in the same way their healthy siblings do. Our group also welcomes children with special needs who are non wheelchair users. We aim to help achieve a smile, a laugh, a goal, an improvement to their quality of life. After all, every child loves to play! We believe our group will create laughter, memories and most of all fun!

If you or someone else would like to participate, or get involved please contact Amanda Keefe on 087 7696404

Table 1 VEC training opportunities

Further information from 049 4361881/ 087 2954964

	Training	Facilitated By	Learning Outcomes	Date & Time	Venue
1.	Sexual Health	Dave Mc Sweeney & Jennifer Treanor - HSE	Participants will have gained skills, exercises and training to enable them to deliver sexual health training to their own youth groups	12 th May 9:45am-4:30pm	Commur Youth Project - Cavan
2.	Health & Safety Policy Development	Finola Keogh - Co. Cavan VEC	Participants will gain insight into why their local youth club should have a Health & Safety Policy and receive step by step guidance on what their youth groups Health & Safety Policy should contain.	20 th May 6pm- 8pm	Commur Youth Project - Cavan
3.	Drug Misuse Prevention Training for Trainers	Armin Krautgasser – ECO UNESCO	Participants will become more confident in developing an alternative approach to drug misuse prevention through environmental education. Learn a variety of interactive education methodologies including indoor and outdoor activities, motivational activities and life skill development. Be able to facilitate personal development in young people through their engagement with the environment	27 th May 10am-4pm	Commur Youth Project - Cavan
4.	Drug & Alcohol Policy Development	Patricia Boyle – Canal Communities Drug Worker	Participants will gain insight into why their local youth club should have a Drug & alcohol Policy and receive step by step guidance on what their youth groups Drug & Alcohol Policy should contain.	4 th June 6pm-8pm	Commur Youth Project - Cavan
5.	Lesbian Gay Bisexual Transgender	Dundalk Outcomers & Belong 2	Participant will receive training in LGBT and be provided with interactive skills and activities so that they will be able to provide support to LGBT young people and to be able to run and deliver LGBT workshops within their own youth group settings.	10 th June	Commur Youth Project - Cavan

Carmichael Centre Training and Support: training courses for voluntary or community groups (May)

Writing a Marketing Plan (May 14, Dublin)

<http://www.activelink.ie/ce/active.php?id=2335>

Taking Effective Minutes (May 15, Dublin)

<http://www.activelink.ie/ce/active.php?id=3732>

Effective Board Meetings (May 18, Dublin)

<http://www.activelink.ie/ce/active.php?id=3156>

Corporate Fundraising (May 20, Dublin)

<http://www.activelink.ie/ce/active.php?id=3551>

Producing an Annual Report (May 21, Dublin)

<http://www.activelink.ie/ce/active.php?id=2209>

Celebrate Irish Geology Week in the Geopark

The north of Ireland has an extremely diverse range of landscapes, ranging from low lying lakes and drumlins, to mountains and plateaus and everything else in between! This amazing diversity is due to the geology that underlies the country, and nowhere else in the world can you find such a range of rocks in such a small area.

Join Geopark staff and learn more about the amazing landscapes and the rocks that form them in the Geopark of counties Cavan and Fermanagh.

Library Materials Available from CPA

The Combat Poverty Agency will be integrating with the Department of Social and Family Affairs in the coming months. In advance of our move we are offering copies of our publications free of charge to individuals, organisations and libraries. Please follow the link below to see the list for titles and links to order.

<http://www.combatpoverty.ie/publications/publicationsoffer.html>