



Cavan Community Exchange – October 2009 Issue 10

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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NATIONAL TRAILS DAY - Sunday 4th October

Celebrate National Trails Day with Cavan County Council by joining us on one of the following guided walks:

Burren Forest Guided Walk

Join Geopark Geologist, Dr. Kirstin Lemon, local historian, Jim Nolan as well as Coilte staff for a guided walk in the Burren Forest. The site contains a wealth of archaeological and geological wonders, many of which will be discussed along the way. Now a site within the Marble Arch Caves Global Geopark, the Burren Forest is a hidden gem within the landscape of West Cavan. Meet at Burren Forest entrance at 2pm on Sunday 4th October.

For more information on Burren Forest Walk contact Kirstin Lemon on 087 2159877 or email klemon@cavancoco.ie.

Castle Lake & Forest Walk, Bailieborough

Join the Heritage Office of Cavan County Council and a guide from the local Birdwatch group for a guided nature walk around the beautiful Castle Lake & Forest Walk, Bailieborough. Meet at main car park, rear entrance at 2pm on Sunday 4th October (from Bailieborough take Shercock Road, R178 and go

left at Bailie Foods, entrance to forest on left after 2km. Booking not essential. Suitable for all ages.

Gospel Choirs Congregate in Cavan Saturday 3 October 7pm at the Kilmore.

Cavan will be resonating with song this weekend as Cavan and Monaghan Gospel Choirs are performing with gospel choirs from the North in the Kilmore Hotel this Saturday 3 October at 7pm. The concert is free of charge and everyone is welcome. Just turn up at the Kilmore Hotel at 7pm.

Ballyconnell Walk – Sat 3 October 2pm

Join the Heritage Office, Cavan County Council and Heather Bothwell on a guided nature walk of Woodford River, Ballyconnell on Saturday 3rd October at 2pm, meeting at playground. Booking not essential, everyone welcome, young and old!

For further information please contact Noeleen Shannon, Heritage Office, Cavan County Council, phone 0494378600 or email nshannon@cavancoco.ie.

FÁS eLearning at the Library

FÁS eLearning at the Library' is a programme which provides a facility for people to learn computer skills in their own community. It aims to up-skill participants in Information Technology Skills. The programme is open to all learners (over 18 years) and is free of charge. Aimed at absolute beginners, and those who want to improve their PC skills, FÁS and your local public library are offering you the chance to brush up on your PC skills. Workshops sessions will typically be of 1 hour duration and will include Introduction to computers, the Internet and email. The facilitator will help participants set up an email account if required.

Information sessions

Library Venue	Day	Time	Telephone
Bailieborough	Tuesday 29th September	3pm-5.15pm	042-9665779
Johnston Central	Wednesday 30th September	3pm-5.15pm	049-4378500
Cootehill	Thursday 1st October	3pm-5.15pm	049-5559873

Workshops - week beginning 6th October

Library Venue	Day	Time	Numbers
Bailieborough	Tuesdays	10-11am / 11.15am-12.15pm	4
JCL	Tuesdays/Thursdays	2-3pm & 3.30-4.30pm	8
Cootehill	Thursdays	10-11am / 11.15am-12.15pm	4

Kids Literacy Skills in Bailieborough

Touch Type Read and Spell (TTRS) is an international recognised computer aided course for children and adults that aims to develop the literacy skills of those with reading, writing and spelling difficulties and is particularly effective for those with Dyslexia. Kids' classes run Mondays, Tuesdays or Wednesdays, all after school, and on Friday mornings for adults.

Phone Bailieborough Community Training 042 9666383, web www.bailieborough.com.

Computer Courses in Bailieborough

Introduction to Computers, ECDL, Microsoft Office Modules, Kids Computer Club - levels 1,2 and 3, Kids Halloween Computer Workshop, Sage Accounts, Positive Age Beginners Computers for over 55's - levels 1,2 and 3, Digital Photography.

Phone Bailieborough Community Training on 042 9666383, web www.bailieborough.com.

IFI Community Leadership Programme

NICVA, in conjunction with the International Fund for Ireland (IFI), has launched the second year of its £2.1 million Community Leadership Programme for Northern Ireland and the southern border counties. The Programme is targeted at grassroots community groups working at a local level to develop their communities. It is for groups that work with the whole community not single issue groups. This is a one year leadership journey for groups, and by participating you can:

- Build the management and leadership capacity in your organisation.
- Participate in ten action learning sessions with a dedicated facilitator for your group.
- Benefit from a governance review, if one is required.
- Receive ongoing support and advice from NICVA.
- Network at three roundtable workshops with others from the Leadership Programme.
- Achieve accreditation for individuals at Institute of Leadership and Management level 3.
- Gain a Certificate in Management Practice from University of Ulster free of charge
- Receive a maximum bursary of £2,500 for an action-learning project of your choice.

Groups interested in the 2010/2011 programme should complete an expression of interest form by 8 October 2009. Find out more at www.communityleadershipprogramme.org or call Nuala Muldoon at NICVA on 028 9087 7777.

Information Day on the Social Economy. Thursday 8 October

Breffni Integrated Ltd, in association with Ulster Community Investment Trust, are hosting an Information Day on the Social Economy and the role it may play in addressing some of the related issues. The event aims to explain in user friendly language what Social Enterprises are, highlight the extent of the Social Economy in Ireland, provide practical examples of successful Social Enterprises, and present the range of supports available to those interested in developing similar type businesses in Cavan. Speakers will comprise a selection of those responsible for providing support to this growing sector.

To register your intention to attend (as numbers attending are limited) or for further information, please contact Padraig McBreen @ Breffni Integrated Ltd on 049-4331029 (Ext 5) or email rural@cavpart.ie by Tuesday 6th October.

Suicide Awareness for World Mental Health Day Friday 9 October

Living Links, Cavan are organising a suicide awareness talk for young people across the SW Cavan area on the evening of Friday October 9th, to tie in with your weekend of positive mental health, its at 8.00 p.m. in the Realtog Centre,

Kilnaleck, and is being facilitated by SOSAD (Save Our Sons and Daughters), the session is being followed up on Friday 16th October.

Further information from SWCCDP 0494336070

Peace 3 Grant Scheme for Cavan Community Groups

County Cavan Peace & Reconciliation Partnership are inviting applications from community groups and organisations in the county under its small scale grants scheme. The level of grant aid for successful projects will be in the range of €5,000 to €20,000, however, in exceptional circumstances a maximum grant of €30,000 may be made available. Applications will be considered from groups or organisations on the completion of the relevant application form and other relevant documentation. The closing date for the programme is Tuesday the 13th October 2009.

Application forms and guidelines for the Small Scale Grants programme the PEACE III Office, Community and Enterprise, Farnham Centre, Farnham Street, Cavan @ 049 4378577 or klynch@cavancoco.ie. Or by Downloading the information on www.cavancoco.ie

Acrylic Painting in Ballinagh 12th and 26th October.

Women in Ballinagh are taking up the paint brush and have Brona Molloy coming to two Women's Group meetings (Monday 12th and 26th) in Ballinagh in October to show to paint with Acrylic. Meetings take place at 8pm in the Community Hall Ballinagh.

The Ballinagh Women's Group has a range of activities and events planned for the rest of the year.

Everyone is welcome so for further information contact Wilma on 0872458490

New Parent and Toddler Group, Cavan Town

new Parent & Toddler Group is now operating from the Bridge Street Centre, Cavan Town. The service is run by the Cavan Family Outreach Project and runs every Tuesday morning from 10.30am – 12pm. So if you have any relatives or friends with Babies or Toddlers who want a break or a chat with a coffee while their children play - why not come along and visit this new Parent & Toddler Group every Tuesday Morning.

For further information please contact Darina Lynch (087) 2906147 or Nora Kennedy (087)2787060

Irish Wheelchair Association Call For Volunteers

Have you thought of getting more involved in your community? The Irish Wheelchair Association would like to hear from you. Irish Wheelchair Association welcomes people who are interested in volunteering in the following areas:

- Sports Programmes
- Youth Programmes
- Recreational & Social Activities
- Fundraising
- Transport
- Art & Crafts Programmes
- Drama
- Music
- Computer training

If you have skills in areas not listed here that you think would benefit IWA and further its aims, please feel free to discuss these with us. IWA welcomes volunteers who are available on a regular basis, Intermittently, or on a one off basis. The Services operate seven days per week, so it is likely that the association can accommodate most personal and work commitments.

For further information and to receive a volunteer information pack, please contact:

Bridget Boyle on 049-4371212.

Women Celebrating Diversity Peace 111 Project

Cavan ICA and Florencecourt Women's Institute have set up a new project, Women Celebrating Diversity, which will bring women together in fellowship and friendship to develop the well being, knowledge, and skills of women. The aim is to develop relationships with cross border and cross community women's groups that currently don't exist. There are a number of events being drawn up.

**For further information contact Marion Lyon,
marionlyon2002@yahoo.co.uk**

Launch of Cavan Sports Partnership Strategic Plan 2009-2012

"Sport for life, Sport for all"

The strategic plan has come to culmination following in depth consultation with key stakeholders within the county involved in sport and physical activity. It looks at how their needs could be best served by the partnership in the provision of sport and recreation for all within Cavan. This document will now guide the work of the partnership from 2009-2012 and aims to ensure that the sports partnership grows in strength and is key to ensuring opportunities for all to be involved in sport and physical activity. Thanks to all those who completed questionnaires, attended consultations and assisted in the process.

Copies available from boreilly@cavancoco.ie