



Cavan Community Exchange – March 2009 Issue 3

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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Cavan Peace 111 Small Grants

Cavan community organisations can now apply for funding under the Cavan Peace Partnership Small Grants Scheme. The scheme will fund projects ranging from €5000 to €20,000 and in exceptional circumstances up to €30,000. All applications have to be in by 27 March 2009. Application forms and guidance notes are available on the Cavan Community Forum website www.cavancommunity.ie and click on the Funding link.

Further information from btierney@cavancoco.ie

Peace 111 Small Grants Information Workshops (4th/5th March)

The Cavan Peace and Reconciliation Partnership will be running two Support Workshops for groups who want to learn more about the Peace III Small Grants scheme on Wednesday 4th March 2009 at 8.00p.m in the Slieve

Russell Hotel, Ballyconnell and Thursday 5th March 2009 at 8.00p.m in the Bailie Hotel, Bailieborough.

Further information from btierney@cavancoco.ie

Ballyjamesduff CAFÉ meeting (5th March)

Ballyjamesduff Area Forum is holding a CAFÉ meeting on Thursday 5 March in the Ramor Theatre at 8pm to discuss unemployment and possible entrepreneur workshops in the area of sustainable energy. Everyone welcome.

Spina Bifida Hydrocephalus Ireland (SBHI) Information Workshop Tuesday 3 March

Spina Bifida Hydrocephalus Ireland (SBHI) is a disability organisation, serving individuals with these conditions in each region in Ireland for over 40 years including Cavan and Monaghan. It is hosting an information forum in: Cavan on Tuesday 3rd March 2009, Cavan Partnership, Unit 6a, Corlurgan Business Park, Corlurgan, Co. Cavan at 11am - 1pm. The purpose of these sessions is to provide information on Spina Bifida Hydrocephalus Ireland and how Cavan can work effectively for our service users.

If you would like to book a place(s) at this forum please contact Hazel McGeough on 0868194790 or hmcgeough@iasbah.ie.

Playing in the Geo Park! (Wed 25th March)

Cavan Community Forum is hosting a workshop to discuss the opportunities provided by the Geo-Park to local communities at Belturbet Railway Station on Wednesday 25 March 2009 at 7.30pm. This is a must for local businesses, tourist providers and community groups. Dr Kirstin Lemon from Fermanagh Caves will provide us with an introduction to the Geo Park and then there will be discussion groups to look at the advantages of the geo park, the potential enterprise opportunities and the challenges.

Admission is free. Further information from Kate Ennals on 049 4378583.

NYAH....Forget the Recession and Enjoy the Session! (11th – 20th March)

Hundreds of musicians and artists will descend on the Breffni territory in March to take part in a packed programme of events across the county, ranging from major concerts to intimate pub sessions, with a host of extras including music and song workshops, the 'Jig of Life' awards, and book and CD launches. There'll be no shortage of top-flight musicians, dancers and singers in seisiún at the Nyah Féile Ealaíon Chontae an Chabhán 2009. The likes of accordion legend Joe Burke and melodeon master Johnny Connolly are just the tip of the iceberg, as a host of top performers will not only showcase their talents, but share them in the extensive workshop teaching sessions that

have also been arranged.

For festival details check www.cavanmusic.com/

Community Radio Comes to Cavan

A new local community radio station in Cavan is being established. We are applying for a temporary licence and hope to be up and running in Autumn. In particular, we need people who have financial, legal, and technical experience but anyone who is interested in programming or being involved is very welcome.

Further information from Kate Ennals. Email kateennals@cavancoco.ie

Festival! Recalling 72 Years of Railway in Belturbet on Sunday 5th April 2009

Belturbet Railway Station, Belturbet, Co Cavan will commemorate the 50th anniversary of the closing of the Cavan and Leitrim Railway (1959). Between 12 noon and 5pm there will be a model trains and hobbies exhibition, a talk on the history of the Cavan and Leitrim Railway. **At 2.45pm the Cavan Community Forum will host a story telling session which will be recorded and hopefully produced on CD for a small charge.** Come and remember the railway and tell your story!
Admission is €5. Children free.

Sports Partnership Calendar of Events

Cavan Sports Partnership has released its calendar of events for Spring 2009. The programme includes club development courses - First Aid, Code of Ethics & CPR/Defibrillator which are available to all clubs and organisations working for the development of sport and activity within the county. This programme also sees the introduction of SAQ training which is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players and athletes to be more skilful at faster speeds and with greater precision.

For more information Email: info@cavansportpartnership.ie Website: www.cavansportpartnership.ie

Free Stop Smoking Course in Cavan

A six week course to help people stop smoking is taking place in Cavan General Hospital from Thursday, February 26th at 8pm. The Course is free and you don't need to book a place.

For any more information, phone Health Promotion at 041-685 0671. National Smokers Quitline is open Monday-Saturday on 1850 201 203.

'The Killann Characters'

Bailieborough Arts & Cultural Centre presents 'The Killann Characters' including Randel Mc Collum, The Carneys, The Nelsons, The Martins, The Uileann pipe maker Michael Keenan, the two marching bands and the A.O.H Hall delivered by well informed local speakers on Friday the 6th March @ 8.30pm.

Further please contact Niamh Smyth @ 042 – 966 66 66.

2009 North-South Postgraduate Scholarships scheme, run by Universities Ireland in collaboration with the IBEC-CBI Joint Business Council.

North-South Postgraduate scholarships worth €14,000 are open to students undertaking a recognised Master's or the first year of a PhD programme in the other Irish jurisdiction. The closing date for applications is Friday 15th May 2009, and the scholarships must be taken up for the academic year 2009-2010.

This scheme is open to all students currently registered at an Irish or a Northern Irish university or Dublin Institute of Technology or who have graduated within the past five years. The aim of the scheme is to encourage

students to cross the border to undertake postgraduate study and experience life in the other jurisdiction.

Further information: Patricia McAllister, Tel: 028 3751 1550 [048 from Republic of Ireland]. Email: p.mcallister@qub.ac.uk

E-Business Workshop – 26 March, Slieve Russell.

Fáilte Ireland e-business are running a general e-Business workshop on Thursday 26th March at the Slieve Russell Hotel Golf and Country Club, Ballyconnell, Co. Cavan from 12 noon to 3.30pm. Admission €25.00 Topics will include Call to Action Web Design, Web 2.0 - what is it? Is it relevant to your business? SEO - the alternative to paying for advertising. **To attend this workshop, webdevproject.registration@failteireland.ie**

Teddy Bear Workshop

Bear Essentials Easter Workshop in Bawnboy County Cavan on the 7th of April from 10am-4pm is filled with sewing, cooking & baking, decorating and celebrating our achievements. Boys & girls age 6-16 take everything home to share with family & friends for Easter. This popular workshop is filling up quickly so please enrol now **email anke@beaessentials.ie or ring her on 0877610537 or 0499523461**

New home energy savings scheme

MEASURE	CATEGORY
Roof	Roof Insulation
Wall	Cavity wall insulation
	Internal Wall Dry-Lining
	External wall insulation
Heating Controls	High Efficiency Gas or Oil fired Boiler with Heating Controls Upgrade

BER Assessment A Before works and an After works assessment

Further details of this grant are available on the website link as follows [http://www.sei.ie/Grants/Pilot Home Energy Saving Scheme](http://www.sei.ie/Grants/Pilot_Home_Energy_Saving_Scheme).

Social Entrepreneurs Ireland 2009 Awards Programme

The Awards programme provides a range of direct supports to help social entrepreneurs to get their idea off the ground or to grow and develop an idea which has passed the start-up stage and is now poised to have real social impact.

Level 1 Awards are suitable for applicants who are at the early stages of development of their project, typically at proof-of-concept/pilot stage.

Level 2 Awards are suitable for applicants who have already developed a proven model and who are looking to significantly grow the scale and impact of their project.

Closing date for receipt of applications Friday 20th March 2009

<http://www.activelink.ie/ce/active.php?id=2124>

Free website on offer to non-profits in Ireland *

In April, two teams of web developers in Galway are offering to build two websites for two selected not-for-profits in Ireland. Drupal will build two websites as part of "DrupalCamp", a conference in Galway.

The websites will be built on a free, secure content management system called Drupal. Drupal allows you to easily update your website by simply logging in and clicking 'edit' on your screen. This allows you to have complete control of your site's content.

Deadline to submit is March 17th 2009. In your submission you should include a basic list of desired features, an outline of the site and some information about the work your organisation does.

<http://www.activelink.ie/ce/active.php?id=3332>

Conflicts of Interests: A Conflict Transformation Workshops

Conflict Transformation Workshops "Conflicts of Interests" is available to interested community/voluntary groups. The eight week course is free to participants.

The Conflicts of Interest programme was devised by Expac to address the need for different communities to understand the views and opinions of others, in the context of the conflict centred in Northern Ireland.

<http://www.activelink.ie/ce/active.php?id=3404>