



Phone: 071 96 31253 Email: Support@mohillfsc.info

Newsletter


Mental Health Awareness

May is mental health awareness month.

One way to think about mental well-being is by looking at how effectively and successfully a person functions. Feeling capable and competent; being able to handle normal levels of stress, maintaining satisfying relationships, and leading an independent life; and being able to 'bounce back', or recover from difficult situations, are all signs of mental well-being.

Positive attributes such as sleeping well, eating well, exercise, having a positive outlook and a good social life characterise mental well-being, in a similar way to how they characterise physical well-being.

For more information visit mentalhealthireland.ie

Youth Cafe returns Monday Nights in Mfsc Canon Donohoe Hall at 6-7pm for those aged 8-10 years. 7-8pm for those aged 10-12 years. Unfortunately at the moment groups are full but we have a waiting list for young people to put their name down if they want to join. Contact Laura 086 6035977



Find us on Facebook



Cookery Programme

Level 3: Culinary Skills

Starting soon in the Marian College (Mohill Education Centre).

This programme which has been organised by Mohill Family Support Centre and the ETB will be taking place in the Old Marian College.

The programme will also be accredited by the ETB and being delivered by the tutor Will

This programme will be starter level programme that will lead on to a higher level of the programme.

If interested and wish to put your name down or want more information on this course, call Mohill Family Support Centre on 071 96 31253 or 086 6035977.



Mohill fsc runs an **outreach programme** which takes place in Carrigallen on Tuesdays from 10am – 12:30pm and also in Ballinamore on Wednesdays from 12-1pm

MFSC supports people in the community through facilitating various activities, supports and programmes.

Are you interested in drama, or are you interested in History.....and remember you don't have to have any drama experience or be an expert in Irish women's history to get involvedjust come along and find out what it's all about. You'll discover and learn about the courageous, brave and passionate women of our past and you may discover a new talent... and you will certainly have some fun along the way

OPEN TO WOMEN AND MEN INTERESTED IN ATTENDING.....SO CALL IN OR CALL LAURA IN Mfsc Canon Donohue Hall ON 071 96 31253



A short guide to the EU GDPR

The GDPR (General Data Protection Regulation) will take effect in every EU member state in May 2018 and will affect every organisation that collects or handles data relating to EU residents.

The Regulation itself is a long document (118 pages of legalese), and failure to meet the requirements could turn out to be expensive – up to 4% of annual global turnover or €20 million, whichever is greater. The data controller is responsible for demonstrating that the organisation applies to the six principles outlined in Article 5 of the GDPR:

Personal data must be:

1. be processed lawfully, fairly and transparently.
2. be adequate, relevant and limited to what is necessary for processing.
3. accurate and kept up to date.
4. kept in a form such that the data subject can be identified only as long as is necessary for processing.
5. processed in a manner that ensures its security.
6. be collected for specified, explicit and legitimate purposes.

We are seeking volunteers to support us with the delivery of Mfsc Canon Donohue Hall Summer Camps in August. If interested and want more information call in to Mfsc Canon Donohue Hall to talk to a staff member or contact Laura 086 6035977. We are always seeking new volunteers

Meeting Rooms in the Hall

The Main hall area can host up to 150 people for events. Parties of up to 100 can be accommodated for birthdays, weddings, funeral reception etc.

Three smaller rooms are also available to rent at an hourly rate; these rooms can cater for groups of 20-30 people

For more information drop in to centre, call us at 071 9631253 or email at support@mohillfsc.info.

Alternatively we can also be contacted through our Facebook page Mfsc Canon Donohue Hall

Management and Staff

The Chairperson of MFSC CLG is Fiona O'Driscoll; other members of the committee include Cathriona Charles, Trish Flynn, Mairead Kelly, Séadhna Logan, Marta Rutowska, Cathriona Tighe and Susanne Tubman.

The staff at the Canon Donohue Hall are Majella Mc Govern (Coordinator), Laura Mc Hugh, Angela Mc Crann, David Logan, John Joe Doyle, Mattie Gaffey, Sarah O'Connell, Cath Condon and Aaron Mc Guinness

Opening hours

Monday to Friday

9:00am – 1:00pm

2:00pm – 5:00 pm