

Reserve a Table and 'Make a Show of Yourself' in Town!



Ann Tully at the Cavan Drama Table

To mark the centenary of Cavan Town Hall, Cavan Community Forum is hosting its annual 'Make a Show of Yourself' on Saturday 26 September in Cavan Town Hall.

Every year to celebrate National Volunteer Day, Cavan community groups come together and exhibit their work. They book a table to show off their activities and let people know how they can get involved. It's a great opportunity for local people to come and find out if there is anything they might be interested in joining and it's fun networking – and learning from what other groups do.

Ann Tully Creative Table Award

This year, there will also be the new 'Ann Tully Most Creative Table' Award and presentation in memory of Ann Tully, a very valued member of the Community Forum who sadly died this year. There will be refreshments, music and a festival atmosphere. So be there... 2pm on Saturday 26 September 2009. To book a table, contact Kate Ennals on 0494378583.

NEW BEFRIENDING SCHEME FOR THE BORDER COUNTIES

Are you someone who would benefit from individual support to help reduce isolation and increase social contact? If the answer is 'yes' and you live in one of the Border Counties, the Cavan Family Resource Centre (CFRC) Befriending Scheme maybe of interest to you.

Befriending is a Service where trained Volunteers provide support through companionship, engagement in social activities, or assistance with social tasks. If you think a Befriending Scheme would help enhance your quality of life (or you know someone else who would benefit) please contact Cavan Family Resource Centre, Main St. Cavan, Tel. 049 4372999.

Forum Marchers meet Sunday 19 July at Killeshandra Town Lake at 11.30am. Another easy, enjoyable walk. Do come and join us!



Introduction to Political Leadership Skills

By Jackie McKenna

A "Women in Leadership Workshop" was organised and hosted by Teach Oscail Resource Project in Tullacmongon Resource Centre last month. It was one of two such workshops such was the demand from women in the community.

The aim of the programme is to encourage women active in their communities to explore the meaning of politics and public decision-making in their lives.

The workshop explored traditional ways of thinking and suggested new ways of thinking about politics and political activism. We explored and discussed "what politics means to us." It was felt that it is important for communities to be proactive in having a voice by being participative and harnessing the "power of the community". It was also felt that education on politics should begin at primary school level and throughout the schooling so that young adults can make informed decisions at the polling booth.

What was very interesting was that while a large majority of women are actively involved on the ground in community work, there is actually a very small amount of women involved at decision making levels. We identified and discussed some barriers that keep women out of politics. A very startling fact is that only 13% of TDs and 19% of local councillors are women. Under 6% of civil servants at Secretary General Level are female while 81% are clerical staff are women.

For many participants this was the first taste of politics and indeed participatory community education. Many thanks to the hosts and to the participants for a most enjoyable and informative day.

For details please contact Mary McCabe, Women's Training Development Officer. 086 0200083



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Cavan Community Forum News

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Be Creative & Celebrate Positive Mental Health in Style in 2009!

Ten Days of Positive Mental Health in Cavan was a huge success last year. So this year, Cavan Community Forum is asking community groups to positively mark the weekend of the 10th and 11th of October 2009 with an event. You don't have to raise money – just organise an event (a sponsored walk, an exhibition, an animal show, a talk, a community picnic) and let the Community Forum know what it is. We will put together a promotional brochure and circulate it throughout the county. There will be a formal launch of the weekend on Friday 9th October, venue to be confirmed.



Forum received phone calls from people suffering isolation and wondering what activities there might be locally. So, Cavan Community Forum want to know about the weekly/monthly activities such as card games, skittles, senior citizen clubs being held in villages on a regular basis around the county so that we can list them on our website. So, if there is a regular game in your village...please do let us know. Contact Kate Ennals 0494378583 or email kateennals@cavancoco.ie

Regular Card Games?

Also, last year, during the Ten Days of Mental Health Activity, the Community

Cavan Community Cook Book

Cavan recipes are beginning to bubble nicely!

Interesting menus so far from Gowra, Kingscourt, and Mullagh.

Come now...let's see what you all can come up with.

Send your community recipes to Kate Ennals, Cavan Community Forum, Farnham Centre, Farnham St. Cavan or email to kateennals@cavancoco.ie

Cavan Community Radio Tunes Up



The Cavan Community Radio project is coming to town! About 50 local people have expressed interest and attended meetings with a team of about 15 taking an active involvement and getting the project on air. It is anticipated that there will be more people joining when we engage in actual programme production.

What's Going Live?

A broadcast schedule has been produced and includes

a range of programmes from 'What's happening in Cavan' to garden, pets, children, parenting, music, sports and multicultural shows.

Sub Groups

At present there is a management team, a technical team, a broadcasting team and a legal and finance team. The policy document is in place and a draft constitution has

been agreed. The Pastoral Centre in St. Pat's has been identified as the best location and we hope to rent it at a community rate. We also hope to get our application for a temporary license submitted this month and get approval to go on air at weekends as from January 2010.

Training and Money!!!

Training for management and broadcast staff will be undertaken during the Autumn.

Training will be provided by other local Community Radios and CRAOL.

We are planning to make a funding application to the Rural Development Programme and we are organising a couple of fund raising events in the Summer and in the Autumn. These are going to be social events...so watch this space.

Check out the Website!

The Technical Team has established a website for purposes of up-dating.

If you are interested in being involved, check out the website and comment on

cavancoco.org

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.

To get involved please contact Amanda Keefe on 087 7696404

GAA—Play for Your County. June 2009

Sharing Power! Cavan Conference.

A very important conference is being hosted by Cavan Community Forum on 17/18 September. It will look at the challenges faced by the Community Fora, and the relationships between the Community Corum and the County Council.

Speakers will be coming from across the border counties, Northern Ireland and the UK.

Why Hold the Conference?

When Community Fora were established, the aim was to help communities have a voice in the county. There was little strategic consideration given to the relationship between a growing community voice and the voice of the Councillors. There was also little consideration given to the relationship of the fora to the County Councils.

Tensions

So, whatever the differences or stages of development that a Community Forum is at, there is often a tension between the role of the Community Forum in relation to the Council and councillors (participative v representative accountability). Tensions are not necessarily unhealthy, but Cavan Community Forum would like to explore these tensions in an open and transparent basis amongst a range of stakeholders to discuss how they surface, how they challenge the work, and also examine what joint partnerships or work could be established. We would also like to address how Forum members and councillors can benefit from the support of the other.

The emphasis of the **Sharing Power** conference will be on delegate participation and discussion. Participants will have the opportunity to voice their opinions at the workshops at the plenary sessions.

Cavan Community Forum would like to thank the **Joseph Rowntree Charitable Trust, UK** for funding this conference.

For further information contact Kate Ennals on 049438587. Registrations have to be in by 1st September.

AGENDA

The Roles and Responsibilities of Community and Voluntary Fora

Thursday 17 September 2009
Chairperson, Michael Kenny, NUI Maynooth

9.30 Registration/ Tea and Coffee
10am Chair of CCF and CCC welcome
10.15 The origins of the Community Fora – Director of Service, Joe McLoughlin/Bob Gilbert, Cavan Community Forum.
10.45 Participative Democracy & Representative Democracy – A Working Relationship? Michael Hughes, Rural Community Network, NI.
11.30 Cavan Community Forum – The Work and Experience of CCF. Chair, Jackie McKenna/Kate Ennals.
12.15 Parallel Workshops – Choice of 4 workshops

1pm Lunch

2pm Workshop Feedback
2.30 The Border Community Forum Experience of Working with the Council. – Chair's of Community Fora Donegal, Sligo, Leitrim, Monaghan, Louth
3.30 Tea
4pm The Director's Perspective - Director of Service, Rita McNulty, Sligo
4.30 Plenary Discussion
5pm Break
6pm Walk in Killykeen Forest Park
8pm Dinner—Speaker, Michael Pyner, CEO, Shoreditch Trust UK

Friday 18 September 2009
Chairperson Jack Keyes, Cavan County Manager

9.30am Government Representative – the role of community fora as viewed by the Government.
10am Councillors' Perspective of the Community Forum
11am Tea/Coffee
11.30 Work Shop: Challenging the Tensions and Working Partnership
12.30 Workshop Feedback
1.00pm Plenary Discussion and Summing up
1.45 Brendan Smith, TD, Minister closes the conference
2pm Lunch and End

Cost €20 Forum Members; €40 Others.

The Virginia Show !



With 68 years of history behind it, the Virginia Show is a day not to be missed on Wed 19 August.

Book your space now!

The Show takes place on its own grounds along the shores of Lough Ramor. It incorporates the traditional rural farming enterprises with the new vibrant and now diverse community that has grown in the North East area. Virginia Show is a family event and will continue this year to host what promises to be an outstanding event. There are over 400 classes with €50,000 prize money. As well as being a showpiece for some of Ireland's finest livestock, there is a wide selection of classes for garden produce, home industries, fruit and flowers even allotments, photography and handwriting. The Children section and Pet classes are also a very important element. Entries into the Virginia Show.

www.virginiashow.com

Integrating Communities-Cross Border Funding

This is a project that provides grants and supports for cross border/cross community partnerships under its 'Sharing Space' programme. Proposals must include strong and active reconciliation themes

Joint applications welcome from community groups located in the 6 border counties and Northern Ireland.

Expression of Interest forms available from www.rdc.org.uk. Closing date for receipt is 4pm on Friday 14 August

Energy Workshops in Cavan Take the Heat!

Responding to local concern about sustainable energy and jobs, Cavan Community Forum ran 3 workshops: one on energy saving as a business opportunity, one on wind turbines and one on bio mass fuels. Nearly 100 people attended the three in total.

Animating Change

The workshops discussed the potential of an energy agency and the importance of the community as an animator of change. There was a feeling that the government was always happy to promote sustainable energy issues (particularly when they will have to pay huge fines) but that it wasn't always so easy. The energy saving workshop looked at the financial obstacles there were to establishing businesses – though Cavan has a housing stock that needs energy renewal.

Wind Turbines

Raymond Byrne from DITK made an excellent presentation on wind turbines. He indicated that there are excellent opportunities to provide large scale electricity generation through wind turbines as the technology is now secure and the processes are in place. However, he was cautious about using wind turbines to produce energy for domestic use. He indicated that the technology was far from secure as the smaller turbines did not gener-

ate sufficient power as yet.

It's the Heat Not the Crop

Malcolm Dawson from SW College, Omagh took the workshop through the various issues relating to bio mass fuels. To access the grants, the producer has to have an end user. So the farmer needs to be more versatile. S/he has to produce, cut, store, transport and look after the needs of the end user (and make use of by products like natural waste treatment opportunities provided by willow). It is no longer the crop that is the focus of the producer but the selling of heat. The end user is also likely to have to be a large employer, or a public body. As in the North, Energy Service Companies that work with customers, producers and processors have been established. This needs the region to work together and bring together the different elements.

Summary

Overall, the workshops were a success. Cavan needs to develop this work to research, provide information and look at the possibility of developing an Energy Service Company/Energy Agency.

If you are interested in getting involved, contact Kate Ennals

Cavan Youth, Health and Well Being Day Sat 18th July.



The official address of John Curran T.D. Minister at the 2008 conference

Over 100 young Cavan people are being invited to join in workshops relating to drugs, sexual orientation, mental health, positive peers and cultural diversity in a one day programme of interactive workshops on Saturday 18 July between 10am and 3.45pm in the Cavan Institute. Interested? Everyone welcome. Book places now!

For further information contact Maureen McIntyre mmcintyre@cavanvec.ie

Ma and Pa's Meet Up in Cavan in July

Ma's/Pa's Lone Parents group will meet in Tullacmongan Resource Centre on Wednesday 23rd July at 8.00pm. The group is open to all people parenting on their own—both male and female. New members are always welcome. The group chats about common experiences and also gets involved in different experiences.

For further information contact Billy on (086) 4042144 or Bernie at (049) 4372730

Produce, BBQ and Story Time in Drumlane



As part of its work programme to support positive mental health, and the green agenda, the Community Forum is jointly hosting a Garden Produce Show and BBQ with Drumlane Community Partnership on Sunday 13 September at

5pm at the Drumlane Community Garden, Milltown. The Garden Produce Show will be open to all gardeners in the County. Every one will be welcome to show off their home grown veg!

It will be followed by a story telling session from 6.30pm – 7.30pm which will be recorded for posterity and the publication of a CD. All story tellers and stories are welcome—from across the county.

New Facilities and Technology in the Library

The Cavan, Bailieborough and Cootehill Libraries are promoting their new assistive technology and other services for people with visual impairments in the library. Library staff are happy to introduce people to the new facilities and services and to offer demonstrations on Zoomtext and the CCTV Magnifier. For further information contact Kathleen Brady on 049 4378500