

# THE COMMUNITY EDUCATION NETWORK OF CROSSCARE (CENC)



## UPDATE

The CENC has certainly hit the ground running in 2011. Just coming to the end of February and already we have had four workshops and have started another course in Mindfulness, courtesy of Gerry Cunningham. In January, Trudy Corrigan of DCU gave a wonderful input on her Intergenerational Project where young students teach those in the 3rd Age.

This was followed by Gerry Cunningham giving a very interesting workshop on Stress Management—so interesting that it's been held again in March & April. Annette Cassidy (well known in Ardlea Women's Group) followed with her workshop on "Anger—Friend or Foe".

It goes without saying that this level of activity could not have been achieved without the support of the Loreto Foundation, who has underwritten the cost of providing this programme of development.

Next up in March, will see the start of Seminars for Men's Groups being held in Crosscare's Blanchardstown Office under the baton of Se Franklin. Trudy Corrigan will also be back again giving another workshop on Ed. & Citizenship.

As ever, I would encourage you all to have a look at the webpage for all downloadable Evaluation Reports and of course photos.

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## Around the Network

As you will see from this edition of our Newsletter, the CENC is not the only one who has been extremely busy since January. During my travels I had the opportunity of catching up with Marie in the Dublin 12 Women's Action Group and Margaret in the Mountview FRC both of whom were hosting a pre-election campaign.

### Dublin 12 W.A.G

Marie Mooney organised a Registration Drive as part of their Active Citizen Programme in Ashleaf Shopping Centre Crumlin. The drive was done in conjunction with staff from DCC and the local Community Garda. Marie commented that: "The take up of local people registering was excellent but the anger was palpable in people". While talking with local people Marie said "we stressed the importance of them using their vote especially if some commented on their disillusionment with the system. Marie pointed out "When they neglect to vote, they leave themselves, their families and their communities out of the decision-making process".

This drive certainly demonstrates how involved the D12 Women's action group is with their community.

### Mountview FRC

On arriving at the Mountview FRC, I found a very well organised campaign in full swing.

In their main room, they had their Wall-of-Issues clearly displayed, tea and coffee at the ready, with local politicians visiting from all political parties. Not only were these politicians given the grand tour of the FRC or indeed made aware of the issues clearly displayed, but they also had to sign a pledge that if elected they would not disband the Family Resource Centres.

This is only a sample of two local groups demonstrating their involvement in the life of their community, locally and nationally. Across our Network and this sector no doubt this can be multiplied out. Well done to you all for your well-

## EVENTS ACROSS THE NETWORK

### **Mondragón Model—a Community Development Cooperative Approach**

Rosemary Dwyer of the former Lusk Community Development Programme, was invited to set-up a men's group in Newcastle Co. Dublin. Starting with seven men, Rosemary ended up with forty-seven. "FORTY-SEVEN", you say—"Yes forty-seven". So what was the secret of Rosemary's success—in a nutshell an activities-based approach to working with men's groups using the Mondragón Model.

Chatting with Rosemary, she explained that she asked the men what they thought their community needed. Once these needs were named, they literally set about finding ways and means to address these needs. The net result of their efforts was a local car park which had been badly needed and the restoration of an old well.

Rosemary pointed out that an 'activities-based' approach to men takes their minds off themselves. It also puts the project they are working on in the foreground and not their 'label's i.e. "unemployed Spark" etc.

Community challenges presents men with an opportunity to:

- Build their capacity
- Once the group is formed, provide Community Education to up-skill the men
- Using the Mondragón co-operative principle' up-skill the men to achieve a local project
- This approach instils active citizenship and supports them to become autonomous
- The people-centred approach links to the "dialogue-in-their-heard".

If you are interested in reading more about this approach, Google Greg MacLeod "Principles & Practices at Mondragón or better still contact Rosemary.

P.S "Mondragón" is a town in the Basque Country

### **The Ballymun Men's Centre—Digital Restoration Photography**

Wanting to see the new premises of the Ballymun Men's Centre I had the pleasure of meeting with Father & Son, Frank & Les Rock. The new premises are great, warm and very comfortable. Naturally we chatted about how they were approaching the needs of the men who were attending their centre.

For a second time that week, I heard the expression: "activities-based approach". Both Frank & Les enthusiastically spoke to me about how they have achieved this by hosting their Digitally Restoration Photography course—FETAC Level 5 (funded by Pobal).

The men have been attending the course, bringing in old photos (particularly black & white), scanning them into the computer and removing blemishes. The men thus far, have loved the training and are completely engaged.

Using old black & white photographs triggered an interest amongst the participants to investigate further their genealogy. With this natural progression emerging, Frank & Les set about putting this course in place.

Along side these new developments, Frank & Les still have their Big Breakfast every Monday at 11.00 .

From this short visit alone, you can see that the Ballymun Men's Centre is actively achieving one of their aims which is: "To create a centre where men's needs can be addressed, their talents developed and where they can be encouraged/assisted to engage in education/training".

## PHOTO COLLAGE THUS FAR



# EVENTS ACROSS THE NETWORK

## Succession Preparation Course:

Further to our Project Management & Succession workshop delivered last year by Ashley Beston, I have put together a possible course for any staff/tutors you may wish to groom for future succession. Topics will include:

- Leadership Skills
- Facilitation Skills
- Personal Development
- Voter Education Training the trainer

I would really appreciate any expression of interest

## Dates for your Diaries:

For those who may not have emails or indeed for those who do but have forgotten to write down these important dates:

**March 8th International Women's Day—let me know if you are doing an event.**

**March 10th Network Meeting (Yes it's a Thursday)**

**March 14th Stress Management**

**March 22nd Challenges for Men Part 1**

**(Crosscare, Blanchardstown)**

**March 24th Education & Citizenship Workshop  
With Trudy Corrigan**

**April 11th Stress Management (G. Cunningham)**

**April 12th Values & Committed Actions with  
Gerry Cunningham**

**May 4th Mindfulness (G. Cunningham)**

**May 12th Network Meeting**

**May 19th Assertiveness with Annette Cassidy**

**June 14th NETWORK DAY**



**celebrating 70 years**

As this is Crosscare's 70th anniversary and indeed our very own 21st year, I hope to host another fundraising concert with the Habemus Chamber Choir on Tuesday 14th June at 8.00. I still have to confirm the venue. So this is definite date for the diary and will be a lovely way to close off our own Network Day.

Those of you who were at the previous concert in 2009 know how excellent this choir really is - check-out Habemus on You Tube to have a listen:

[http://www.youtube.com/watch?v=5IYLRER\\_uWU](http://www.youtube.com/watch?v=5IYLRER_uWU)

(Beware—there is a long 'birdy' intro!!) or their Webpage at [www.habemus.ie](http://www.habemus.ie).

I hope to get to as many sites as possible over the next few weeks, so give me a call to make sure that I don't miss your Centre.

Wishing you well this Spring.

Marie

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"