

THE COMMUNITY EDUCATION NETWORK OF CROSSCARE (CENC)



Training Links Project May 2009—Nov 2010

November 2008 I wrote a 30 page Application Document to the Wheel in the desperate hope of getting funding for the CENC. Writing these few lines, its hard to believe that this project is now complete.

As both a community & a network, I wish to thank each of you for your commitment to the project in spite of your own limitations. Your involvement is what has made the outcomes possible. By way of dissemination we now have two Research Documents, a DVD showing your testimonials plus a CD on Self-Care—a resource for each of us to use when we need reminding to ‘watch-the-gap’ as Gerry Cunningham taught us in his ‘Mindfulness’ workshop.

This project was also successful due to the calibre of Presenter who ensured that we received quality training. The spin-off from this is that each one of you have experienced first-hand excellent facilitation and therefore you can call upon these providers (funding provided) knowing that you will get ‘value-for-money’.

I would encourage each one of you to check out the CENC web page for all hand-outs, research documents and evaluations not to mention our photos. Just click on this link: [cenc](http://www.cenc.ie) or check out the Crosscare main Webpage: www.crosscare.ie



NEWS FROM THE GROUPS

St. Finian's Craft Group—Finglas South

Miriam Gogarty set up the St. Finian's Craft Group in 1986. While visiting the group in November,



Miriam showed me an article that she had found which was written about the group during this time.

It's been marvellous to witness how far the group has developed since.

In 2005, Miriam & Anna Dangerfield submitted a proposal to FETAC with a view to getting accreditation for Craft Trainers. This was successful. As a result, St. Finian's have now nine accredited trainers amongst their numbers some of whom are actively providing training to members of our Network and to other programmes in Crosscare. This is on top of exquisite craft & knitting items which were recently displayed at the Craft Knitting Fair in the RDS in October 2010.

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EVENTS CORSSCARE THE NETWORK



A Christmas Quilt in the making



Tanya & the girls hard at work

Bonnybrook Art Group

Una Dunbarr invited me to the St. Joseph's Parish Centre Art Exhibition where local women, from the Women's Group put on display their paintings. What was extraordinary was these women had only recently started Art Classes - well done to each one of you.



D8CEC Graduation Day 2010

The D8CEC Graduation Day has become an extremely important date in the calendar of local people in Dublin 8. This year was no different. The Graduation Celebrations were held in the Guinness's Brewery with students receiving their certification from the Dublin City Council Manager, John Tierney



Cybil of TV3 was also there to capture the event. Apart from the great success of the Graduates, Mary Upton also received an acknowledgement for all her hard work in this community prior to her retirement.



EVENTS CORSSCARE THE NETWORK

Project West Finglas

Project West CDP, funded through the department of Community Rural & Gaeltacht Affairs, was established in 1996 . The centre acts as a resource to local community groups, individuals and other organisations. Some of the activities that happen in Project West are: Older People's Programme, Drug Education & Supports, Community Information and Community Support. Other areas of work that the project supports or is actively involved in include: Finglas For Diversity, Finglas Domestic Violence, Finglas Suicide Network, PASS, The Breakfast Club, Finglas Safety Forum, The Barry Development Project, RAPID AIT, Community Platform, Citizens Information Service.

To raise awareness of breast cancer and breast health, Project West CDP in conjunction with Europa Donna Ireland organised a 'Community Conga Walk' on the 15th October 2010. The event was kicked-off by Amanda Bruncker

With all the women wearing pink, the women of Finglas West not only brought a bit of colour to the area but certainly created the awareness of Breast Health



Men Living in Dublin 12—a needs analysis of men accessing services in Dublin 12

Loreto Centre Crumlin working closely with the Dublin 12 Local Drugs Task Force commissioned the Men's Development Network to carry out the above research (See Web Page?)

The needs identified in this target group were all as a result of marginalisation i.e. isolation, fear, youth disconnection and poor health. The following are excerpts taken from the key recommendations

1. Community Building—especially with regard to promoting local successes and identifying existing community assets and interest groups.
2. Awareness of Men's Needs—creating an area-wide awareness of what is available for men and those needs which are not met, coupled with creating a sense of community for men. Men's Health—community action can reach out to men by creating time and space for them to become aware of the issues.
3. Isolation & Fear—acknowledging men's struggle to live in the face of their fear for their safety from day-to-day will encourage men not to see their fear as their own failure. This in turn can support men to trust their community again.
4. Young Men's Needs—A community response—build relevant accessible alternative to street community i.e. youth café style spaces
5. Physical Activity & leisure facilities
6. The needs of Fathers—create and train a core group of older men to provide "Parenting for Fathers" support and development programmes for young fathers with providers of such programmes being aware of the needs among men.

The authors of this research were Nick Clarke, Se Franklin and Alan O'Neill.

EVENTS CORSSCARE THE NETWORK

Balancing your sugar levels.....by Susie Boland (A little tip!)

Keeping your sugar levels balanced is the most important thing to do from the time you wake up in the morning until you go to bed.

The trick is to choose foods that have a slow release of energy that will give you

- Loads of energy
- Lose weight
- Feel healthy

You're looking for a high fibre diet and lots of fresh food in order to:

1. Raise your energy levels.
2. Lower the risk of diabetes.
3. Prevent heart disease
4. Prevent bowel cancer
5. Manage weight.
6. Prevent constipation

To help you with *Healthy* food suggestions and recipes, I can come to your home and help you prepare them in your kitchen. All you have to do is call and discuss with me any of your likes and dislikes in food taste and I will do the rest.

SUSIE BOLAND is a qualified and accredited Fitness and Nutrition Consultant with over 25 years experience.

Susie works as a personal Trainer from her studio or in your home

Contact no. 01-8318011 or 086-85-80-500

St. Matthews Family Resource & Eilish Cullen

At the beginning of December, I had the pleasure of evaluating a Personal Development Course facilitated by Eilish Cullen—it was a real joy to listen to how participants felt they had taken hold of their lives again. As usual Mary Poland put on a marvelous spread



NETWORK MEETING

Our next Network Meeting is on the 11th January, here in the Red House and Trudy Corrigan of DCU will be giving an input on Pastoral Care—much needed after the budget!!

HAPPY CHRISTMAS ONE & ALL

As 2010 draws to a close, thank you so much for all your support in 2010. I wish to all a very Merry Christmas and a Happy New Year

Crosscare is the social care agency of the Catholic Archdiocese of Dublin. It draws its inspiration from the example and teachings of Jesus Christ.

We believe that every person is created in the image and likeness of God. This places responsibility on us to work to the highest possible standards and to treat every person who uses our services and who works for for with us with the utmost respect, courtesy and love.

The Crosscare Community Adult Education Programme reflects the principles of the Crosscare organisation by advocating the value and quality of community adult education. It promotes empowerment, equality, leadership and celebration to help us to "Act Justly, Love Tenderly and Walk Humbly with our God"

(Micah 6:8)