

Free Community Newsletter



ATLANTIC VIEW COMMUNITY DEVELOPMENT COMPANY LIMITED

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The Ballyshannon Rejuvenation Group

With the financial climate as it is a very hardworking group in Ballyshannon decided to try and do their bit to raise the look of the area and possibly attract more tourists. Each Monday evening ten to fifteen people equipped with spades, shovels, secateurs, wheel barrows, brushes and other tools meet and proceed to weed, trim, dig, and lift litter from the central area in order to improve the look of the town. This is the initial stage of a self help strategy they are putting in place. The group intend promoting the town by designing local maps depicting the history and culture and including this information on web sites. If you are sitting at home and would like to help or need a bit of exercise or just to get out and about and be with people, come and join us. By doing so you will help the town and environment. The group meet at 6.30pm at the Bridge End and spend about two hours every Monday evening trying to make a difference. The place is starting to look better already, the craic is good and the sense of satisfaction even better. Come along and get stuck in with us.

Below; Joe Davies, Sean Dorrian, Tom Bannon and Gerard Sheerin. Middle; Pat Mc Sharry, Nuala Mc Dermott, Paul O'Doherty and Barry Sweeney. Right; Ann McGowan, Nuala McDermott and Margaret Gallagher at the clean up on Monday evening.



Computer Courses

The first ten week basic computers, email and web course went very well in Atlantic View CDP Centre and we are now in our second ten week course which ends the beginning of July. Both had full attendances and were enjoyed by all according to reports. These courses are free of charge and funded by VEC Adult Education. The course tutor is Simon Cosgrove, Bundoran. There are further plans to resume this course and others in Sept. We will be letting everyone know what, when and where nearer the time. If you would like to try your hand at computers or would like further training in computers why not drop into Atlantic View CDP and let us know what you require and we will see what we can do to help.

'Women Journeying Together: Treading New Paths'

A 17 week reconciliation programme on 'Women Journeying Together: Treading New Paths' is taking place in the Lakeside, Ballyshannon. This project is a joint initiative between Second Chance Education Project for Women, Donegal and Fermanagh Women's Network, Enniskillen and funded by the International Fund for Ireland. Course tutor is Barbara Corkey. The aim of the course is building relationships, friendships and networking on a cross-border basis, a deeper understanding of the issues in NI and a chance to explore your creative potential. Issues covered range from exploring reconciliation: what does it have to do with us? legacy of the conflict: Then & now; impact on women's lives self-awareness: what has formed us as women? Who is different in my world?

Exploring our cultural identity: traditions, celebrations and symbols, conflict transformation: weathering challenges positively, sectarianism: the different faces of prejudice, churches: moving forward together: how can we as women craft a shared future? Currently two courses are being held in Ballyshannon and Kesh. If any women out there are interested in attending a similar course in the autumn please contact: Carrie Benn, Fermanagh Women's Network on 0044 28 66343814

Money Advice & Budgeting Service

Included with this Newsletter you will find a leaflet with tips and information on budgeting. This may be of particular interest to those who find themselves now without a job or on a reduced income. Unfortunately unemployment is rising daily but we hope this may help make things a little easier. It is the aim of MABS to help people who are at risk of, or experiencing debt problems, to regain control of their finances and possibly gain access to affordable credit. The service is free, independent and provides non-judgemental advice to people experiencing financial difficulties.

Self Help Information

Managing Your Money and Dealing with Debt: - a Self Help Guide. **Money Management and Debt Prevention**, is available on line at www.mabs.ie or at your local office.

Leaflets available on-line at www.mabs.ie -Your credit rating, About consumer credit, Re-mortgaging, Credit and your car, Plastic cards, Money and leaving home

Dealing with Debt Problems, all available on line at www.mabs.ie

Problems paying your rent, Arrears on housing loans, Debt and Court, Fuel debts Credit arrears

There are also leaflets and information produced by other agencies that may be useful. For example, the Financial Regulator has produced a series of information fact sheets on the following:-

Bank Accounts; Personal Loans and Credit; Mortgages; Life Assurance; How to Complain;

Money Tips for Students; Loans from Licensed Moneylenders; You and your Credit Rating. These are available online at www.itsyourmoney.ie

A gripe from the Community

Lately, more and more unsolicited mail is arriving daily in the post from businesses to the point where people are up in arms with the amount they are receiving. After we carried out a short survey in the office of those calling in, we discovered that no one reads any of it, it goes straight in the bin.

We would like to take this opportunity to say to anyone out there who is thinking of doing mail shots, please don't. Folk were just about coping with the usual blurb through the letterbox when the election buzz started and the canvas cards and flyers started to arrive. Not just one to a household but one to everyone in the house who had a vote. Some houses received up to six or seven from every party.

To all those who send advertisements by post we would like to say; we hear your ads on the TV and radio, see them in the papers and on the streets but we don't or won't read them if you keep sending them to our homes. Please stop this waste of paper and trees. Think of the poor post man or woman carrying these weights and the high cost of dumping all this paper is to us and the environment.

Career Development Project:

In today's employment environment there are no longer jobs for life not too many careers for life either! But for those who now find themselves suddenly, with very little warning, out of work it can be a big shock.

If you are being affected by unemployment, reduced hours or need a new career direction and don't quite know where to go, then maybe this course will help you sort out your direction. Would you like to take stock of where you are, what you are good at and what you enjoy doing, then this course could be for you.

It is a supportive, fun and systematic programme of activities and learning workshops which will:

- Identify your strengths and interests
- Equip you to make informed decisions on education, training and employment
- Offers 1:1 career coaching
- Help prepare a personal career plan
- Help clarify the direction you can take

If you are interested in this course or if you feel we can help you in any other way please drop into the office or call us on 071 98 22833 or email atlanticview01@eircom.net.

Department Cutbacks

One more shock arrived on our desk last week with another cut in our budget from the Department Community Rural & Gaeltacht Affairs who fund the national community development programme and our project. This is the second cut in the last few months and as a result we are now down to the very basics. As a community development project, we deliver a front line service where people can walk in off the street and get information on almost anything including courses (run by Atlantic View CDP, VEC, FÁS or others which we access funding for) get admin assistance, photocopying, finance information, counselling, help with advertising events or activities, free internet access, design and printing of posters or tickets and many more services.

We also provide room space for meetings, work with carers, women, the unemployed, the marginalised, residents associations, lone parents and any other individual or group in the community who is looking for assistance. We hope to continue carrying out this work for a long time to come as it is vitally needed in the community but if we are squeezed out through funding cutbacks not only will it be a big loss to community development in the area, it will be two more jobs lost in our community and many hundred if not thousands throughout the country.

A Glimmer of light

It was with heavy hearts that we heard that three more businesses had closed in Ballyshannon with many jobs lost. It is a huge blow to our community and our thoughts go out to all who now find themselves unemployed, some for the first time in their lives. But with every hardship comes a small glimmer of light and hope and we would like to congratulate and wish the very best of luck to all the following who had the courage to open new businesses recently in the Ballyshannon area.

Ian Mc Daid who has opened his new shop on Coyle's Corner supplying flowers and plants. It also caters for the needs of pets.

Joan Keon who has opened 'The Bridge to Health Clinic' at Bridge House, Main Street. Joan with other practitioners offer a variety of mainstream and complementary health treatments as part of an overall health regime. Phone no: 087 277 6766

Michelle Mahon who has opened the Laundrette 'Soaps n Suds' at the top of the town. You can also drop in your dry cleaning.

Ollie and Vinnie Duffy who opened Duffy's Home Store, Castle St, supplying domestic appliances, TV & Audio, sitting room, bedroom and kitchen furniture. Everything for kitting out the house.

Barbara Goan's 'Sweet Tooth' which provides sweets, cakes, sandwiches, soup, teas and coffees and hopefully in the near future will have a sit down café on the premises..

Owen Green who has opened 'Gateway Alarms System' at the top of the town supplying CCTV, Electric Gates, Fire Alarms and also sell supplies to the electrical trade. Phone no: 087 965 3243

Lorraine Gildea's 'Dog Spa' the dog grooming salon. Open in the evenings and Sat mornings by appointment only, ring 086 876 0662.

Well done everyone. You are what keeps our communities alive.

Breesy Community Centre Cashelard

There are some very interesting activities arranged for Cashelard for June including the Luke Kelly Tribute Concert on Sat 13th June at 8.00pm tickets €20. On Sun 14th there is the indoor and outdoor Car Boot sale at 3.00pm with tables €12. Proceeds will go to the centre.

Rossnowlagh Beach Clean up

The Rossnowlagh Beach clean up will take place on Tues 2nd June at 7.00pm and everyone is welcome to help. Meeting point is the Mello Café. Bags, litter pickers and gloves available to participants. Refreshments will also be provided.

Quotes from Eleanor Roosevelt

- Great minds discuss ideas, average minds discuss events, small minds discuss people
- Learn from the mistakes of others because you will not live long enough to make them all yourself

The Cross Border Women's Collective

Twenty six women attended the Cross Border Women's Collective exchange in Belfast and took part in a tour of the Ards peninsula. They also launched the completed wall hanging created by Ballybeen Women's Centre, Ardmonagh Family Resource Centre and Atlantic View CDP, Ballyshannon, of their aspirations for the future of peace, friendship, acceptance of diversity and the wider global picture. Our thanks goes to the very talented women in the three areas who worked on this especially Agnes Mc Guinness, Ballyshannon, Betty Achinson, Margaret Taylor and Vicky Logan, Ballybeen and Jeanie, the two Marys, Eileen and Margaret from Ardmonagh. The CBWC is in the development stage of creating a DVD telling the stories of where they were at the times of the Troubles, their journey with the Cross Border Women's Collective and how they have changed to become the strong cohesive group they are today. Many men have told their story of the Troubles but very few women have. The CBWC would like to tell theirs and teach others how we can all move forward together to create a lasting peace. When the DVD is produced they will go out to other groups to tell their story and teach by example.

The Wall Hanging can be seen in the Atlantic View CDP Centre, Main St, Ballyshannon everyday between 9-5 for the



Some of the women who took part in the launch of the wall hanging and the workshop in Belfast on the 7th & 8th May. Below; the wall hanging



Rosstown Rural Women

The women's groups in the area have become very adventurous over the last few years and the Rosstown Rural Women's group is to the forefront of this. Last year as well as jewellery and other activities they decided to have surfing lessons. This may not sound like anything strange until you realise the women range from their 30s to one woman who is 71 years of age. They enjoyed it so much that they are continuing these lessons on Sept 9th at 7.15 at Finn Mc Cool's surf school. The group has broken up for the summer but anyone who would like to join them is very welcome or if you would like to join their group they would be delighted to welcome new members then. Contact Susan Finnegan in the Post Office, Rosstown

AWARE – Helping to defeat depression and prevent suicide

Aware is a national voluntary organisation working since 1985 to bring support to those who are affected by depression and their friends and families. AWARE offers a range of services including a loCall helpline at 1890 [303 302](tel:1890303302). A schools awareness programme, talks, public lectures and over 60 support groups nationwide. Groups in the North West meet in Sligo, Letterkenny, Buncrana and Donegal Town. For further details on any of the above services or for a free information pack, contact the Regional Office on [074 9735030](tel:0749735030) or visit www.aware.ie

Directors: Catherine Maguire, Michael Tunney, Margaret Doyle, Michael Gallagher, Roisin Lee, Kathleen Rafferty, Mary Monaghan, Gerry Doherty, Michael Devaney, Sean Ferguson, Maureen Keenaghan, Barry Sweeny, Ann Mc Gowan.

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