

Community Connections

YOUR GUIDE TO LOCAL EVENTS, ACTIVITIES AND GROUPS



LAIT

Foireann Údaráis Áitiúil um Imeascadh
Local Authority Integration Team

ABOUT THE LAIT:

The role of the LAITs is to support individuals to access local, mainstream services, such as healthcare, education, employment and community activities.

MONTHLY NEWSLETTER:

The LAIT will send monthly newsletters. Each month, there will be a different theme/topic to support your integration to local life.

UPCOMING THEMES:

Jan: Education & Training
Feb: Volunteering & Employment
March: Family Activities
April: Housing Search
May: Mental Health & Wellbeing
June: Family Activities



**Comhairle Contae
an Chabháin**
Cavan
County Council

THE TEAM

Integration Support Coordinator: Lorna Lavery

Integration Support Worker: Laura Kennedy

Assistant Staff Officer: Lisa Gaffney

Email: integration@cavancoco.ie

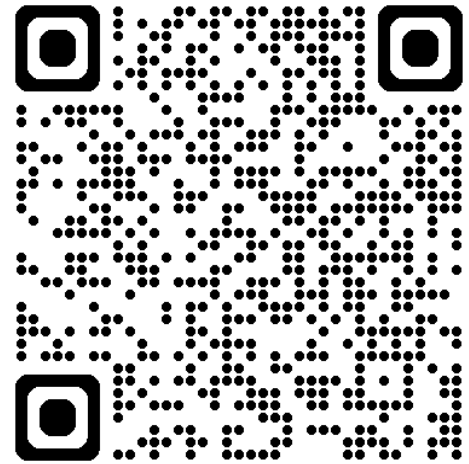
Tel: 049 4378300

Cavan County Council's Library Service

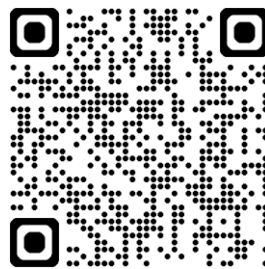
Membership is free. It is easy to become a member of the library. There is no form filling; just bring photographic ID and proof of address. The library staff will support with the registration process.

Members have access to a range of services and resources which includes borrowing books, the use of PCs and printers and access to study and learning spaces.

Full details are available on the website:



Additionally, there are numerous clubs and groups within the libraries to suit all age groups and interests. For up-to-date information, or for further information, please see the website, or contact the library directly.




Weekly
Storytime for 3-5 yr olds
 Location: Belturbet Library
 Age: 3-5 yr olds accompanied by an adult



Monthly
Silent Book Club!!
 Location: Johnston Central Library
 Age: Adults / Young Adult 15+ years



Weekly
Scrabble for All
 Location: Belturbet Library
 Age: Open to everyone



Booking Required

Monthly
Kids Book Club
 Location: Ballyconnell Library
 Age: 9-11 yr olds

Teach Oscail Family Resource Centre

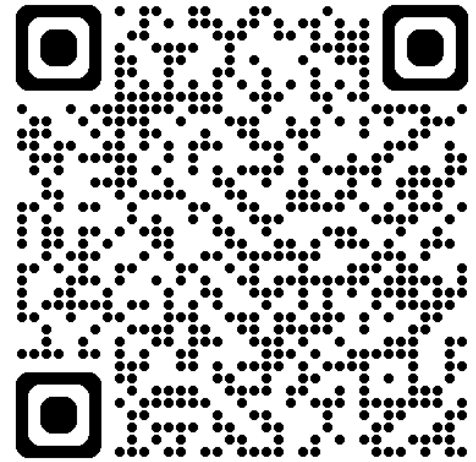
31 Church Street, Cavan Town

info@teachoscailfrc.ie

Teach Oscail Family Resource Centre adopts an open and welcoming, non-judgemental approach to all in the community.

Teach Oscail provide a range of services and supports such as form filling, information and advice, family support, counselling in addition to many social groups and clubs.

For more information or to book a space in a group, please see the website or Facebook page.



CROCHET GROUP

THURSDAY MORNINGS FORTNIGHTLY

START DATE:
THURSDAY 22ND SEPTEMBER
11AM - 12PM
SOCIAL GROUP - NOT TUTOR LED

FOR MORE INFORMATION PLEASE
GET IN CONTACT WITH US
DARINA/LEANNE
0494372730

WONDER WOMEN WOMENS GROUP

Social group for women to:

- Come Together & Chat
- Explore Hobbies
- Workshops + Classes
- Personal Development

Fortnightly starting
12th Oct 3-5pm

Booking is Essential
Teach Oscail
Family Resource Centre
31 Church Street
Cavan Town

for more information contact:
Darina - 0494372730

TEACH OSCAIL MENS GROUP

- YOUR SPACE
- NO JUDGEMENT
- NEW OPPORTUNITYS
- NEW EXPERIENCES

Meeting Tuesdays 5pm - 6pm
Contact Paddy : 0858668783
Check out Teach Oscail online and facebook

COMMUNITY Breakfast

WHY NOT JOIN US FOR A FRIDAY FRY UP?
EVERYONE WELCOME

TERRY COYLE PARK
H12 XK33 10AM - 12PM

UPCOMING DATES

- Friday 25th Oct
- Friday 29th Nov
- Wednesday 18th Dec
- Friday 31st Jan
- Friday 28th Feb
- Friday 28th March

COOKED BREAKFAST : €3
FOR MORE INFO : 0494372730

The Community Breakfast takes place monthly.

- Location: Terry Coyle Park, H12 XK33
- Time: 10am - 12pm
- Cost: €3

Everyone is welcome! Booking is not required.

Cavan Sports Partnership

Active Communities 2025 has not launched in five locations throughout Co. Cavan:

1. Ballyconnell
2. Ballyjamesduff
3. Cavan Town
4. Kingscourt
5. Cootehill

There are opportunities to explore a range of activities designed for all ages and abilities, promoting health, fun, and community connection.

Activities include:

- Yoga
- Basketball
- Zumba
- Volleyball
- Swimming
- Soccer
- Badminton



CAVAN
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
— SPÓRT ÉIREANN —

Full timetables for each location are available on the Cavan Sports Partnership Facebook page or by scanning the QR code on the below poster.

ACTIVE Communities

5 LOCATIONS | 35+ PROGRAMMES

SWIMMING - SOCCER - BADMINTON -
YOGA - BASKETBALL - ZUMBA - VOLLEYBALL

Ballyconnell | Ballyjamesduff | Cavan | Cootehill | Kingscourt

20TH JANUARY - MARCH 2025
Bookings from 6th Jan 2025, 6 Week Programmes

SCAN ME 



AQUA FIT CLASS

REGISTRATION CLOSES FRIDAY 17TH JANUARY

FREE TO JOIN PRE REGISTRATION ESSENTIAL

FOR MORE INFORMATION CONTACT [JESSICA EYNAUD@SWIMIRELAND.IE](mailto:jessicaeynaud@swimireland.ie)

21ST JANUARY | **6 WEEK BLOCK** | **TIME: 9 AM**

CAVAN LEISURE CENTRE, DRUMALEE, CAVAN



Riailtas na hÉireann
Government of Ireland



Am a chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union



An island
of swimmers

Education and Training

LEARNING AND DEVELOPMENT OPPORTUNITIES

Adult Guidance Service

It is important to discuss your past work experience, your education, and your hopes and dreams for the future in terms of education and employment in order to find the right education and career path for you.

An Education Guidance Counsellor will provide impartial careers and education information, they can offer one-to-one guidance as well as group guidance if you prefer that.

Adult Literacy

Adult Literacy provides literacy, numeracy and computer tuition in a supportive environment for adults who need to develop their skills in reading, writing, spelling, maths and using everyday technology. It is aimed at those who left school early, are out of education a long time or have specific learning difficulties. The service welcomes adult learners of all ages and backgrounds.

Contact Cavan Office

4 Church View Sq, Cavan,
Co. Cavan, H12 A592

T: 049 4377001

E: cavanguidance@cmetb.ie

W: www.cmetbadultguidance.ie

English for Speakers of Other Languages (ESOL)

English Language Programmes are available throughout Cavan and Monaghan for migrant workers, the unemployed, international protection applicants, refugees and all other non-nationals.

Registration and Assessment dates in Co. Cavan:

Unit 4, Church View Sq, Cavan H12 A592

10am - 11.30am

Tuesday 14th January 2025

Tuesday, 11th February 2025

Ballyjamesduff Adult Education Centre

10am-11am

Wednesday, 15th January 2025

Wednesday, 12th February 2025

Note: Classes take place in numerous towns throughout the county, including: Ballyjamesduff, Cavan Town, Ballyconnell, Bailieborough, Belturbet and Blacklion.