



## Donegal CIL Newsletter

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# DCIL Christmas Party

**Date:** 8th December **Venue:** Silver Tassie.

Admission by ticket only

Book your ticket now on 074 9128945

**Draw will take place on the night. Spot prizes galore.**

**XMAS DRAW -Ticket Selling** Please give an hour or two of your time to sell tickets at one of the following venues: contact the office on 074 9128945

Tesco Letterkenny 26th Nov. Supervalu Donegal Town 25th Nov. .

**AGM:** The meeting took place on Tuesday 20th September at the Station House Hotel Letterkenny. Chairperson Cath Waugh read out the minutes of last year's AGM. A copy of the audited report was proposed and accepted. Rosaleen Bradley gave a full and detailed report and all items and all matters were dealt with. There was a meeting arranged for Tuesday 25th October and new officers were elected for the incoming year as detailed below.

### DCIL BOARD OF MANAGEMENT

#### Chairperson

Frank Larkin.

#### Vice Chair

Cath Waugh.

#### Treasurer

Seamus McGroary.

#### Asst .Treasurer

Martin McIntyre.

#### Secretary

James McClean.

#### PRO

Donal K O'Boyle.

#### Board members elected.

Christopher McBrearty. Susan Clarke.

Jean Devenney.

Pat McCarthy.

Joe Mooney .

Jennifer Doherty.

John Doherty.

Linda McGuinness.

### Christmas Mince Pies. Ingredients -

Zest of half an orange, 375g pack ready-made sweet pastry, 350g jar mincemeat, 10 tsp cranberry sauce, Icing sugar, for sprinkling, 6.5cm plain pastry, cutter 2X12 hole burn tray.

**Method:** Set oven at 190 Centigrade , gas mark 5. Knead the orange zest lightly into the pastry and roll it out on a lightly floured surface. Cut out rounds using the cutter and reserve the trimmings. Spoon the mincemeat into each pie adding half teaspoon cranberry sauce on top. Put remainder of pastry on the pies arranged in stripes. Bake for 25minutes until golden brown Sprinkle with icing sugar. Serve.





Pictured above Pat McCafferty, Jennifer Doherty ( DCIL) with students who had completed Fetac Level 5 course in Healthcare Assistant.



Pictured above Jennifer Doherty and OJ with pupil from St. Aengus's N.S. Bridgend.



## Schools disability awareness Project

The disability awareness project resumed in October, with three classes participating during the month. Pupils from Termon National School, Kilmacrennan National School and St. Aengus in Bridgend enjoyed the two week programme and found it very educational. Feedback from their teachers was very positive and encouraging. The project is on-going and we hope to visit as many schools as possible during the year.

Two campers are hiking in the woods when one is bitten on the rear end by a rattlesnake. "I'll go into town for a doctor," the other says. He runs ten miles to a small town and finds the town's only doctor, who is delivering a baby. "I can't leave," the doctor says. 'But here's what to do. Take a knife, cut a little X where the bite is, suck out the poison and spit it on the ground." The guy ruins back to his friend, who is in agony. 'What did the doctor say?" the victim asks. "He says you're gonna die."

**If you have any interesting stories, or joke articles please email:**

[patriciamcmenamin52@gmail.com](mailto:patriciamcmenamin52@gmail.com)  
[or dcil@eircom.net](mailto:or dcil@eircom.net). We look forward to hearing from you before the next issue.

This project is supported by  
FAS and HSE



# Posh Dolly's

We appeal for your help in our much needed Fundraising and Public Awareness Project by donating your unwanted good quality clothing and accessories. We guarantee your clothing will raise the money it deserves whilst promoting and providing vital services to people with disabilities here in Co. Donegal. We sell Quality Ladies Clothes for that Special Occasion.

Call in and grab a few bargains

We can collect your unwanted good quality clothing . Contact DCIL 07491 28589.



## Opening times:

Tuesday –Saturday 10am –5pm.

Website ; [www.donegalcil.com](http://www.donegalcil.com)

## Social, Pampering, and Public Awareness Evening.

### Venue

“Posh Dolly’s” Lower Main Street, Letterkenny

On

Wednesday 16th November 2011

From

6.00 p.m. to 8.00 p.m.

**Events on the evening will include:**

**A make-over for two., demonstrations and displays from  
PartyLite Candles,**

**Jewellery, Massage and much more.**

**Light refreshments served.**

**Raffle on the Night**

**Come along and join us in an evening of fun and pampering.**

**ALL WELCOME**



## Strasbourg Freedom Drive 2011

*Report by: John Doherty.*

The Strasbourg Freedom Drive has been held every two years since 2003 and provides an opportunity for members of the Independent Living Movement and MEP's to meet for inspiration and the promotion of Independent Living issues. This was my first freedom drive and I went along with my PA Jonathan McLaughlin to represent Donegal Centre for Independent Living. The Strasbourg Freedom drive 2011 was an excellent experience. I enjoyed meeting other leaders, PA's and disability activists from across Europe. What I got from the week is that there is a real fear that all the good work and progress over the past 20 years will be lost if there are more cuts to services. I was shocked to learn there are still 8,000 disabled people in institutions in Ireland and a total of 1.2 million across Europe. This will only rise if changes are not made. I have got so much out of this week. I have experienced new things overcame hurdles, learned so much, gained more confidence and made new friends along the way. Being a disabled person you constantly feel to be in a minority, but the Strasbourg Freedom Drive made me realise there are people fighting for our rights and as disabled people we do have a voice. It is great that our voice is being heard in Europe. But I would encourage all DCIL members and leaders to make sure our voice is heard at local and national level. We must protect and strive to enhance our current service. As an organisation we can achieve so much, our primary goal must always be INDEPENDENT LIVING.



**John Doherty ,PA Jonathan McLaughlin and Pat the cope during their visit to Strasbourg**

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**DONEGAL CENTRE FOR INDEPENDENT LIVING**

**DONEGAL LEADER OF THE YEAR AWARDS – 2011**

**NOMINATION FORM**

☛ Please complete and return to; Donegal Centre For Independent Living, Unit 7, McCaul Hse., Pearse Rd., Letterkenny, Co Donegal. Post, or deliver personally. Must be with us no later than 1st December 2011- Awards Presented At Christmas Party

Open to DCIL Leaders only. Please contact DCIL for extra forms.

<b>NAME OF LEADER YOU ARE NOMINATING</b>	<b>PHONE NO ;</b>	<b>HOW LONG HAVE YOU BEEN PA TO THIS LEADER?</b>

<b>PAS NAME</b>	<b>ADDRESS</b>	<b>PHONE NO ;</b>

**SIGNED** \_\_\_\_\_ **DATED** \_\_\_\_\_

**FORM MUST BE SIGNED BY NOMINATING LEADER**

**DONEGAL CENTRE FOR INDEPENDENT LIVING**

**DONEGAL PA OF THE YEAR AWARDS – 2011**

**NOMINATION FORM**

ÜPlease complete and return to; Donegal Centre For Independent Living, Unit 7, McCaul Hse., Pearse Rd., Letterkenny, Co Donegal. Post, or deliver personally. Must be with us no later than 1st December 2011- . Awards Presented At Christmas Party.

Open to Pas employed by DCIL only. Please contact DCIL for extra entry forms

NAME OF PA YOU ARE NOMINATING	PHONE NO ;	HOW LONG HAS THIS PA BEEN WITH YOU?
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LEADER' S NAME	ADDRESS	PHONE NO ;
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SIGNED \_\_\_\_\_ DATED \_\_\_\_\_

FORM MUST BE SIGNED BY NOMINATING LEADER