

# Swanlinbar Development Association

## What's happening in Swanlinbar....

January 2018

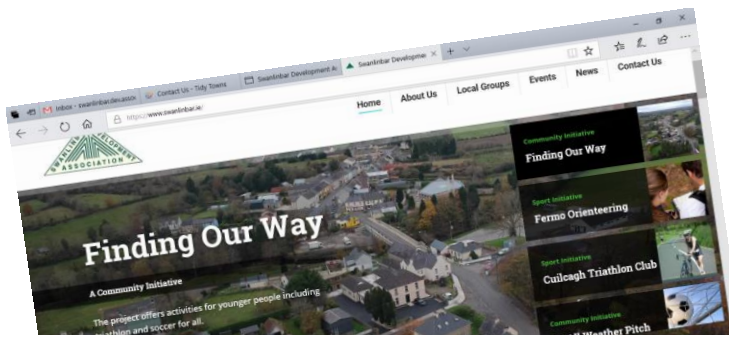
Swanlinbar is situated in the valley between Commas Mountain and Slieve Russell Mountain where the river Claddagh rushes from its source at the foot of Cuilcagh Mountain to Lough Erne and has many spa wells.

Swanlinbar Development Association is a not for profit organisation volunteer led organisation. SDA set up in 1994 to promote the development of economic and social activities in the local area.

Swanlinbar Development Association has recently been successful in receiving various funding. International Fund for Ireland through the "Finding our Way" project has allowed initiatives to build border relationships. CLAR funding has allowed the carpark at Trivia House to be tarmacadamed. Town and Village Renewal will help regenerate the village with new signage, community café and community garden.

### New website launched!

Check out [www.swanlinbar.ie](http://www.swanlinbar.ie) for your non-stop shop for what's on in your area. We have included many events in this newsletter however we are continually evolving and adding further activities. Feel free to submit any community news for inclusion to Sharon or any SDA committee members.



Swanlinbar Development Association  
Trivia House, Church Road, Swanlinbar, Co Cavan

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Find us on Facebook @swanlinbar.dev.assoc



**Wednesday 24 January @ 8.00 pm**  
Launch of Finding Our Way Project

**Thursday 25 January @ 10.30 am**  
Tablet/ipad classes followed by Mobile Phone Clinics (by appt)

**Tuesday 30 January @ 10.30 am**  
Furniture Upcycling

**Wednesday 31 January @ 10.00am**  
Information & enrolment session  
QQ1 Health Care Skills

**Wednesday 31 January @ 7.00 pm to 10.00 pm** Woodworking

**Saturday 3 February @ 9.00 pm**  
Annual Game Tasting night

**Thursday 22 February @ 9.00 pm**  
Tidy Towns Meeting

**Friday 23 – Sunday 25 February**  
John Joe Memorial Weekend

**Thursday 8 March @ 2.00 pm**  
Active Adults Aerobics Class

**Tuesday 6 March Soccer for All**  
@ 7.00 pm youth soccer  
@ 7.45 pm adult soccer S'bar 3g pitch

**Saturday 17 March** St Patricks Day

**Monday 2 April @ 11.00 am**  
Mad Hatters Tea Party – Family fun day with orienteering and egg hunt

**Friday 15 April @ 7.30 pm** Soccer for All Danderball Blitz at Ballinamallard

## Finding our Way Project

Swanlinbar Development Association are delighted to announce the launch of "Finding our Way Project". This project is funded initially for 18 months through International Fund for Ireland and will allow Swanlinbar Development Association to build on our existing strengths to our area.

Through a specific programme we will provide a range of activities for all ages covering triathlon, orienteering and older people activities and will work with local schools and groups and our border neighbouring areas.

Sharon Howe has been appointed as community co-ordinator to deliver this project. This project will be officially launched on **Wednesday 24 January 2018 @ 8.00 pm**.

## West Cavan Noticeboard



**@westcavannoticeboard** is a brilliant facebook page which will help keep you informed of "goings on" in West Cavan area. The committee comprises representatives from each area to ensure community events are highlighted to the wider West Cavan audience. Sharon Howe is the representative for Swanlinbar so if you have any community announcements that you want publicised please let her know.

## Cavan and Monaghan ETB

### QQ1 Health Care Skills Level 5 - Information and Enrolment Session Wednesday 31 January 10.00 am, Trivia House Swanlinbar

This is a 2-year Part-Time course which is ideal for anyone who is considering entering the Caring Profession. Home Help, Home Carer, Residential or Nursing Home Care Assistant are all direct progressions from this course. It can also be used as a stepping stone into Nursing training. There will be 1 teaching session each week and taught over 8 modules in 2 years.

Breffni Integrated CLG, CMETB and Swanlinbar Development Association are working together to bring this course to West Cavan. The course will be based in Trivia House, Swanlinbar, Co Cavan

To Register or to confirm your eligibility for a FREE place please contact Geraldine or Sandy

Tel: 071 9853321 Email: [gfox@breffniint.ie](mailto:gfox@breffniint.ie)

Course details on [www.westcavan.com](http://www.westcavan.com)

Follow us on Facebook - <https://www.facebook.com/BreffniIntegrated/>

## Woodworking

Want to learn a new skill? Woodworking classes will be held in Trivia House for 4 weeks starting **Wednesday 31 January from 7.00 to 10.00 pm** to learn to make some wooden outdoors furniture. Materials will be provided and the finished products will be used in the Swanlinbar Community Garden planned for Summer 2018. Register your interest with Sharon in Trivia House on 087 090 3253. There are no costs however participants will be required to complete a CMETB registration form (ppsn number is required for same).

## Finding our Way - Senior activities

Socialising and keeping mentally and physically active are extremely important and “Finding our Way” aim to provide some ways to do so.

### Mobile phone clinics & Tablet Classes

Mobile phone clinics a half hour one to one appointment with an IT specialist who will answer your specific questions on how to use your mobile phone.

From how to turn it on to how to send photos to how to send a text or how to check how much you have spent Stephen will be on hand to help and guide you. Tablet classes will teach you how to harness technology to make living rurally easier through using the internet for everyday activities. Classes will be small and informal.

Classes start on **Thursday 25 January 2018 10.30 am to 12.30 pm** at Trivia House, Swanlinbar for 6 weeks. Tutor: Stephen Crawford. Funding through “Finding our Way” International Fund for Ireland.

### Furniture Upcycling Classes

Upcycling is very popular and “Finding our Way” are delighted to bring this opportunity to Swanlinbar. Rescue a tired old piece of furniture (not too big) and bring it along to get a new lease of life.

Furniture can remain in Trivia House from week to week. Classes start on **Tuesday 30 January 10.30 am to 12.30 pm** at Trivia House, Swanlinbar for 6 weeks

Tutor Diane Lee. Funding through “Finding our Way” International Fund for Ireland.

BOOK YOUR PLACE BY CALLING SHARON ON 087 090 3253

### Active Adult(50+) Adapted Aerobics 6 Week programme

Adapted Aerobics is a low impact exercise activity that will work on different motions to improve strength, flexibility and enhance core through gentle exercise which is suitable for all ages.

This 6 week programme takes place **Thursday 8th March, from 2.00 to 3.00 pm** in Trivia House, Swanlinbar. All Welcome. **Cost €25 per person for 6 weeks.** Limited places available & pre-registration essential. BOOK YOUR PLACE PLEASE CONTACT DEAN MCELROY, CAVAN SPORTS PARTNERSHIP ON 087 262 3956

## Finding our Way - Triathlon for All

“Finding our Way” aims to build on our border relationships and how better to do this than through our young people. We hope that friendships will be built naturally through a programme of running, swimming and cycling between Scoil Mhuire and Florencecourt Primary School.

This programme allows children to naturally build friendships through visiting each other schools and culminates in a Triathlon Event on **15 March 2018** in The Share Centre, Lisnaskea.



Finding our way will continue to build good relations with our neighbours through sport.

Spring will see the start of soccer coaching for youth and senior men and women in Swanlinbar. This will culminate in a cross-county, cross border, cross gender, cross community, cross generational Danderball Blitz hosted by Fermanagh Cultural Sports Association in Ballinamallard!

*What is Danderball?* Danderball is walking football. Sounds simple? It's anything but. Danderball provides a level playing field for all – an all-inclusive sport irrespective of age. Players need to utilise tactics to plan and place the ball strategically.

Swanlinbar will be delivering soccer classes on Tuesday evenings from 7.00 – 8.15 pm for Youth (boys and girls) aged 14-17 years. Adult classes will be held from 7.45 – 9.00 pm (men and women) and will include an element of danderball. Classes commence on **Tuesday 6 March – Tuesday 10 April** – 6 weeks in total on the all-weather pitch.

The International Danderball Blitz comprising teams from Cavan (us) Monaghan and Fermanagh will be held on **Friday 13 April at 7.30 pm** at Ballinamallard United FC. Transport and refreshments will be provided and all costs are funded through International Fund for Ireland under Finding our Way Project.

Thanks to Fermanagh Cultural Sports Association (Ballinamallard), Teach na nDaoine (Monaghan) and Foroige (volunteer led youth work) for their team work in organizing this event.

More information? Contact Sharon 087 090 3253

## Finding our Way Orienteering for All



Swanlinbar Development Association “Mad Hatters Tea Party” event is a fun family event.

**Monday 2 April @ 11.00 am** aims to introduce people of all ages to the fun of orienteering. Orienteering is a sport that combines running/walking with navigation. The day will allow people to learn the basics of orienteering while exploring our beautiful area – while having fun! Easter Eggs will be placed at markers to give added incentive. A hunt with a difference! This event is designed to showcase our area and build on our existing strengths.

Refreshments will be provided. This will be facilitated by trained volunteers from Fermo and funded through International fund for Ireland - Finding our Way.

Interested in becoming an orienteering volunteer and learning new skills? – all ages and fitness levels welcome full training (free) provided – contact Sharon 087 090 3253.

### Swanlinbar Gun Club

Annual Game Tasting night will be on **Saturday 3 February 2018 @ 9.00 pm** in The Stables Bar with all proceeds to Scoil Mhuire, Swanlinbar.

Keep up to date with  
[www.swanlinbar.ie](http://www.swanlinbar.ie)