

## CAVAN TOWN PAINT SCHEME

A new initiative launched in March 2020 resulted in over 40 freshly painted, brightly coloured shop fronts in the town core. The Paint Scheme provided grant aid for premises in Cavan Town who wished to paint their facades, kindly supported by Fleetwood Paints.

This scheme is a great example of local business, the Town Team and the Local Authority coming together to bring about positive changes within our community.



Cavan Town Team in association with Cavan County Council brings a splash of colour to Cavan Town in Summer 2020

## OVER €462,000 IN COMMUNITY COVID-19 ADAPTATION FUNDS FOR CAVAN TOWNS AND VILLAGES

Minister for Rural and Community Development, Heather Humphreys TD, announced details of €462,193 for towns and villages in County Cavan to help them adjust to COVID-19 restrictions. The funding is being delivered under the Accelerated Measure of the Town and Village Renewal Scheme 2020.

Minister Humphreys said “Our rural towns and villages have always played a huge role in supporting businesses and communities by providing spaces for people to meet, socialise and shop locally. The scheme is now more important

than ever to assist businesses and communities to address the challenges that COVID-19 has brought to their towns and villages.”

Following the announcements, Chief Executive of Cavan County Council Mr Tommy Ryan welcomed the timely investments in our towns and villages by the Department of Rural and Community Development. “These funds will help equip our rural communities to adapt to the new reality in which we find ourselves, providing a boost to the social and economic fabric of these towns and villages as we learn to

live alongside Covid-19.”

Cathaoirleach of Cavan County Council Cllr Sarah O’Reilly added, “Our communities have shown extraordinary resilience over the past eight months and this latest round of funding is a welcome acknowledgement of that effort. These new community facilities will empower rural communities to maintain a good quality of life, combat social isolation, and incentivise economic activity while also adhering strictly to public health measures.”

The breakdown of funding allocated to Co. Cavan is as follows:



### Round 1

Cootehill	Development of webportal to enable online selling in Cootehill	€37,090
Killeshandra	Health and safety improvements at Community Centre, Loop Walk Enhancements, seating and footpath cleaning	€22,262
Kilnaleck	Install canopy on Astro turf sports facility for sports, social and cultural events	€25,000
Swanlinbar	Creation of outdoor area for community hub including BBQ area and bike rentals to improve tourist offering	€22,361

### Round 2

Ballyjamesduff	Enhance the outdoor Ballyjamesduff experience by the provision of an outdoor cinema, entertainment and heritage trail improvements	€39,987
Ballyconnell	Purchase of seating, canopies, lights etc. in order to create a covered outdoor meeting and event space in Ballyconnell Market Square	€24,250
Kingscourt	Installation of 4 outdoor seating areas and a marquee to provide safe meeting spaces for people in Kingscourt	€24,971
Ballinagh	Provision of Stretch Tent, Pergola and Marquees to provide outdoor covered areas for socialising or trade	€25,000
Arva	Planting of trees, new seating, charging points and the installation of a Marquee to provide a covered meeting area in village	€24,561



Tents in use at Ballyjamesduff Christmas Market 2020



### Round 3

Bailieborough Cootehill MD	3 Broadband Connection Points: Bunnoe, Killinkere & Maudabawn	€39,600
Ballyjamesduff MD	4 Broadband Connection Points: Cornafean, Mullahoran, Drumavaddy & Castlerahan	€24,750
Cavan Belturbet MD	4 Broadband Connection Points: Belturbet, Glengevlin, Bawnboy & Ballyconnell	€39,600
Dowra	Safe Outdoor area at Dowra Courthouse with furniture, bike stands and gym equipment	€22,761
Ballyhaise	Awning & Marquee and enhancements for Community Centre	€25,000
Bailieborough	Town Lake enhancements as an Outdoor Education Facility	€25,000



### R3 - Large Towns

Cavan	Safe Outdoor Covered Area with seating in Cavan Town	€40,000
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Enhancements in Killeshandra

## LEADER PROGRAMME

The Local Community Development Committee acts as the Local Action Group [LAG] for the LEADER Programme. The LAG met a total of 9 times over the course of the year with meetings held remotely due to COVID restrictions from April onwards and all members embraced this technology and worked with the Implementing Partner Cavan County Local Development and Cavan County Council to ensure that the Leader Programme was kept on track.

As of 31st December all funding under the 14-20 Programme was fully committed this amounted to a total of €6,844,368 for projects across the three themes of the programme.



1. Killinkere Community Hall funded under Leader Programme. 2. St Patricks Hall Arva funded under the Leader Programme 14-20. 3. New Carpark at Laragh funded under the 14-20 Leader Programme. 4. Cavan Pet Crematorium - Funded under the 14-20 Programme.

## TRANSITION PROGRAMME

The Transition programme was announced by Minister for Rural and Community Development, Heather Humphreys TD on the 16th December 2020 will help to bridge the gap between end of the 2014-2020 LEADER Programme and the start of the next EU programme.

With an initial allocation of €20 million to support locally-led rural development and focus on building capacity in communities, the

programme will come into effect from 1st April 2021.

The key features announced by the Minister were:

An initial allocation of €20 million available to cover both new projects and the administration costs of the Local Action Groups who deliver the programme. Project approvals under the Transitional Programme will commence from 1st April 2021.

A key focus of the Transitional Programme will be on building capacity within communities which have not received LEADER funding to date. The programme will also support job creation, foster and encourage entrepreneurship, and support projects which address the climate agenda, digital transformation and encourage rural communities to build on their existing strengths and assets.

## €14.49 MILLION SECURED FOR LANDMARK ABBEYLANDS RE-DEVELOPMENT

Minister for Housing, Local Government, and Heritage, Mr Darragh O'Brien announced that €14.49 million has been provisionally allocated to the Cavan Town Abbeylands Masterplan project under the Urban Regeneration Development Fund (URDF).

Minister O'Brien said: "This funding will support projects in the

North-East that will enhance quality of life for many people. The projects are all about making these areas more attractive places in which to live, work, visit and invest.

These three projects focus on regenerating town centres, an important priority for this Government, through a mixture of works to create public spaces,

centres for working and community, and works to connect areas in the towns. I believe this funding can be a catalyst for regeneration, development, and growth. It will also provide much-needed economic stimulus and job creation in Cavan, Louth and Monaghan as our economy emerges from the depths of the pandemic."

## MEALS ON WHEELS

During the month of April as the Food Hubs were successfully delivering food parcels to households across the county a number of calls were made to the Local Authority COVID Response helpline regarding Meals on Wheels. Unfortunately, many Meals on Wheels' services had closed due to the crisis and many vulnerable and older people could not access this vital support.

After notifying Cavan County Local Development the SICAP staff team in CLLD engaged with the Services for Older Persons in the HSE to see what funding support could be made available. Following discussions with the HSE funding was quickly approved and a Meals on Wheels Service was established on the 24th April. The initiative was simple, CLLD used the HSE funding to lease a refrigerated van while Cavan Civil Defence provided the vehicle insurance cover and a driver.

The meals were then purchased from Swift Fine Foods in county Monaghan who are the largest producer of ready-meals in Ireland and then delivered to a number of older people who had been identified as needing support. The Meals on Wheels has grown from strength to strength with over 100 older people receiving meals weekly across county Cavan with the van driver now being an RSS participant and the vehicle insurance costs funded by the HSE.

## THE PARALLEL STORY

Food Cloud Hubs are a social enterprise operating in Ireland since 2014. They are funded by the Department of Rural and Community Development under the Community Services Programme (CSP). They act as a redistribution centre to both minimise food waste and alleviate hunger and poverty.

COVID-19 increased demand from charity partners nationwide of the services of Food Cloud but the organisation did not have sufficient capacity to upscale at the pace required. At the same time SICAP Programmes delivered by other Local Development Companies (LDCs) were also identifying a need on the ground for food provisions and supports for vulnerable groups. LDCs employ approx. 2,100 staff funded from a range of sources including RSS, Tús, SICAP and LEADER. Many LDC activities that were funded could not operate as normal due to COVID-19 confinement measures but had staff and vehicles to support Food Cloud Hubs in food redistribution.

As a result, a collaborative approach was developed between Food Cloud and LDCs to facilitate upscaling of their operations and reach into the marginalised communities that Local Development Companies support. LDCs bordering food distribution centres provided staff directly to these centres to assist in logistics regarding the collection and delivery of food. Furthermore, using the template developed by Cavan

County Local Development food bank services were established in counties where this provision was not available and in other counties existing provision was up-scaled also via this partnership. At its peak twenty-one other counties were receiving supports via this collaboration. Thirteen of these other collaborations had LDCs as the main or sole partners and the other eight counties partnerships already existed but LDCs were assisting in the effort to upscale.



Pictured above a CCLD staff member visiting the Food Cloud Depot in Dublin. Centre of picture CEO and Co-Founder of Food Cloud Iseult ward.

## FOOD STRATEGY

The 2017-2022 Cavan Food 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 are strengthening our current food initiatives, encouraging new activity and supporting all those involved in the food sector in Cavan.

The External Working Group consisting of representatives from industry including chefs, producers and the educational sector together with staff members from Cavan County Council met throughout 2020 to progress actions that were identified as priorities of the Cavan Food Strategy - with the Covid-19 pandemic leading to meetings being moved online.

In February 2020 'Created in Cavan' a new compelling brand identity for the development and promotion of the Cavan food movement was launched by Chef Neven Maguire. A brand toolkit has been provided which is guiding the brand usage across all marketing communications platforms. The first edition of the Cavan food and drink producer directory was also published which showcases the great variety of top class produce that is available in Co Cavan.

The Department of Agriculture, Food and the Marine under the Rural Innovation and Development Fund (RIDF) Agri-Food Tourism measures awarded funding to part finance initiatives in 2020 supported by Cavan County Council including:

- Digital Marketing Campaign to increase the social media reach of the new brand platforms Key messages of the campaign were to promote the local food industry and to further encourage consumers to support local businesses particularly as the sector has been so badly affected by the Covid-19 pandemic.
- Promotional video and materials for 'Created in Cavan',
- Identification and development of potential food tourism offerings in Co. Cavan.
- A website [www.createdincavan.ie](http://www.createdincavan.ie) was developed by Cavan County Council in partnership with Cavan Food Network, this website creates a comprehensive online information point for all things concerning Cavan food and drink and increases the consumer profile of Cavan food and beverage producers.

An online Cavan Food Network event titled "Cavan Food Sector - 2021 Sales Recovery Seminar" was held on Wednesday 18th November and attended by 25 food stakeholders.



CIC3: Celebrity Chef Neven Maguire of MacNean House and Restaurant addresses guests at the launch of the new 'Created in Cavan' food and drink brand for County Cavan.

*Photo by Lorraine Teevan*

## LOOK FOR LOCAL

'Look for Local' is a communications campaign to encourage the public and businesses to seek out products and services from businesses in their local area. By supporting local businesses, they are supporting jobs in local communities too. The Local Enterprise Offices, through the Trading Online Voucher Scheme helped many businesses transform how they provide goods and services online, making it easier to buy from them than ever before. There was a very successful national campaign which drove this message home, Look for Local, support local jobs, communities and businesses.

## CAVAN AGE FRIENDLY PROGRAMME SUPPORTING OLDER PEOPLE DURING THE COVID19 PANDEMIC

At an early stage, following the onset of the Covid19 pandemic it was evident that its impact was to be hardest felt by the older and most vulnerable people in our communities. In an effort to support our older people, and in recognition of the large number of older people who do not use the internet to access information, the Cavan Age Friendly Programme working with the agencies from the Cavan Age Friendly Alliance prepared 'Age Friendly Covid19 Information Packs' for distribution to older people across the county. The information packs contained leaflets on the services and supports available in response to Covid19.

They included information on the Community Call Helpline, Meals on Wheels, the Good Morning Cavan telephone befriending service operated by Positive Age Cavan, CMETB's technical support service to assist older people in learning to use the internet, the Cavan Library Service book delivery service, An Garda Síochána safety and crime prevention information and the GAA's 'It's Good to Talk' initiative, where local footballers phoned older people in their communities for a friendly chat.

The packs also contained information on initiatives aimed at encouraging older people to keep active while cocooning. These included a Simple Exercises leaflet developed by the HSE Community Physiotherapy Department which gave step by step instructions on simple exercises which could be done in the home to counteract frailty and muscle weakening resulting from lack of movement. Details were also included on the

County Museum's 'Share Your Story 2020' project where people could share their story of living through the pandemic, an extraordinary period in history and the Cavan Heritage Office project 'Where we belong', which encouraged people to engage with our heritage, in our local communities.

In total, 4,000 information packs were prepared by the staff of the Cavan Age Friendly Programme and Covid19 Volunteers. The packs were distributed to older people free of charge by An Post, An Garda Síochána, the Cavan County Local Development Company, HSE Public Health Nurses & Home Help and Cavan GAA.

Loughlan House Open Centre donated flowers and plants from its horticultural facility for distribution to older people living in County Cavan. Cavan Civil Defence delivered the flowers to older and vulnerable people across the county while delivering food parcels and meals on wheels. Working with the Age Friendly Programme and Civil Defence, Loughlan House donated a further batch of flowers and plants to Cavan Alzheimer's Society's Dementia Friendly Garden at the Cavan Day Care Centre on Cathedral Road in Cavan Town. Mr Mark Lydon, Governor Loughlan House and Mr Simon Duffy, Chief Officer, Loughlan House expressed their delight in being able to support such a worthy initiative. Members of Cavan Alzheimer's Association expressed their heartfelt appreciation at the kind gesture and have promised send photographs and to invite representatives from Loughlan House to visit the garden in the near future.



Pictured: Ann Flynn, Cavan County Council packing Age Friendly Covid-19 Information Packs



Pictured: Cavan Civil Defence personnel delivering the flowers and plants to Carole Beattie, Chairperson Cavan Alzheimer's Society & Cavan Age Friendly Alliance member and Carol Davis, Cavan Alzheimer's Society.

In December 2020, the Cavan Age Friendly Programme prepared 1,000 'Age Friendly Christmas Gift Packs' which were delivered to older people across the County prior to Christmas. The Christmas gift pack contained some small gifts as well as useful information on how to keep safe and well during the winter months. Information and support was provided by all agencies represented on the Cavan Age Friendly Alliance.



Pictured: Age Friendly Christmas Gift Packs with contents

Contents of the gift pack included:

- Cavan Age Friendly Programme 2021 Calendar
- Cavan Older People's Council Newsletter

- 'Lost Landmarks', book written by members of Cavan Older People's Council
- A selection of books from Cavan County Museum
- A Christmas Card from Cavan Arts Office - image by painter Padraic Lynch and poem by Noel Monahan.
- A Christmas Card from the Ramor Theatre, Virginia
- An Exercise Plan developed by Cavan Sports Partnership in conjunction with Sport Ireland
- A fridge magnet supplied by Cavan Monaghan HSE Mental Health Service - you can include your Eircode, Doctor's number and emergency contact.
- HSE information leaflets on minding your health during winter, minding your mental health and preventing falls
- Positive Age Good Morning telephone befriending service - information and application form
- Leaflet from An Garda Síochana on keeping your home safe during winter
- Care direct 24/7 information on assistive technologies/personal alarms

Once prepared, the packs were delivered to older people by Cavan GAA, An Garda Síochana, HSE Public Health Nurses and via Meals on Wheels provided by Cavan County Local Development Company and St. Vincent De Paul. This initiative was delivered by the Cavan Age Friendly Programme under the KEEPWELL Campaign, thanks to Healthy Ireland, an initiative of the Government of Ireland with funding from the Healthy Ireland Fund and the Sláintecare fund, delivered by Pobal.

## IRELAND READS - A NEW NATIONAL DAY TO CELEBRATE READING!

Thursday February 25th was national 'Squeeze in a Read' day where people of all ages were invited to 'Take the Pledge' to devote some minutes to reading on the day. It is part of the Government's 'Keep Well' campaign, and a public library initiative!

To celebrate, Cavan County Library invited readers from all over the county to submit their photographs of 'squeezing in a read' for the Cavan Library Hall of Fame, and the response was amazing! The images were published on our FaceBook page, and on our website, and daily prizes were up for grabs for the best photograph. Well done to all our readers who 'took the pledge' to take some time out to relax and read

## FUNDING FOR CAVAN TOWN

Funding of €404,000 for Cavan town was secured under Failte Ireland's Destination Towns funding scheme. Investment in public realm will take place around Townhall Street and Farnham Street, along with new tourist information and directional signage, public art, up-lighting, interpretation and a re-imagining of the heritage town trail.

# CASE STUDY 1 - ANTI-DUMPING INITIATIVE 2020

**Waste Prevention Enforcement, Education and Aducation led by Cavan County Council with CU WERLA and the Department of Environment, Climate and Communications under the Anti-Dumping Initiative 2020.**

**Project Time: 220 hours. Project Cost €64,672.49**

## Summary

This was a multifaceted waste prevention project undertaken by Cavan County Council in collaboration with the Connaught Ulster WERLA and the Dept of Environment, Climate and Communications to refurbish the Council's Recycling Bring Centre Network. It involved abatement measures, installation of improved signage, installation of permanent CCTV surveillance (and lighting at selected locations) to enable future enforcement measures where necessary and education measures through the production of an 8 page information booklet and social media campaign.

Cavan County Council also supported the "Your County, Your Waste" awareness and education campaign. Cavan County Council wish to acknowledge the assistance of the CU WERLA and the Department of Environment, Climate and Communications and the funding provided.

## Case Study Details

**Abatement Measures** included the clean up and disposal of waste which had accumulated underneath and behind recycling receptacles at Kingscourt Bring Centre, Ballinagh Bring Centre and Ballyjamesduff Bring Centre prior to extensive refurbishment works taking place at each location.

**Prevention Measures** were taken by providing new informational signage at selected Bring Centre locations (which either had no previous signage or the existing signage needed upgrading) informing the public that it is an offence to leave behind any waste items at or near recycling receptacles, of the potential penalties for doing so and that that site is monitored by CCTV and information on GDPR. The Waste Management Section also worked closely with numerous Tidy Towns groups who play an influential environmental role in their community. These Tidy Towns groups will continue to work alongside the Council to ensure the amenities in receipt of these refurbishment works will be well

maintained in the future and enhance the area where they live and work.

**Education Measures:** The Waste Management Section designed an 8 page information booklet which was designed to to generate greater environmental awareness and education on what can be recycled and what to do if recycling receptacles are full.

**Enforcement Measures:** The Waste Management Section deployed permanent CCTV (a mixture of Overview HD Cameras and Licence Plate Recognition Cameras) at selected Bring Centre locations and explored the possibility of accessing footage from these sites or sites where CCTV is already in place remotely. Evidence retrieved from these cameras will be used to identify the vehicle registrations of those who commit an offence This evidence will be used to issue on the spot Litter Fines and/or court prosecutions.

## Outcomes

**Abatement Measures:** 3.1 tonnes of waste was removed from the three sites mentioned above. Recycling receptacles were also power washed and any broken receptacles were replaced.

**Prevention Measures:** Extensive refurbishment works were undertaken at Bring Centres in Ballinagh, Ballyjamesduff and Kingscourt which included the installation of concrete plinth and boundary fence to define the Bring Centre Location, new informational signage and permanent CCTV. New informational signage was installed at an additional 5 No. Bring Centre locations. Cavan County Council are currently working with our service provider appointed to empty the recycling receptacles in rebranding the individual receptacle signage to make it more informative for the public and it is expected this rebranding will be completed across all 30 No. Bring Centres in 2021.

**Education Measures:** The 8 page information booklet is available to view online on our website [www.cavancoco.ie](http://www.cavancoco.ie) and has been distributed to the public through our Green Schools and Tidy Towns networks. A sustained social media publicity campaign also took place during 2020 and will continue into 2021 to promote and influence positive behavioural change in order to keep these amenities free from litter and illegal dumping. The Council launched their 2020 "Green

Christmas" Campaign at our newly established Bring Centre in Cavan town which was attended by local Elected Members, members of Cavan Tidy Towns and staff from our service providers.

**Enforcement Measures:** CCTV was deployed at an additional 7 No. Bring Centre locations and an additional camera was deployed at an existing location. The Waste Management Section are in possession of evidence of littering/illegal dumping from a number of these locations and are currently pursuing files under the Litter Pollution Act 1997 as amended and Waste Management Act 1996 as amended. It will also be possible to monitor CCTV at 6 No. sites via remote access and this should be available in Q1 2021.

## Tips

Improving the aesthetic appearance, capacity and efficiency of how our Bring Centres are managed will not only keep public spaces clean and eradicate pest problems, but it will also provide measurable environmental benefits by waste diversion from landfills. Providing more education and awareness campaigns will help increase awareness and create a more environmentally conscious culture across County Cavan.

## Contact Details:

Contact: Cathal Boylan  
Waste and Litter Management Officer

## Address:

Waste Management Section  
Cavan County Council  
Old Library Building  
Farnham Street  
Cavan

## Email:

[cboylan@cavancoco.ie](mailto:cboylan@cavancoco.ie)





Kingscourt Bring Centre (Before & After Photos)



Ballinagh Bring Centre (Before & After Photos)



Other selected Bring Centres which received new signage and CCTV

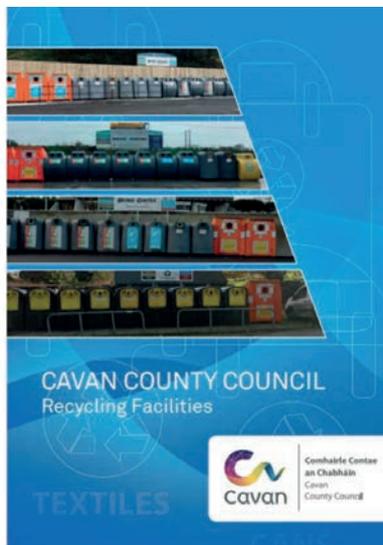
Ballyjamesduff Bring Centre (Before & After Photos)



Other selected Bring Centres



Education and Awareness Measures including working with local community groups



## HEALTHY CAVAN VIRTUAL 5K

Healthy Cavan hosted a virtual 5k from the from 27th October to 04 December 2020 in conjunction with Cavan Sports Partnership and their easy to follow guide to gradually build on jogging your way to 5k.

All finishers received Healthy Cavan Medals and T-shirts. Photos were posted on social media of the participants in action throughout the 5 weeks. Over 450 people joined the virtual challenge.

## CARE BOXES INITIATIVE BY HEALTHY CAVAN

Healthy Cavan has responded to the community response Covid-19 with a care box initiative. Funding from Pobal through the Healthy Ireland Initiative enables Cavan County Council to lead on a collaboration with Cavan HSE to provide Care Boxes to identified vulnerable adults during the Covid-19 pandemic. This Care Box initiative forms a strand of the wider Community Response Forum supports that the Cavan County Cavan, HSE and many other voluntary and statutory agents have thoughtfully worked together on during these challenging times.

Care boxes consist of personal care essentials, Covid-19 related information packs and Helpline numbers to support those most vulnerable within our locality. HSE Community Response leads, Orla Curran, Acting Principal Social

Worker and Margaret Barrett, Senior Speech & Language Therapist have collaborated internally with key HSE colleagues facilitating a careful identification of medically vulnerable clients to receive these care boxes. This Care Box initiative provides a timely practical support to those that are potentially alone and medically vulnerable at a time of crisis.

This showcase initiative is one of many of the Community Response Forum supports aiming to offer protective assistance to older & medically vulnerable people in receipt of HSE services. The heartfelt intention behind the Care Boxes is to enhance people's capacity to appropriately cocoon, stay safe and feel cared for at a time when it is most needed.

## CAVAN ENERGY MASTERPLAN

The very real threat of global warming and the requirement to meet the ambitious targets set out in our Climate Action Plan have focused attention on the challenges of improving our energy usage. In response to this, the Sustainable Energy Authority of Ireland (SEAI) encourage local communities to join the Sustainable Energy Community (SEC) network which supports everyone to work together to develop sustainable energy solutions for the benefit of their community. SECs are provided with Mentors by SEAI who will guide them through the options and processes available.

Cavan SEC is comprised of representatives from a number of public and community organisations across Cavan and is co-ordinated by Mary McCabe, Cavan County Local Development, SEAI County Mentor. The group recently completed an Energy Masterplan which establishes current annual energy usage in the county and its associated climate impact:

Energy Usage	370,000 tons oil
Energy Cost	€320 million
CO2 Emissions	1.4 million tons or 19 tons per person

The report highlights fuel poverty as a significant issue for Cavan. Fuel poverty occurs when a household spends 10% or more of its disposable income to keep the home adequately heated. The report identifies 39 localities in Cavan which are classified as high or very high risk of fuel poverty, accounting for 10% of the county's population.

However energy renovations in housing would largely alleviate fuel poverty and its impact on people's health.

The average BER for fuel poverty households in Cavan is E1 and getting them to the Climate Action Plan's target of B2 presents a significant challenge. This challenge has been taken on by a number of groups around the county who have joined SEAI's SEC network. SECs have been set up in many areas including Belturbet, Cootehill, East Cavan and Kingscourt where a group have specifically set out to target home improvements which will address fuel poverty in their area.

In recent times under the guidance of Cavan SEAI we in Kingscourt have formed our very own SEC (Sustainable Energy Community). The aim is to make our communities aware of the many energy saving initiatives that are available to them. These costs saving initiatives extend across our domestic households, community & sporting organisations and local businesses.

A number of members of the community have come together to establish this group to provide leadership on addressing the challenges of climate change by reducing energy use and using more renewable energy in homes across Kingscourt and beyond. We are now inviting homeowners from around Kingscourt to avail of Government Grants of anything from 35% to 80% to retrofit their homes"

We are part of the Sustainable Energy Authority of Ireland SEAI

network and have received support from Mary McCabe the SEAI Mentor in Cavan. Mary arranged for us to meet Dunleer Sustainable Energy Community (SEC) in County Louth who have a strong track record in community applications and has become so trusted in the local community. [www.energyteam.ie](http://www.energyteam.ie)

In our experience, most of us as homeowners are confused about what we should do in our homes about our energy needs and we are bombarded with marketing spin on new heating equipment, insulation, zoning, Solar and PV, stoves etc.

In partnering with the Dunleer Community Group we can provide to homeowners in Kingscourt a team they can trust and who will provide an objective assessment of each persons home along advice on what is needed with quality non disruptive installations.

For further information on joining the SEC network contact Mary McCabe, County SEC Mentor, Cavan County Local Development; [mmccabe@cclld.ie](mailto:mmccabe@cclld.ie) or 087 6742544



Kingscourt SEC L to r: Gerry Martin, Colm Kieran, Roisin O'Reilly, Mary McCabe (Cavan County Local Development), Philip Smith, Gerry Reaburn Dunleer Energy Team (pictured before lockdown).



# Youth & Community Supports in Co Cavan

If you, or someone you know is in crisis, contact your GP, ring Doc-On-Call on 1850 777 911, or go straight to your nearest A&E Department.

**pieta**

**Pieta House**  
Crisis Counselling  
Cavan/Monaghan Service  
090 6424 111

FREEPHONE  
1800 247 247  
Text 51444  
www.pieta.ie

**SOSAD Ireland**  
26 Bridge Street  
sosadcavan@gmail.com  
@CavanSOSAD

**24 HOUR CRISIS LINE**  
049 432 6339

**FREE 24/7 Crisis Text Line**  
Text "HELLO" to  
**50808**

From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations.



**TULLACMONGAN RESOURCE CENTRE**  
Killymooney Drive, Cavan  
(049) 437 2976

Serving your communities

**FOCUS**  
Family Resource Centre CLG

Main Street, Killeshandra  
(049) 436 4065  
www.focusfrc.com  
@FocusFRC

**TEACH OSCAIL**  
Family Resource Centre

31 Church Street, Cavan  
(049) 437 2730  
@FrcTeach

**cmetb**  
Cavan and Monaghan ETB  
Youth Services  
049 433 1044  
youthservices@cmetb.ie

**foróige**  
empowering youth enriching communities

**CAVAN 365 PROJECT**  
**BIG BROTHER BIG SISTER**  
**YETI PROJECT**

Contact: Sharon Ivers | Tel: 086 7791685 | Email:sharon.ivers@foroige.ie  
Opening Hours: 10am - 10pm Monday - Friday. Staff are also available on weekends

**CAMRY**  
CAVAN & MONAGHAN RAINBOW YOUTH

087-2193904  
info@camry.ie  
@CAMrainbowyouth

Contact: Barry McSkeane  
LGBTI+ Youth Development Worker  
Support for LGBTI+ Young people, their families, friends and wider community!

**ISPCC CHILDLINE THERAPEUTIC SUPPORT SERVICE**  
Contact: Jean Rooney  
Resilience Support Worker | Mobile: 087-2334534 | Jean.Rooney@ispcc.ie  
The service works with young people under 18 years of age and their parents/ carers. Referrals are welcomed from professionals, parents and young people who maybe experiencing difficulties.

**An Garda Síochána**  
Ireland's National Police & Security Service

**Local Garda Contacts**  
Garda Edel Gilliland  
Garda Juvenile Liaison Officer  
Mobile: 087-0601856

Garda Seamus Herron  
Cavan Community Police  
Phone: 049-4368800

Garda Lisa Stevens  
Baillieboro Community Police  
Phone: 042-9694570

**JOURNEYS PROJECT**  
Youth Work Ireland Cavan Monaghan  
Youth Personal Development (16 - 25)  
Mobile: 087-7109249 | facebook.com/journeys.monaghan.3  
QQI Qualification, Mentoring, Group Work.  
www.ywimonaghan.ie

**Cavan County Local Development**  
Tel: 049-4331029  
The Local Development Company for Rural Development, Social Inclusion, Employment & Community Development.  
Coriurgan Business Park, Ballinagh Road, Cavan  
@cavancountylocaldevelopment

**CAVAN TRAVELLER MOVEMENT**  
Contact: Chrissie O'Sullivan  
Project Coordinator  
Mobile: 087-1753007  
chrissiectm@gmail.com  
@cavantravellermovement2020

**CAVAN SCHOOL COMPLETION PROGRAMME**  
Contact: Alana Shannon  
Project Worker  
Mobile: 086-1703833  
alana.shannon@scp.ie  
Monday to Friday | 9am to 5pm  
@cavanscp

**CYPSC**  
County Cavan Children & Young People's Services Committee  
Coordinator - Ste Corrigan  
email: ste.corrigan@tusla.ie

**Bounce Back Youth Service**  
Young people or parents can contact qualified youth workers from 10am-10pm 7 days per week and we will speak to them, offer crisis intervention and signpost them onward to appropriate services if required  
@BounceBackYouthService  
bouncebackys

**UBU**  
YOUR PLACE YOUR SPACE

Youth Work Ireland Cavan Monaghan  
www.ywimonaghan.ie

**TUSLA**  
An Ghníomhaireacht um Leannú agus an Teaghlach  
Child and Family Agency

**PREVENTION PARTNERSHIP & FAMILY SUPPORT (PPFS)**  
Contact: Antoinette Brady  
Phone: 049-4369800  
Mobile: 087-4436215

**ISPCC CHILDLINE**  
1800 666 666  
Text 'Talk' to 50101

**SPUNOUT**  
Visit www.spunout.ie or Text SPUNOUT to 086 1800 280  
(standard sms rates apply)

**TeenLine IRELAND**  
1800 833 834

**SAMARITANS**  
Call us free 24/7 on 116 123  
samaritans.org

Connecting for Life Cavan and Monaghan

# DIGITISING OF 19 HISTORIC BURIAL GROUNDS

Cavan Heritage Office is delighted to have received Heritage Council funding in 2020 to digitise 19 Historic Burial Registers. The digitisation of the burial registers was a result of an audit of burial grounds carried out through funding received from the Heritage Council to identify Historic Burial Grounds vested in Cavan County Council. This audit was carried out by

Architectural Recording & Research and where burial registers were located they were returned to Cavan Library and held in archives.

The Heritage Office is delighted that the 19 burial registers will be made available online to the public and can be used as a resource for research etc. Historic Burial Registers can be viewed on

[www.cavanheritage.ie](http://www.cavanheritage.ie)

The Heritage Office would like to thank the following:

- Cavan Library Service
- The Heritage Council
- Architectural Record & Research

## ARTS 2020 - LEADERSHIP AND CAPACITY BUILDING IN ARTS AND HEALTH

Cavan County Council Arts Office established the Cavan Monaghan Arts and Health Forum in 2018 with CYPSI, Cavan County Council Healthy Ireland, Cavan Monaghan Mental Health Services, Mental Health Ireland, Breffni Integrated and specialist arts and health advocates.

The objective of this network is to work collaboratively to promote health and well-being through arts practice in a range of health and arts settings, among diverse communities creating the environment for arts participation

and collaboration using a person-centred approach.

Throughout 2020 the continuing professional development work with artists, health professionals and community leaders moved online. This transition was successful and the 25 attendees found the remote learning and sharing valuable. The programme included contributions from Julie Aldridge, Cork based artist and lecturer in art therapy, Louise Gartland, from Artonomy a professional art therapist and artist and Bernadette Kenny, Chief Executive of the Blue Box Creative Arts

Psychotherapy Centre, Limerick. Specific topics covered included Boundary, Self-Care, Loss and the Unknown. A peer exchange programme with 9 artists took place over a 7 week period last summer.

The Forum also provided creative arts experiences in visual arts and creative writing with young people, their parents and health specialists in the Cavan Monaghan area.

In late 2020 Cavan County Council advertised a contract for arts and health co-ordinator who will support this work and develop its reach.

## ARTS IN EDUCATION

The Arts Offices of Monaghan and Cavan County Council with the Local Arts and Education Officer working with the Creative Associates, Ramor Theatre and Creative Ireland commissioned and disseminated theatre presentations for national and secondary school in Cavan/Monaghan for the final term in 2020. 260 school requests were received to share these performances with children in schools in both counties. The shows were Charles Dickens 'A Christmas Carol' from Livin Dred Theatre Company and Rockin Christmas Rhymes from Branar Theatre Company, Galway.

The arts office was part of the Creative Ireland programme that delivered Cruinniú June 2020 and the programme was delivered on the Cavan Monaghan Creative YouTube Channel.

Music Generation Cavan Monaghan was launched at Townhall Cavan in February 2020. It delivered a series of performance music education videos for schools and early years with their musicians during Lockdown and support the musician educators to develop skills in this area.



**Cavan Community Call Helpline**

phone: **1800 300 404**  
email: **covidsupport@cavancoco.ie**  
text: **087 095 1376**

**We're here if you need practical support or someone to talk to.**

**We can help with:**

- Delivery of food, medication, fuel or other household items
- Someone to talk to or keep in touch with
- Other practical supports
- Signposting and referral to reliable information and services

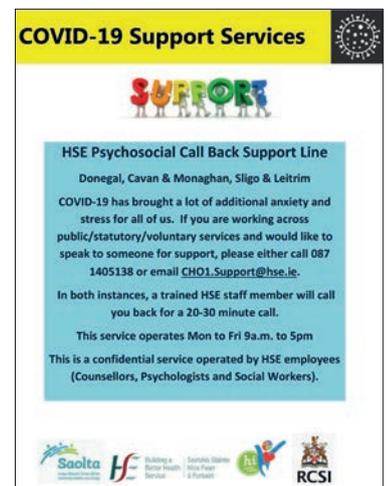
Calls are free and phone lines are now open from **9am to 5pm**, Monday to Friday. Text charges may apply. (In case of emergency, call 999 or 112)

**#StayHome**

**KEEP WELL**  
IN YOUR COMMUNITY

**Cavan**  
Comhairle Contae an Chabháin  
Cavan County Council

**Rialtas na hÉireann**  
Government of Ireland



**COVID-19 Support Services**

**SUPPORT**

**HSE Psychosocial Call Back Support Line**

Donegal, Cavan & Monaghan, Sligo & Leitrim

COVID-19 has brought a lot of additional anxiety and stress for all of us. If you are working across public/statutory/voluntary services and would like to speak to someone for support, please either call 087 1405138 or email [CHO1.Support@hse.ie](mailto:CHO1.Support@hse.ie).

In both instances, a trained HSE staff member will call you back for a 20-30 minute call.

This service operates Mon to Fri 9a.m. to 5pm

This is a confidential service operated by HSE employees (Counsellors, Psychologists and Social Workers).

**Saolta** **HSE** **Building a Safer, Healthier, Stronger Society** **Supporting People's Health & Wellbeing** **RCSI**