

# IDP - Local Development for over 20 years.

November 2017



IDP manage and operate 14 programmes in the Peninsula. These are:

- Social Inclusion Community Activation Programme
- LEADER
- Job Club Programme
- TUS
- CE Childcare Programme
- Rural Social Scheme
- Social Prescribing Programme ( 2 PCTS)
- Changemakers Development Education Programme
- School Completion Family Support Programmes x 2
- ECO Inishowen
- Jobs Initiative Programme
- Digital Skills For All Programme
- Community Food Initiative
- Media Literacy ERASMUS Programme

The education and training staff at IDP continue to offer a wide range of courses tailored to the needs of local communities and individuals who access our support and services. Many of our courses could not be delivered without the ongoing support of Donegal ETB's Community Education Programme, and for our employment-focused courses we are pleased to work with Taste 4Success Skillsnet. This year we are also working with AnCosan, offering an on-line programme for the first time, Social Enterprise & Leadership Skills for Women.

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## Thinking of setting up your own business contact our team at IDP



A business information and guidance service with over 20 years experience is available through IDP; support in exploring your business idea to developing your business plan is available. We also provide support for the BTWEAS and to the Enterprise Support Grants through the Department of Employment Affairs & Social Protection is also given. This grant subsidises the purchase of essential services or equipment at new business start-up stage; We also offer a range of specifically geared enterprise training which is guided by client demand and includes programmes such as Start your own Business Training (12 hours – daytime course, over two consecutive days at the IDP Buncrana Office.; Bookkeeping training to assist with maintaining financial records in your business – delivered on a Saturday as a one day Workshop at IDP; Digital Skills Training including training in the use of the Internet & Email, & Social Media including Facebook for Business. Our office also provides access to the Donegal Women in Business Network.

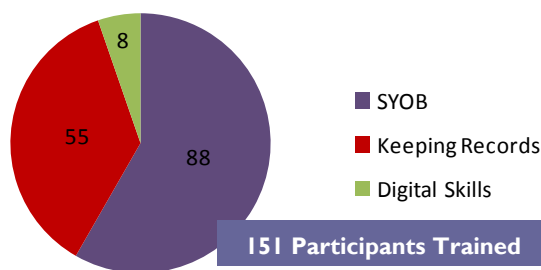
## Enterprise Supports

**53 Business  
Supported into Self-  
Employment**

During 2017, 151 participants completed Enterprise Training with IDP; the two most popular courses are the 'Start your Own Business' (SYOB) and 'Keeping Records' (KR). In the last quarter of this year a number of new programmes in Digital Skills and Social Media have been piloted, to up skill new and experienced entrepreneurs in the peninsula.



### Enterprise Training 2017

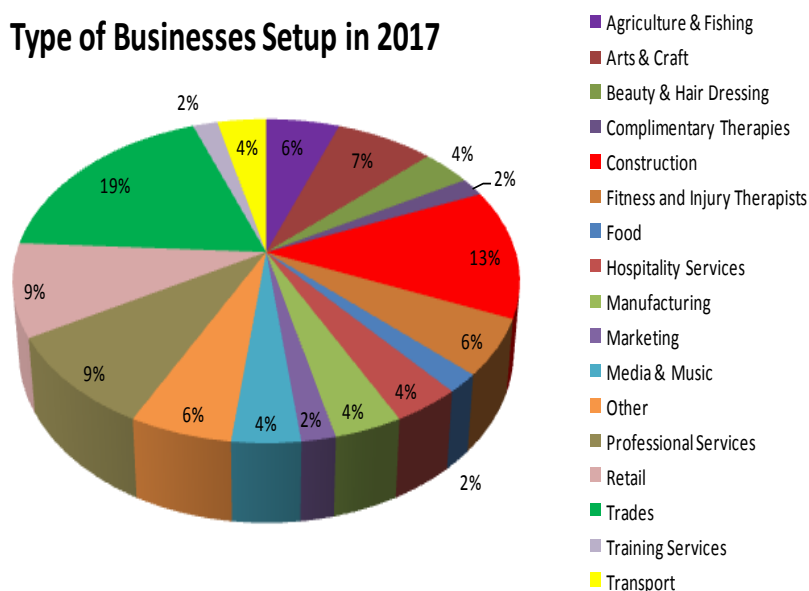


The Back to Work Enterprise Allowance (BTWEA) scheme encourages people getting certain social welfare payments, to become self-employed and start a new Business. If you take part in a BTWEA scheme you can keep a percentage of your social welfare payment for up to 2 years. BTWEA is a payment made by the Department of Employment Affairs and Social Protection (DEASP) to people aged under 66. There is also a separate Short Term Enterprise Allowance which supports people on Jobseeker's Benefit to start their own business.

On 1st July 2017, the DEASP announced some operational changes to the Back-to-Work Enterprise Allowance (BTWEAS/STEA) Schemes as follows:

- The Intreo Case Officer decides if client is "Enterprise ready", then formally refers BTWEAS/STEA client to IDP for business planning support. *No more self-referrals to IDP.* Clients will have a 12 week window, to progress the self-employment option.
- All clients presenting for self-employment, wishing to access BTWEAS/STEA or coming from means-assessed self-employment are expected to complete "Start your own Business Training".
- IDP will support the client with preparation of a Business Plan.
- When the Business Plan is ready it will be passed to DEASP for review and if the application is approved by the Department, the client will progress to a BTWEAS/STEA payment.
- Monitoring will be carried out by DEASP at 3 & 9 month intervals to discuss how the business is progressing in a face-to-face meeting with client

### Type of Businesses Setup in 2017



IDP hosted the Marketing Your Business in a Digital World Workshop in September 2017. This was Run by ERNACT as part of the Donegal Digital and hosted by IDP, Buncrana on Thursday September 14<sup>th</sup> 2017. 21 participants in attendance



## Development Education

IDP has successfully promoted Development Education and embedded it into many of our programmes over the past 10 years. Our programmes range from work in schools to community groups and include workshops on the various Sustainable Development Goals as well as accredited training for individuals at levels 4 & 6. Funding for these projects come from a variety of sources such as Irish Aid, Concern, Trocaire, Donegal ETB & LADDER Funding through Donegal County Council. Below see some stories about the work in this area.

## Eco Inishowen Project



### Nectar Boxes – Climate Change and Saving our Bees

Inishowen Development Partnership worked with the Barrack Hill Community Gardens and parish of Carndonagh schools to be part of the Eco Inishowen project. Each school was given a Nectar Box (a planting box 2ft x 4ft) to decorate, made by the Carn Men's Shed, which was then be planted and placed in the Barrack Hill Town Park in various locations. We invited class groups to come to the Barrack Hill Community Garden to help in the planting out of the boxes. We also had Colm Grant, member of Inishowen Beekeepers Association visit three of the schools and give a short talk on the value of bees in our environment. We also collaborated with Moville Community Garden Group delivering composting workshops and Wildlife Garden; with Scoil Mhuire & Carndonagh Community School to create community orchards and link to the SDG's



### Schools and the SDGs

IDP has worked with both the primary and secondary schools across the peninsula, our young people often show us the way and are tomorrow's activists, innovators and great thinkers! Over the past year a number of schools, through support from Concern, have worked with local Animator Paul Kelly to make short animated videos on the Sustainable Development Goals (SDGs), creating interesting and thought-provoking interpretations of how we can make a difference in reaching the Goals. Two workshops were held recently to bring the participant schools together and see each other's work. Alongside this we brought in Children in Crossfire and Patsy Toland (Formerly of Gorta Self Help Africa) to facilitate a workshop on the SDGs. We are also working with second-level students around Fair Trade projects, Climate Change and the SDGs. For further information contact IDP 07493 62218 or [denise@inishowen.ie](mailto:denise@inishowen.ie)



Change Makers Donegal is now well established in the county since the project started in summer 2012. The project continues to offer a broad range of Development Education activities to raise awareness, understanding and action around local and global



development issues. We continue to develop local and national partners and a particular success this year was our partnership with Donegal Library Service where we delivered 8 workshops about Human Trafficking – locally and globally. We also offered workshops to a range of community groups on topics such as fashion and consumerism, migration and refugees, Food waste and Safe Cities for women. Change Makers also ran the popular QQI level 6 Global Development course for the 4<sup>th</sup> time in the county and the first time in Inishowen. Nine people successfully passed the module and many of them remain involved in the project. Our annual seminar in April was very well attended – our theme this year was about the global refugee crisis in the context of Ireland history as an emigrant national. We linked in with the North West Migrants Forum and Lilian Seenoi, the keynote speaker was very well received.

In September 2017 Moville was awarded Fairtrade Town status, the second town in Inishowen to be given this important award. We continue to engage with towns and people

The Seeds for Change pilot grant scheme was a success with 4 grants being offered to community organisation across the county. This programme is running again in 2017/2018 with 6 small grants available to community groups and organisation who want to develop and deliver a Development education themed event or activity.

We are offering a QQI Level 4 in Local and Global Development Awareness in February and March 2018 in Gortahork.

Global Development workshops on a broad range of themes that can be tailored to fit the needs of your group e.g. Bees, Seeds & Water, Fashion and Consumerism, Gender Equality, Migration and Refugees, Climate Justice etc. For more information contact [kate@inishowen.ie](mailto:kate@inishowen.ie) or 07493 62218

## Non-Accredited Courses

### Inishowen Heritage Course



This 5 day course was delivered in September introduced participants to Inishowen's unique heritage. The purpose of the course was to explore ideas for researching heritage and for destination tourism on the peninsula; and to find out how to get involved. The course programme was led by Colm O'Brien and Max Adams of the Bernician Studies Group, who have been studying Inishowen's history and archaeology for several years, particularly its Early Christian links with north-east England in the age of St Columba. The course was a mix of classroom-based and outdoor activities, exploring maps, monuments and the landscape itself, with a particular emphasis on thinking about how to bring new visitors to the peninsula. Participants develop an understanding of Inishowen's rich past and participated with the BSG's current fieldwork programme in Inishowen, where they got the opportunity to learn and experience the use of geophysics equipment on site.

### MEET Prevention Programme Inishowen

The Motivate, Educate & Exercise Together (MEET) 8 week programme has just been completed in Buncrana. This programme was for parents of children 0-7yrs to help them make healthier food, physical activity choices for their children. The parents got the opportunity to do a four week hands on cookery class and 8 weeks of physical activity which included learning new children's games and outdoor bush-craft to encourage their children to be more active. Parents also got the opportunity to learn relaxing techniques through the health and well-being session of the programme. IDP wishes to acknowledge the support of LYFS and the HSE who designed and funded this initiative. Photo is some of the parents who took part attending a Bush-craft training day with Wildwoods in Culdaff with Gary McDaid (Wildwoods Instructor) and Neil Teye (Physical Activity Tutor)



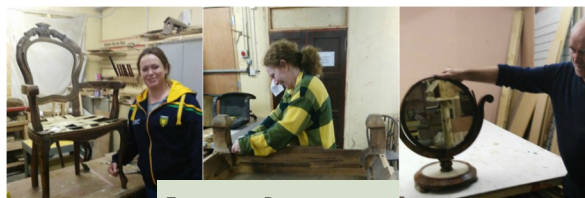


## Working with Community Groups



**"Introduction to Beekeeping"**  
with Inishowen  
Beekeepers  
Association

Part of our work with Community Groups is looking at what additional supports or training they identify for their development. Throughout the year our work included workshops delivered with Mens Sheds, Community Gardens, Youth Groups. Also we have provided Child Protection Training with DYS and the accredited Social Analysis Programme. This page gives you a flavour of some of the work in this area.



Furniture Restoration

## Community Food Initiative



Fun at Family Cookout in Isle of Doagh–Demonstration by Chef Kieran Duey of Nancy's Barn DCC Wainsfest, IFAN Community Health Forum and IDP's Community Food Initiative hosted an enjoyable afternoon on healthy eating for families with some extra tips for Halloween preparations!

The cookout was a family day out for young families, an opportunity to gain some great tips on healthy eating and ideas for pumpkin carving! The Inishowen Family Action Network (IFAN) and Inishowen Development Partnership's (IDP) Community Food Initiative (CFI) hosted this family-friendly event in collaboration with Donegal County Council's Library services Wainsfest, in the unique setting of the Red Roof Barn on the Isle of Doagh. During the 2 hour workshop, quizzes and word games, alongside tips from award winning local Chef Kieran Duey made for a relaxed and tasty afternoon's sampling ideas for healthy and sugar free treats, soups, and healthy homemade pizza.

## Food & Nutrition

**KNEAD Programme** – This programme is organised by Inishowen Development Partnership and funded by Taste 4 Success SkillsNet. The programme teaches nutrition basics, food safety, hands-on cooking and also has employer based work experience in the area. The programme aims to give jobseekers the chance to start a professional culinary career equipping students with skills for an entry level job in a professional kitchen.



Participants on successful completion of the programme receive 3 accredited modules in Food & Nutrition, Work Experience and Food Safety along with a complete practical cookery book and a full chef's uniform. 20 people successfully participated on this course in 2017.

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Drumfries Youth Club



Nutritious Cooking With Maureen

## Barista Training

In partnership with Taste for Success SkillsNet, we have delivered 3 Barista Workshops this year. This course has had a really good progression into employment rate and participants really enjoyed the professional delivery and "hands on" element of this course.



## Social Prescribing

**Social Prescribing** has had busy year in 2017 in Buncrana and Carndonagh/Clonmany. We have had coffee mornings, knitting, bookclub, Parkrun, sewing and crochet classes. We also had group walks in the summer months both in Buncrana and Moville. We have an established Facebook page –Social Prescribing Inishowen. Referrals have come from GP's, Clinical Psychology, Community mental health nurses, PHN's, Occupational therapy, physiotherapy, family and individuals themselves. Activities people have been signposted to include Counselling, volunteering, yoga, mindfulness, art classes, group walks, toastmasters, Adult Guidance service, sewing classes to name but a few...

The Social Prescribing service is funded by the HSE, supported by Primary Care Teams and hosted by Community Organisations. There is no charge to the individual and is open to anyone who feels they need a connection or support within the community. Social Prescribing is about maintaining mental wellness in the local Community. Since its inception over 300 have availed of the service in the Carndonagh/Clonmany & Buncrana Primary Care Team Areas of Inishowen. If you wish to find out more contact Social Prescribing Co-ordinator- Carmel Gallagher on Tel; 0860406950 or email; [carmel@inishowen.ie](mailto:carmel@inishowen.ie)



## Job Club - Employment Supports

IDPs Job Club is well established and has a reputation of remaining current and relevant to the job-seeking market. Programmes are developed and evolved to meet the requirements of the changing recruitment market.

One of the greatest changes is the trend among employers when recruiting is to use competency based application forms and competency based interviews. Adapting to this change means the job-seekers has to put a great deal of effort into completing application forms and be fully prepared when facing the interview panel. – 'winging it' at interview is just not an option!

Competency based application forms requires the jobseeker to describe personal achievements that demonstrate certain competencies (skills and qualities) required for the position. The employer is interested in more than experience or previous qualifications. Using a competency based approach they wish to find out whether the job-seeker has the right skills to take the position on. So rather than concerning themselves with past achievements, they place emphasis on predicting how an individual would behave in a certain scenario.



In application forms, once the most daunting question was “Please explain how you meet the requirements of the post”. Now the job-seeker may be asked to give examples to show that they can co-operate as part of team or that they can communicate effectively with others. The job-seeker may be asked to discuss their role in organising an event or explain how they focus on delivering timely performance with energy, taking responsibility and accountability for quality outcomes. They are also expected to follow a format known as the STAR approach in their answers.

Completing the application form takes several hours and is best achieved over several sittings. The importance of perfect spelling, grammar and a pleasing layout is still as crucial as ever.

At interview, the questions will be closely related to those completed in the application form. The job-seekers may be asked to describe a situation which shows they can work as part of a team, that they can communicate effectively or that they can organise an event. This will be followed by questions related to the situation just described. The question “What would you do differently next time?” is almost invariable always asked.

For competency based applications and interviews, planning, deliberation and effort is a prerequisite if success of a job offer is to ensue. As said by Mark Twain “The secret of getting ahead is getting started”

The Job Club is always pleased to be part of that process for the job-seeker. For more information contact Marie or Aisling on (074) 936 1376



## IT COURSES

IDP offer a broad range of IT Courses, ranging from Basic courses, catering for the complete novice, to Intermediate level and eventually progressing onto to more Advanced courses, where the student can receive an recognized IT qualification in computing


**If you would you like to gain a qualification in Computers, then IDP will have the ideal course to suite your needs!!**



## Participants currently completing Spreadsheet Methods

**Call Today (074) 93 62218**

## IT Courses Available

- Basic Computing
  - Digital Skills
  - Computer Literacy (QQI Level 3)
  - Computer Applications (QQI Level 4)
  - Spreadsheet Methods (QQI Level 5)
- 

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## Family Support

As part of our holistic approach to working with schools and families, IDP support two family support workers within the two School Completion Programme, North Inishowen School Completion and South Inishowen School Completion. This programme is a short term support service which helps children, young people and the whole family to deal with difficulties with homework or routine or challenging behaviours at school or home. If you need to find out more information please contact our Buncrana office on 074 9362218.

**Parents Plus** - This evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years is being delivered in our Carndonagh Office. Targeting the needs of primary school children, the Parents Plus Children's Programme shows parents how to communicate positively with children, illustrating ways to encourage good



Parents Plus have developed five flagship programmes including the Early Years Programme; the Children's Programme; the Adolescent's Programme; the Working Things Out Programme; and the Parenting when Separated Programme.

social skills as well as well-researched methods to tackle behaviour problems. The aim of the course is to help parents not only solve discipline and other childhood problems, but also for parents to develop closer and more satisfying relationships with their children.

Topics Include

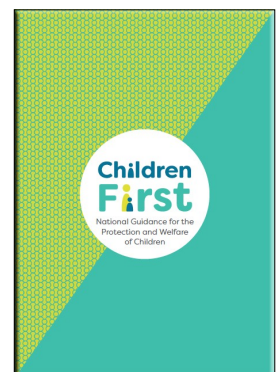
- Solving childhood problems
- Play and special time with children
- Building children's self-esteem and confidence
- Encouraging children's learning/supporting homework
- Setting rules and helping children keep them
- Establishing daily routines
- Managing misbehaviour using consequences and sanctions

The course started on Thursday, November 9<sup>th</sup> and will continue until Thursday, December 14<sup>th</sup>. The sessions are co-facilitated by Mary McKinney of Moville Family Resource Centre and John Jackson of the IDP. A total of 15

parents have registered on the course and the group is engaged and participative. Bairbre Cahill of ParentHub Donegal has promoted the course and if you are interested in finding out more contact [john@inishowen.ie](mailto:john@inishowen.ie) or Bairbre at 087 173 6667

## Children First and Safeguarding

Inishowen Development Partnership ran 2 Child Protection courses at the IDP Offices in Buncrana in June 2017. The training, which was delivered by the Donegal Youth Service, was aimed at members of community and voluntary groups who run programmes and activities attended by underage young people. The first course was put in place due to requests from local community groups. That evening was quickly oversubscribed with 18 attendees and a second evening course was put in place which attracted a similar number. On 2nd October 2017, the Minister for Children and Youth Affairs launched the revised [Children First: National Guidance for the Protection and Welfare of Children](#) and which will come into effect from 11th December 2017. For more information, see Tusla's [Guidance on Developing a Child Safeguarding Statement](#) which includes a template Child Safeguarding Statement.



*The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative*