

Cavan Community Exchange – June 2010. 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

- **Food For Thought Lunchtime Workshop. Thursday 24 June. 11am – 2pm**
- **Origin of Cavan Townlands/Placenames**
- **Tour of Quinn Quarry – 3 June.**
- **Singing Launch**
- **Conference: Challenging Thinking, Changing Attitudes. 050 Networking Conference, Wednesday 16 June. 2010**
- **Cavan/Monaghan Big Brothers and Big Sisters sought for mentoring programme**
- **Swanlinbar Development Association Cuilcagh Festival Bank Holiday Weekend**
- **Coffee Mornings for People with Visual Impairment**
- **Grow it Yourself in Cavan and Volunteers Needed**
- **Cross-border Scheme Promotes Creative Writing**
- **Conference on NGO Advocacy, 10 June 2010**
- **Oireachtas Brief**
- **Disability and Mental Health Funding**
- **Equality for Women Funding**
- **National College of Ireland Change Your Life Education Fund**

Food For Thought Lunchtime Workshop. Thursday 24 June. 11am – 2pm

Cavan Gardeners Steering Group in conjunction with the PIII Networking Officer are holding a lunch time workshop to examine what we eat and why. The workshop will look at how our backgrounds influence the food we choose to cook and discuss the different crops and foods we eat. It will finish with a multicultural lunch.

To register, contact Kate Ennals on 0494378583 or email Kate with contact details on kateennals@cavancoco.ie. The workshop is limited to 15 people. First come first served (so to speak)!

Origin of Cavan Townlands/Placenames

Cavan County Museum in association with Cavan County Fleadh, Kilmaleck are hosting a lecture on the 'Origin of Townlands / Placenames' by Tom Sullivan on Thursday 3rd June. Traditional Irish Music will be performed from 8 - 8.30 p.m. followed by Lecture.

Everyone welcome.

Tour of Quinn Quarry – Thurs 3 June.

As part of the annual Geopark events calendar there is a tour of one of Quinn's quarries, just outside Swanlinbar. This will provide people with the

opportunity to see into some of the wonderful geology of the area. The visit will enable anyone with an interest in engineering and / or machinery to understand just how the huge amounts of rock and material are extracted from the ground. The meeting point for the tour is Ballyconnell Courthouse on Thursday 3rd June at 6pm. A short introductory talk and a health and safety briefing will take place before participants will board a bus and be transported to the quarry. The bus will return to Ballyconnell for approximately 8.30pm. This tour is being organised with the very kind assistance of staff from the Quinn Group.

If you would like to attend, Dr Kirstin Lemom on 0872159877 to book your place.

Singing Launch – Friday 4 June

Seo daoibh an t-eolas a bhaineann leis an amhránaíocht Ghaeilge.

Attached is the information regarding Canaimis - Let's Sing event with Seán Ó Sé:

(1) Fleadh Cheoil Chontae an Chabháin, Cill na Leice, 4/06/10 @ 8.00pm
(2) Fleadh Cheoil na hÉireann 2010, An Cabhán: Gig Rig 20/08/10 @ 7.00pm
Scaip an scéal agus bí ag cleachtadh - Spread the word and don't forget to practise! All are invited to Cill na Leice for the opening of the County Fleadh and to take part in the singing event with Seán Ó Sé: individuals, families, choirs, youth clubs, community groups, Comhaltas Branches, sports' clubs, schools, singers, non-singers, those proficient and not so proficient in Irish! The event will be recorded and a fore runner to the big event in August. Songs will be recorded over the weekend and soon afterwards available on the website.

Information available on the website: www.fleadh2010.ie

Challenging Thinking, Changing Attitudes. 050 Networking Conference, Wednesday 16 June. 2010

A conference of older people's networks in the border counties is being held on Wed June 16th in the Slieve Russel Hotel. The guest speaker will be RTE newsreader Deirdre Purcell. The conference theme will be Challenging Thinking – Changing Attitudes. It will explore attitudes of and about older people, empowering older people to take responsibility for change and embracing diversity.

Further information from Iris O'Callaghan on 0494371029

Cavan/Monaghan Big Brothers and Big Sisters sought for mentoring programme

Big Brother Big Sister is an internationally renowned youth mentoring programme that forms a friendship between an adult volunteer and young person who will benefit from extra support.

They are looking for volunteers in Cavan and Monaghan. Check out <http://www.activelink.ie/node/1717> for further details

Swanlinbar Development Association Cuilcagh Festival Bank Holiday Weekend

Swanlinbar Development Association have organised the Cuilcagh Festival over the June Bank Holiday Weekend in association with Mortas An Cabhain - Pride Of Cavan
SATURDAY JUNE 5th

Venue Trivia House

- 12.00pm – 1.00pm Puppet Show for Children
- 2.00pm – 5.00pm “Children of the Earth: Connecting People and Places” Face Painting and Visual Art Workshops for Children with a Heritage Presentation from Dr Kirsten Lemon, Geologist, Marble Arch Caves GeoPark.

Venue The Welcome Inn

- 9.45pm “Murder on Main Street”

A Hilarious Black Comedy by GONZO Theatre followed by Traditional Irish Music.

SUNDAY JUNE 6th

- Cuilcagh Walk. Registration at Bellvalley Gap. 12 noon.
- Cuilcagh Barbeque Venue Trivia House Starts at 6.30pm
- Barbeque with Traditional Irish Music and Dancing
- Performers Barry Leonard, Jim Woods, Padraig Mc Govern and Keenan Barrett.

MONDAY JUNE 7TH

Venue Trivia House

2.00pm – 3.00pm

- Lecture on Emigration/Immigration with emphasis on Song and Music.
- Lecture by Dr Patrick Fitzgerald from the Centre for Migration Studies, Omagh.

3.00pm – 3.45pm

- Expose yourself to Irish Music Workshop
- Traditional Singing, Bodhran/Bones, Bouzouki and Banjo Workshops for Young and Old. Bring along your musical instruments and enjoy the Craic.

4.00pm – 5.00pm

- Fleadh Music Session with all the NYAH men

All Musicians in the area bring in your own instruments to join in the Session.

- Art Exhibition

Venue Trivia House and Local Shop Windows

The Weekend will feature an Exhibition of work from a variety of well known local artists.

Coffee Mornings for People with Visual Impairment

Information Coffee Mornings are being held at Johnston Central Library for people with a visual impairment. Staff are there to assist 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.

Helpers are also welcome. Next meeting: Wednesday 16th June at 11.30am

Grow it Yourself in Cavan and Volunteers Needed

Cavan has set up its own GIY (Grow it Yourself) branch in the county. Grow it yourself is a not for profit organisation which supports people to grow their own food and provide them with the practical skills they need to do so

successfully. The organisation takes the "self" out of "self-sufficiency" by getting amateur growers together so that they can learn skills from each other and connect with like-minded individuals.

Grow It Yourself is also looking for passionate, committed volunteers who have skills in coordinating community projects – note, you do not need green fingers to do this work!

<http://www.activelink.ie/node/1559>

Cross-border Scheme Promotes Creative Writing

The project offers the opportunity to apply for funding for a one-off visit, or residency by a writer or storyteller to primary and post-primary schools in the ten counties on either side of the border: Armagh, Cavan, Derry, Donegal, Down, Fermanagh, Leitrim, Louth, Monaghan, and Tyrone.

The scheme is now open for applications for the Border Crossings visits and residencies, which will take place between September 2010 and April 2011.

The Border Crossings Project is made possible through lottery funding support from the Arts Council of Northern Ireland. Details from:

www.poetryireland.ie/education/bordercrossings.html

Conference on NGO Advocacy, 10 June 2010

The Advocacy Initiative is a collaborative initiative involving many of the key organisations and leaders in the NGO sector and its aims are to:

- * Identify contemporary and emerging principles and models of advocacy internationally against which Irish advocacy practices can be assessed;
- * Assess advocacy in Ireland and the relationship between civil society and the State;
- * Generate greater awareness of current trends and challenges in the practice of civil society advocacy in Ireland.

Further information <http://www.activelink.ie/node/2204>

Oireachtas Brief

Oireachtas Brief is a new information service for social justice NGOs and voluntary sector activists interested in issues of poverty and social exclusion in the Oireachtas. Oireachtas Brief is provided by The Wheel and the European Anti Poverty Network (EAPN) Ireland, supported by the Atlantic Philanthropies and edited by Brian Harvey.

In the coming months this service will be extended and developed to include a web based resource.

See www.wheel.ie **for further information**

Disability and Mental Health Funding

The Office for Disability and Mental Health HSE and GENIO invite applications for funding to enhance individualised supports that enable people with disabilities and mental health difficulties to live meaningful lives as included members of their communities. Priority will be given to applications from those who can demonstrate capacity to use resources to best effect for sustainable initiatives.

The fund is €3,665,000. It combines an allocation of health innovation funding and Atlantic Philanthropies monies. It is envisaged that this funding will be allocated during 2010.

Further information: www.genio.ie or contact Genio Trust at 044 9362222 or [email trust@genio.ie](mailto:trust@genio.ie)

Equality for Women Funding

There is a new phase of the Equality for Women Measure 2010-2013 being administered by Pobal on behalf of the Department of Justice, Equality and Law Reform / Department of Community, Equality and Gaeltacht Affairs.

The Measure will aim to support 40 projects, each with a maximum allowance of €50,000 per annum, for clearly targeted projects that foster gender equality through the delivery of practical customised development supports. Projects may have their funding renewed for one or more years subject to conditions.

The individual strands of the Equality for Women Measure 2010-2013 are outlined below:

- Strand 1 – Access to Employment
- Strand 2 – Developing Female Entrepreneurship
- Strand 3 – Career Development for Women in Employment

Applications are being sought from Community and Voluntary Groups, Non-Government Organisations, Recognised Training Providers, State Agencies, Trade Unions, and Employer Organisations for specific projects to foster gender equality under one of the three Strands.

The closing date for applications is Wednesday 16th June 2010.

National College of Ireland Change Your Life Education Fund

National College of Ireland has teamed up with Metro Herald and Ireland AM to offer a once-in-a-lifetime opportunity to change your life, upgrade your skills and acquire the qualifications and confidence to succeed. The winner will earn an amazing prize package including an educational fund worth €20,000 and €15,000 in other supports, like personal mentoring, computer equipment and even a style package worth €1,000. Contestants just need to answer one simple question: Why do you want to change your life, and how could education help?

The competition is open to anyone aged 18 and older and resident in the Republic of Ireland. Contestants can download an application form and the contest terms and conditions from this site. All applications must be in English or Irish, and must be submitted no later than 5.00pm on Friday July 23rd.

An adjudication panel will shortlist applicants and the shortlist will be published this August. Finalists will be interviewed and the winner will be notified by Friday, August 27th.

Further information

http://www.ncirl.ie/News/Change_Your_Life_Education_Fund

Ends