

CARA CONNECT



Cara House Family Resource Centre - Pearse Road - Letterkenny - Co. Donegal, F92 YA21

Welcome to the third edition of the Cara House Community Newsletter! In this issue, we bring you updates, opportunities, and exciting events that highlight the incredible work happening at Cara House and throughout our community. Whether it's Men's Health Week or our summer camps for children, there's something for everyone to enjoy, learn from, and grow.

Highlights from Recent Events

- **Men's Health Week:** This event was a hit, featuring coffee mornings, health checks, walking football, and a memorable trip to the IOSAS Sanctuary & Gardens, fostering both health and camaraderie.
- **Titanic Museum Trip:** An enriching experience was had by a full coach of participants who



Don't miss out on the amazing happenings at Cara House and in our community! For more information or to get involved, reach out at:

- **Senior Summer Project:** Katie 087 148 1422
- **Children's Summer Camps:** Kerry 086 725 1779
- **Wellness Group and Support for families with defective concrete homes:** Breda, 087 148 142

Let's continue celebrating and supporting one another. Here's to a summer filled with connection, creativity, and care!

NEWS

Cara House proudly celebrated Men's Health Week in partnership with the Men's Health Forum in Ireland. The week began on International Men's Day with a coffee morning, which included free blood pressure checks and a talk by Bill Vaughan from Mental Health Services. Participants from the Cara House Men's Group enjoyed a walking football event at the Letterkenny Community Centre, organized through the Donegal Men's Health Network. The afternoon was a great success, with an impressive turnout from communities across the Letterkenny area.



To close the week, a group trip was arranged to the IOSAS Sanctuary & Gardens in Muff. Transportation was kindly provided by DLDC, and attendees also enjoyed a guided tour on site. The outing was very well received and thoroughly enjoyed by all.

SENIOR SUMMER PROJECT

Our Senior Summer Project will run over the first two weeks of July. Week one is now fully booked, but limited spaces remain for the second week, taking place from July 7th to 9th. The program includes breakfast, lunch, a variety of activities, and a bus trip. The cost for the full week is €30.00. Early booking is advised as places are limited.



For more information contact Katie on 083 863 8315

EVENTS



We're excited to announce that our fun-filled Children's Summer Camps are returning! Whether your child enjoys arts and crafts, outdoor adventures, or making new friends, we have something for everyone. Camp Dates:

2 weeks | Monday to Friday | Preschoolers | June 30th to July 11th
2 weeks | Monday to Friday | Ages 8-10 | July 14th to July 25th
4 weeks | Monday to Friday | Ages 5-7 | June 30th to July 25th

Register now at 086 725 1779

INFORMATION EVENING



Cara House Family Resource Centre are hosting a Defective Concrete Blocks Information Evening in collaboration with DLDC, Defective Concrete Blocks Facilitator, Neil Gallagher
On Tuesday, July 1st, from 7 PM to 9 PM

Join us for an evening focused on practical assistance and ways to nurture the well-being of you and your loved ones.

Do you feel a need for connection? We are offering a wellness group that meets regularly, where you can share your experiences and find camaraderie with others who understand the challenges you're facing.

Do you have children who might benefit from play therapy sessions? We are here to provide that support.

Are you interested in a free retreat day for you and your family at Oakfield Park?

For more information, please contact Breda at 087 148 1422.

THANK YOU

Thank you to all the talented, artistic kids who joined us for our funded Cruinniú na nÓg event on Saturday, June 3rd. The children had the opportunity to explore their creativity through the art of papier-mâché!



A special thanks to our facilitators, Deirdre and Roisín, who regularly lead various courses at Cara House. The kids created some wonderful crafts to take home at the end of the day.

HELPING HANDS

Our helping hands service is available at a reduced rates. For more information please contact the office

HELPING HANDS SERVICE

Lawn & Gardening Services

- Powerwashing
- Garden clean ups
- Grass cutting
- Hedge Trimming
- Strimming
- Recycling
- DIY jobs
- Painting low walls

Affordable rates!
For enquiries please call the

OFFICE ON 074 91 23986 or 086 1223 029

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