

# Cavan LECP

Newsletter of the Cavan Local Economic and Community Plan

## Greenway Funding Awarded for Cavan

### Special Interest:

€33,000 in community and voluntary grants was approved in 2017

€150,000 was awarded in Municipal District Discretionary Grants (€50k per MD area)

Cathaoirleach's Awards took place in May with winners in six categories.

€64,500 allocated in Community Facilities grants for small scale capital projects

Over half a million euro has been approved in funding for a Greenway development in Cavan. The stretch will cover 5.5km from Ballyconnell to Bellaheady. Funding for this section was approved under the Outdoor Recreation Infrastructure Scheme 2017 (Department of Rural and Community Development).

It is part of a larger Greenway development that will see 54km developed. The project will involve developing a walking and cycling trail from Ballyconnell to Bellaheady Bridge along the Woodford River on the Shannon-Erne Waterway and associated accommodation works with trailheads at Ballyconnell on Waterways Ireland

property and at Bellaheady on Cavan County Council property. The total cost of the project is €746,637. The project is a joint initiative between Cavan County Council and Waterways Ireland. Two other projects (in Lavey and Kilnaleck) were also awarded funding of €10,000 each under this scheme.

AREA OF PROPOSED TRAIL DEVELOPMENT



**“LECP Action 6.2h is to improve walking infrastructure including Greenways.”**



Chef Neven Maguire with, Cathaoirleach Paddy McDonald, Chief Executive Tommy Ryan at the launch of Taste of Cavan 2017, in Cavan Equestrian Centre.



# Comhairle na nÓg Organises its First Ever ‘Pop Up’ Gaeltacht



Castlesaunderson Scouting Centre was the venue for Cavan’s first ever ‘pop up’ Gaeltacht experience, organised by Cavan Comhairle na nÓg (Junior council) in June.

This was a two-day overnight event that

promoted the Irish language among young people whilst showcasing all that County Cavan has to offer. Comhairle Leader Thomás McPhillips, decided to bring Irish out of the Gaeltacht and out of the

classroom and make young people more comfortable speaking their cúpla focal with their friends. Comhairle members from Ulster and Connacht were given a guided tour of County Cavan all ‘as Gaeilge’.

“LECP Action 9.4e is to support and develop Cavan Comhairle na nÓg.

“LECP Action 12.1a is to protect and encourage use of the Irish language.”

“LECP Action 11.1c is to support Traveller integration and inclusion.”



## Traveller Cultural Awareness School Workshops

Cavan Traveller Movement delivered cultural awareness workshops in May and June to over 300 primary school children in three Cavan schools. This initiative was funded

by the Department of Justice and Equality. It aimed to increase understanding of Traveller culture and promote equality in schools. Local members of the Traveller community were trained as

facilitators and delivered the workshops in St Felim’s NS, St Clare’s NS and St Killian’s NS Mullagh.



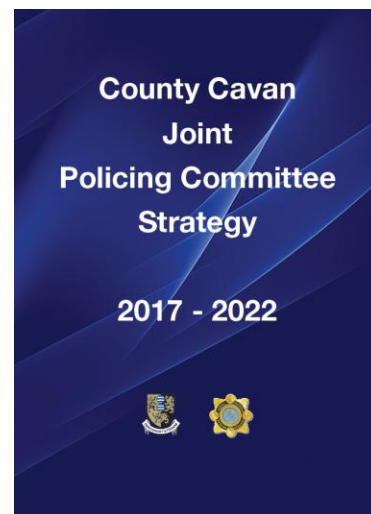
## New Joint Policing Strategy for County Cavan

A new strategy to enhance community safety has been launched by Cavan Joint Policing Committee. The committee is comprised of Garda and local authority officials, elected members, and community representatives. The plan identifies five key areas of focus: Community Relations & Engagement, Road Safety, Drug & Alcohol Misuse, Safety & Policing, and

Communications. Chair of the JPC Councillor John Paul Feeley said: "This plan sets out how all relevant agencies, organisations and communities can work in partnership to educate the public, promote safety and reduce crime thus making our County a welcoming, secure, safe and healthy place in which to live, work in and visit." Specific actions in the plan include rolling out a Crime Prevention

Ambassadors Programme for older people, setting up a JPC linkage group with the Public Participation Network, property recovery events, developing Text Alert, supporting the installation of community CCTV systems, and establishing a new Divisional Drug Unit. An annual work plan has been prepared to help deliver the actions.

"LECP Action 9.3a is to develop and implement a Joint Policing Committee strategy."



## Making Cavan a Food Destination

A new Food Strategy for Cavan was launched in June 2017. The five year strategy aims to promote a more coordinated and collaborative approach to the development of the 'Cavan Food Product'. The implementation of the actions set out in the strategy will help strengthen our current food initiatives, encourage new activity and support all those involved in the food sector in Cavan. During the preparation of the strategy consultation was carried out with a broad range of stakeholders involved in the sector in the County. From this

consultation the following key areas were identified for development:

- Communication
- Business Supports
- Food Tourism
- Routes to Market

A key stakeholder steering group will be established to oversee the implementation of the strategy and will act as a catalyst for its success. The strategy was adopted by Cavan County Council on 9<sup>th</sup> May 2017.



**LECP: Action 6.1(a) is to develop and implement a Food Strategy for County Cavan.**



## Older People's Council AGM elects new Committee

Cavan Older People's Council held their AGM on 18<sup>th</sup> May. The event also launched Cavan's second consecutive County Age Friendly Strategy.

The strategy outlines activity planned to support older people by organisations such

as the County Council, HSE, Education and Training Board, Cavan Chamber of Commerce and the GAA.

Catherine McGuigan, National Age Friendly Programme Manager, asked the audience to consider if our

communities are age friendly and what more we need to do to prepare for a growing proportion of older people in our society in years to come. New figures from Census 2016 illustrate how the population is ageing.

**"LECP action 11.2a aims to support older people and create age friendly communities."**



## Intergenerational Work with Schools

Older and younger people have been actively engaging in a series of intergenerational workshops in three schools in Cavan.

This work has focused on story-telling, reminiscing and music and drama performances.

So far St Clare's Ballyjamesduff, Loreto College and

the Royal School Cavan have taken part, with Virginia College expressing an interest in similar work in the autumn.

Members of Cavan Older People's Council initiated this project as part of the County's Age Friendly Programme.

St Clare's School later invited members of Cavan Older

People's Council to see their performance of John B. Keane's 'The Field'.

One participant said: "There was a great sense of bonding as words of wisdom were dispensed, friendly banter was exchanged...great memories from a great bunch of people."

**"LECP action 11.2e promotes intergenerational work between older and younger people."**



## It's Our Space Too! Disability Network Conference

Cavan Disability Network hosted a highly successful two day conference in June in the Castlesaunderson Scout Centre.

The network was established in 2016 to represent the voice of people with a disability in Cavan and advocate for change. 'It's Our Space Too' was their first conference. It attracted a large and diverse audience for the programme of speakers,

presentations and workshops.

Keynote speaker Jack Kavanagh spoke about his personal experience and provided much food for thought on how to respond to personal challenges.

Peter Kearns likewise spoke of personal ambitions and challenged conventional attitudes to disability.

Workshops looked at sport, access, the

social model of disability and the possibility of establishing a Centre for Independent Living in Cavan.

The event was organised by the network with support from Breffni Integrated local development company.

It featured various information stands from local service providers.



Jack Kavanagh speaking at the 'It's Our Space Too' Conference on 23<sup>rd</sup> June 2017.

## Connecting for Life Suicide Prevention Plan launched

On 20th June 2017 the HSE launched a new plan aimed at preventing suicide and reducing self harm in Cavan and Monaghan. This is the first time that a local plan dealing with this topic has been in operation. It is aligned to the national 'Connecting for Life' strategy and contains actions to be implemented by different agencies and the voluntary sector over a three year period. Cavan has above

average rates of suicide and self harm. Mental health has long been a major concern for communities in Cavan, with a variety of initiatives being taken by the HSE, elected members, agencies and community groups to raise awareness and respond to the issue. An implementation group will start meeting in September to help deliver the actions.

Actions in the plan

include awareness raising and targeted campaigns, training for staff and volunteers, support for parenting initiatives, policy development, developing new services such as youth mental health supports, and review of bereavement services.

**"LECP Action 10.1c is to support the development of a local suicide prevention plan."**

Helen McEntee TD and HSE staff at the launch of the local suicide prevention plan on 20<sup>th</sup> June 2017 in Cavan Institute.



The plan can be downloaded at:  
[www.connectingforlifecavanmonaghan.ie](http://www.connectingforlifecavanmonaghan.ie)



## Cavan Volunteering Information Service (VIS): Case Study on Volunteer Patsy Sheridan

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**“LECP Action 9.2b is to establish a volunteer information service.”**

Patsy Sheridan is and always has been a local of Cavan Town. Patsy was not involved in his local Men's Shed or the Community Radio before 2014 because he always kept busy, he's a man with many plans and he likes to keep active and about.

Then, in 2014 Patsy fell ill. It was the type of illness that shakes you to your core and makes you question everything. Doctors forbade him from the hectic and physically demanding lifestyle he once had. He's not young, but nor is he old so Patsy could not simply lie down and die. His motto is "life's for living, not moping

around”.

So, at first he joined a small amateur radio station. A place where he knew no one and he could sit and keep busy but get out and about nonetheless. Two years on Patsy is making 2 shows a week with thousands of listeners tuning in all throughout the year. Everywhere he goes in town, people beep and wave and Patsy brings a smile. Next, a Men's Shed opened up and Patsy – being inclined to be a handy enough fella – joined on the promise to his family he'd take it easy. He doesn't though. He's in there three times a week busting a gut,

but not from hard work; it's all from laughter. You see, for Patsy a Men's Shed is there to produce two things; a place for men to go and a place for men to laugh. Patsy provides this on a daily basis. So, in three years Patsy has gone from a hard working workaholic who had the rug torn from under him by illness and circumstance to seeing that volunteering can transform your life, make you a new and better person and not only bring a smile to his face but put a smile on others. Patsy is a volunteer hero and we're proud to have him with us.

The Cavan Volunteer Information Service was established in 2016 by Cavan Public Participation Network. The service matches volunteers with community groups who are looking for people. Both individuals and groups can register with the service to find a match. A regular newsletter and a lot of networking help to promote the volunteering opportunities available.





## Community and Sporting Facilities Report

Cavan County Council recently completed an audit of community and sporting facilities in the county. The study was designed to find out what buildings are in the ownership of community and sporting facilities and available for use by the community.

The survey did not cover private premises such as hotels, or other non profit premises such as schools or health care centres. 125 groups responded to this survey.

Findings showed:

Most facilities were in good condition

41% had voluntary staff;

11% had full-time paid staff

30% had an outdoor pitch

Only 28% were serviced by public transport

85% of facilities had a kitchen but only 11% had a computer suite.

The report is available from the Community & Enterprise Department or on [www.cavancoco.ie](http://www.cavancoco.ie).

## Belturbet Youth Hub Progressing

Cavan Monaghan Education and Training Board is leading an interagency group to develop new youth services in Belturbet. The proposal to develop a Youth Hub is progressing a pace with the extension of the Bounce Back youth service to the town in May and the identification of suitable premises in HSE premises and former fire station. This will operate as dedicated youth meeting space such as a youth cafe.

A steering group of CMETB, Cavan County Council, TUSLA, CYPSC, Breffni Integrated, Youth Work Ireland and ISPCC is overseeing the project. The staff led service is funded by the Department of Children and Youth Affairs and is delivered in Belturbet by detached youth workers from Youth

Work Ireland and a childhood support officer from ISPCC.

The need for this project was identified through a comprehensive needs analysis for the town. Services under the project will address specific issues of mental health and well-being and will involve the development of a Youth Resilience Group Work Programme for schools. It will also involve a crisis 24 hour freephone helpline with ISPCC for parents and a detached youth work service for young people experiencing issues with drug and alcohol use, anti social behavior or mental health. The Department of Children and Youth Affairs has also granted approval for the establishment of a new Sample 'Value for Money' youth service for West Cavan.

**“LECP objective 9.4 is to develop an integrated response to the needs of young people helping them to reach their full potential”**

**“LECP action 9.1a sets out to undertake an audit of community infrastructure.”**



At the announcement of the new youth service were (back row L-R) Martin Keeney (CYPSC), Claire Barkey (Bounce Back), Niall McVeigh (St Bricin's), Sharon Ivers (Bounce Back), Sandy Holland (Breffni Integrated), and front row L-R Mary Sheridan (St Bricin's), Patricia Boyle (HSE), John Kearney (CMETB), Maureen McIntyre (CMETB), Sinead Tormey (Cavan Co Council).

## Tri-Heroes Primary Schools Programme

Fifteen primary schools have engaged in the 'Tri-Hero programme' in partnership with Triathlon Ireland. The 'Tri-Heroes' programme aims to increase participation in triathlons and increase physical activity amongst school children with approximately 355 pupils taking part in the programme throughout the county. The programme has been a huge success with 'non sporty' children really enjoying it and shining through. When asked about the programme Helen Flynn, Principal of Scoil Bhríde Killestrandra commented "The children are actively involved, and are enthusiastic and eager to participate in all the activities which include running, cycling and learning to dismount a bicycle. The training is challenging but it is very inclusive, and suits all levels of fitness. It is an excellent and fun way of promoting physical fitness and is particularly suited to children who are not interested in other sports. I would highly recommend it to all primary school children."



**"LECP Action 10.2 is to support opportunities for sporting and recreational life."**

**"LECP Action 9.4d is to support the early childhood care and education sector through funding, advice and networking"**

## National Bike Week 2017 Inclusive Cycling programme

Inclusive cycling was one of ten initiatives that took place throughout the county to mark National Bike Week 2017 which took place from 10<sup>th</sup>-18<sup>th</sup> June and is an initiative of the Department of Transport, Tourism and Sport. As part of the week, the Sports Inclusion Programme delivered an inclusive cycling programme for children with a disability.

'Brilliant, Kevin has been riding everyday since...on his sister's pink bike! His balancing fear is gone... he is one of the boys now. Francis (tutor) was fantastic with him. He is now waiting on his new BMX bike to be delivered and he hasn't stopped smiling since' Caroline (Mum)



## Cavan County Childcare Committee



Pictured above are early years sector workers with their certificates following completion of Equality and Diversity training delivered by Cavan County Childcare Committee in January 2017.



## Cavan Green Energy Mile

A new network called the Cavan Energy Mile Network has recently been formed under the Sustainable Energy Community Initiative. Supported by the Sustainable Energy Authority of Ireland, the initiative aims to encourage communities to work together to promote energy efficiency awareness and develop sustainable energy systems within their own community.

There are a number of benefits to being part of a Sustainable Energy Community Network, such as exchange of knowledge and information on energy efficient projects, access to financial, technical supports and mentoring expertise to realise sustainable energy ambitions in the future.

The Cavan Energy Mile Network was set up by the Cavan Innovation & Technology Centre Ltd in association with the Local Enterprise Office Cavan.

To find out more go to [www.seai.ie/SEC/](http://www.seai.ie/SEC/) or contact the Local Enterprise Office on [localenterprise@cavancoco.ie](mailto:localenterprise@cavancoco.ie) or Cavan Innovation & Technology Centre Ltd on (049) 437 7277.



Pictured at the second meeting of the Cavan Energy Mile Network on Friday June 2<sup>nd</sup> 2017 in the Hotel Kilmore - back row (L to R): Niall Cusack, Cusack Electrical; Vincent Reynolds, Cavan Innovation & Technology Centre Ltd; Niall Murray, Tractamotors Ltd; Ciaran Murray, Tractamotors Ltd; Mel Gavin, Institute of Technology Sligo, Sustainable Energy Community Mentor and Technical Advisor. Front row left to right: John Murphy, Monaghan Electrical; Niamh McKenna, Cavan Monaghan Education & Training Board; Tony Finlay, House of Fabric; Shane Stirrat, Eastern Electrical Ltd.

## Social Inclusion Community Activation Programme

The SICAP Programme is a national programme to support social inclusion. It is delivered in Cavan by Breffni Integrated, a local development company.

Between January and June 2017, the programme worked with 528 disadvantaged people on a one-to-one basis and supported 20 local community groups.

Breffni Integrated staff provided educational or developmental support to 460 children and young people so far this year.

307 people were given employment supports and 12 progressed to employment in this period.

67 people progressed to self employment. The programme met its KPI mid year targets.

For the remainder of 2017 the programme will focus on community development, progression of groups and additional work with young people who are 'Not in Education, Training or Employment' [NEETs].



**Workshops and support provided for young people under the SICAP Programme in Kilmaleck.**

# Enterprise Conference showcases Women Entrepreneurs

In June, the 'Fuelling Ambition - Steps to Success' Roadshow in Cavan attracted 140 women.

Enterprise Ireland and Network Ireland, in collaboration with the Local Enterprise Office Cavan and The Entrepreneurs Academy joined forces with the Cavan Business Women's Club to host a conference aimed at women in business and potential female entrepreneurs.



Pictured L-R (back row): Joanne Hession, Entrepreneurs Academy, Becci Harrison, President, Network Ireland; Alison Cowzer, EastCoast Bakehouse and Dragons Den; Marcella Rudden, Head of Enterprise, Local Enterprise Office Cavan; Dr. Christine Cross, University of Limerick:  
Front L-R: Mary O'Rourke (Former Minister); Fiona Fegan, Finca Skin Organics who won the 'Elevator Pitch Competition' and Sarita Johnston, Enterprise Ireland.

Over 140 business women from 11 counties attended the Fuelling Ambition 'Steps to Success' Roadshow on Wednesday 28th June in the Farnham Estate Hotel. Counties Armagh, Carlow, Cavan, Dublin, Fermanagh, Kildare, Leitrim, Longford, Louth, Meath and Monaghan were all represented on the night. As well as Marcella Rudden, Head of Enterprise, LEO Cavan, the speakers at the event included Mary O'Rourke, former Politician, Alison Cowzer, Eastcoast

Bakehouse who is also a 'dragon' on the very popular TV Programme – Dragons Den, Dr. Christine Cross, University of Limerick who gave a very informative presentation on the changing face of today's Irish female entrepreneur, Sarita Johnston, Head of Female Entrepreneurship – Enterprise Ireland, Joanne Hession, Owner and Founder of the Entrepreneurs Academy and Becci Harrison, President of Network Ireland.

An element of the 'Fuelling Ambition' roadshow was an Elevator Pitch competition with a prize package worth €4,000 which was won by Fiona Fegan, Finca Skin Organics, Jenkinstown, Dundalk who manufactures and sells a skincare product that helps a condition called "Rosacea".

## Green Flag Schools

So far in 2017, local authority staff from the Environmental Section have carried out Green School visits to:

Crossreagh National School, Loreto College, Farnham National School, Gowna National School, Lacken National School, Killougher National School, St. Clare's National School, Cavan, Scoil Mhurie, Swanlinbar, Mullohoran National School, Scoil Bhríde, Killeshandra, Muff National School, Cabra National School, and Scoil Naomh Pádraig, Blacklion.





# Pride of Place Nominations



ipb pride of place 2017



The All-Island Pride of Place Competition aims to recognise the involvement of the local community in all aspects of rural and urban regeneration, including promoting social cohesion, heritage and environmental awareness, across 32 counties.

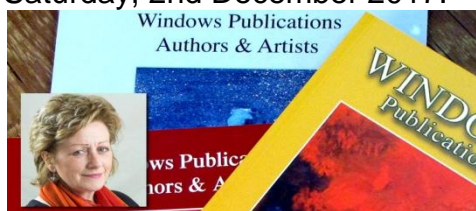
The competition focus is about people coming together to shape, change and improve daily lives in their communities.

This year the Cavan entries are:

- Bawnboy Workhouse, Men's Shed and Tidy Towns, Bawnboy.
- Erica's Fairy Forest, Cootehill.
- Extern Traveller Project
- Cavan and W.P (Windows Publications) Poetry, Cavan.

The 2017 IPB Pride of Place in association with Co-operation Ireland judging got under way in Cavan in August. Pride of Place judges Declan Nelson and Tom Coughlan visited four locations in Cavan for the adjudication process. Each judging visit consisted of a presentation, a 'question and answer' session and a walkabout of specific locations of civic pride.

The winners will be announced at the Gala Dinner and Awards Ceremony in the Mount Errigal Hotel, Letterkenny, Co. Donegal on Saturday, 2nd December 2017.



Heather Brett from W.P. Poetry



Bawnboy Workhouse



Judges visit to Jampa Ling Buddhist Centre, Bawnboy



Erica's Fairy Forest



Extern Traveller Project



# Environmental News!

The Environmental Section of Cavan County Council has been busy working to develop green and sustainable communities (LECP Objective 12.4). Activity this year has included:

- Increase in the number of Tidy Towns Groups (from 21 to 22 groups).
- Promoted National Tree Week in partnership with the National Tree Council of Ireland which took place in March.
- Distributed 200 saplings amongst 20 groups.
- Promoted Maghera Development Association's 'Reusable Cup Initiative'.
- Met with 3 Tidy Towns Committees to discuss future projects for this year and to advise them on their Tidy Town application for 2017.
- Meeting with a representative of Shercock Development Association with a view to supporting a number of Litter and Waste Prevention initiatives.
- Litter wardens assisted 72 groups who registered their clean ups with An Taisce as part of the National Spring Clean in April. This saw an estimated 2,450 people get involved which is an increase on the previous year.
- The Litter Management Officer visited Cavan Institute to provide guidance on the formation of a Green Campus at this location.
- An awareness campaign was run in the local media over a number of weeks promoting Brown Bins and informing the public on the benefits of reducing food waste and what food waste can be diverted to Brown Bins and Composting.
- An awareness campaign on Bogus Bin Collectors was run.

- Participated in the "Sleeper Creeper" Arts Education project which was held at St. Clare's NS, Cavan. The event was co funded by the Arts office and Waste Management section. It was a play which promoted waste prevention
- Gum Litter Taskforce launched their campaign in Cavan at Supervalu, Kingscourt.
- LMO attended the raising of the Biodiversity Green Flag at Mullahoran Central NS.
- The Stop Food Waste Challenge was announced and an awareness campaign commenced in Bailieborough and Cavan town.
- The Launch of the 2017 National Spring clean for County Cavan took place on the 13<sup>th</sup> of March. Clare's NS, St. Felim's NS and Castletara National School.



Launch of 'National Spring Clean' Week Cavan in March.

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