

# NEWSLETTER

## Inishowen Development Partnership

*'working to achieve positive change in the lives of people and groups in Inishowen'*



### Local Link Donegal 955 Bus Service

connecting Buncrana to Malin Head along the Wild Atlantic Way

Our Buncrana CEO, Shauna McClenaghan pictured at the launch of the new Local Link service from Buncrana to Malin Head. The Minister of State for Tourism and Sport, Brendan Griffin TD. launched the 3 month trial service in Malin Head on 9th July 2018 with our own local TDs Minister Joe McHugh and Charlie McConalogue TD in attendance with local councillors and guests. This service will help connect many people/communities who face a barrier to transport in rural areas of Inishowen while also bringing visitors and tourists to see the beauty of our stunning gem 'Inishowen'. As this service is currently on a trial basis, we must all literally GET ON THAT BUS! and make use of this new service. See back page for Timetable for this service. For information on other routes in Inishowen call Local Link Donegal 074 97 41644 or [www.locallinkdonegal.ie/](http://www.locallinkdonegal.ie/)

## Social Prescribing Inishowen

### Trip to Glenveagh National Park

*Carmel Gallagher Coordinator*

Recently a group from Inishowen enjoyed a day trip to Glenveagh National Park accompanied by Social Prescribing Co-ordinators, Carmel Gallagher and Ann Doherty. The weather held out and the group enjoyed the walk around the castle gardens, the visitor's centre and some took the castle tour. They also sampled the lovely food in the castle Cafe. For some of the group it was their first time to Glenveagh but they all stated it won't be their last. Great Day had by all.

The trip was part funded by the Social Inclusion Transport fund. If you would like to connect in with social activities or see whats happening in your area, contact our Social Prescribing Co-Ordinator, Carmel on 086-0406950 or email [carmel@inishowen.ie](mailto:carmel@inishowen.ie)





# IFI 'CHANCE Project'

**GARY DUFFY**



We are delighted to welcome Gary Duffy as our new Youth Officer. Funded by the IFI (International Fund for Ireland) Gary is now based at IDP Offices Buncrana having taken up his new role as CHANCE Project Youth Development Officer. This is a new and exciting programme working to assist young people aged 16 – 25 years to gain the necessary skills and qualifications to obtain employment or go into further/higher education. You can contact Gary on 074 93 62218 or email [gary@inishowen.ie](mailto:gary@inishowen.ie)

## Media Literacy for Women Project

IDP is the Irish partner in this ERASMUS+ project with 5 other partners from across Europe– University of Gloucestershire, (UK), Greece, Italy, Malta and Austria. The project aims to develop an online training tool aimed at the integration of migrant women. MedLit provides refugee, asylum seeking and migrant women, who face a greater risk of social exclusion, with the knowledge, skills

needed to access, interpret, use and/or produce information, in the context of the internet and social media. It is cognisant that this is delivered in a safe and responsible manner. Already a piece of national research on supports available in IT supports and training has been carried out by the Partner countries.

Alongside this, local research in the form of focus groups and interviews have also been conducted with migrant women. IDP is delighted with the participation from women in the area. Communities represented in the research included Polish, Lithuanian, Croatian, Syrian, Ukrainian, Moroccan, Sudanese and German. Output 2 – the online training tool for building media and digital literacy skills phase will be rolled out in the coming months – watch out for dates on our social media feeds if you would like to get involved. As a follow up to the discussions and feedback, IDP is also planning to have its first Womens Intercultural Support Hub Meeting on October 5th at IDP Buncrana.

Anyone wishing to get further information, please contact Denise/Annette on 07493 62218 or email [denise@inishowen.ie](mailto:denise@inishowen.ie). Check out the project website at [www.medlitproject.eu](http://www.medlitproject.eu).

### The Chance Project



Are you 16-25 years old?

Not in full time education, employment or training? Unsure of what to do next?

Join Inishowen's new exciting, Chance Programme to gain new skills, qualifications and complete work experience.



**CHANCE TO SHINE**



Participants will create a personal development plan unique to them and their goals. They will also receive career guidance and support throughout the programme. The programme will take place 2 days a week commencing September 2018 till May 2019 covering a range of courses using your needs.

#### Courses include

- Food & Nutrition level 4
- Childcare
- First Aid
- Computer applications / IT Courses
- Personal effectiveness
- Communication
- Leadership training
- Health and safety
- Community Development
- Internet Safety
- Team building

#### Personal Development

- Education search skills
- CV Development
- Job applications Skills
- Interview techniques
- Work experience
- Employer talks
- Career Guidance/ supports
- Social Analysis

For more information about the Chance project contact Inishowen Development Partnership 074 93 62218 or via [www@inifed@inifed.ie](mailto:www@inifed@inifed.ie)



Places limited to 32...if you are interested REGISTER NOW!



IDP are delighted to be the Irish Partner involved in this European Commission's ERASMUS + funded project





# Community Employment Scheme Dubai Duty Free Irish Open

**IDP congratulate CE participants and our TUS & RSS Workers on all their hard work-it paid off!**

*Pauline Coyle CE & JI Supervisor*

IDP would like to congratulate the Community Employment, RSS and TUS Supervisors and their workers for all the hard work and contribution to making our Villages and Towns look so picturesque for the Irish Open and to promote tourism to the Inishowen Peninsula. Our towns and villages are the heart of rural communities and can play an important part in strengthening rural Ireland and encouraging tourists to sunny Inishowen!



**CLONMANY LOOKING SUPERB**



**MALIN TOWN**



**CARNDONAGH**



**COCKHILL**



**THE MORNING AFTER NOT A SPECK OF RUBBISH. CE CREW OUT CLEANING UP - WELL DONE!**



# FARMING FAMILIES

Joe Sweeney Farm & Family Support Worker

## Health Night in Malin GAA Centre

Monday February 19th 2018



The night consisted of three public health nurses available for free health checks on an individual basis checking Blood pressure, Cholesterol and Diabetes. There were also seven speakers who gave different presentations on the night. This included a GP, Pharmacist, Dietician, Chiropodist, Nutritionist, members of the Red Cross who gave demonstrations on CPR and Defibrillator and Insight Inishowen.

### Farming goes digital

Mairead McGuinness MEP with Joe Sweeney IDP Farm & Family Support Officer commending the project being led by the Roscommon LEADER Partnership and delivered locally through IDP to dispel fears on the use of technology and build confidence in people when using technologies, particularly among the farming community. From email to Snapchat to online banking – the digital world is fast becoming our primary mode of communication and getting work done.



**Free Training** will run for 5 sessions of 2 hours each. **Venue will be in the Carndonagh area**

Learn about the Ag food website and practice :

- \* Registering calf births
- \* Completing farm to farm movements etc.
- \* Using on line banking (covered in the last session with personnel from the Bank in attendance)



The class is limited to 10 participants and the training is **FREE**. Participants can bring someone with them (spouse, son, daughter etc.) if required.

If interested, please contact Joe Sweeney on 0866052022.

## Farm Safety Schools Programme

delivered to schools in Inishowen

This innovative programme was developed as a result of the recent spate of injuries involving tractors driven by children and the use of quads and emanating from discussions with local Department of Education Inspectors on a need for a safety awareness programme for this age group. The project involves a two hour session with Children in Primary School . Participants are shown a Farm Safety DVD outlining some of the main dangers on farms and then in a workshop setting the children get to discuss different scenarios . This participative approach sees the children having the opportunity in teams of three to identify potential dangers and share their own personal experiences within their class. This is an effective example of peer learning in raising awareness of the dangers on farms for both children and adults. A large number of the schools in Inishowen have already participated in this programme with a waiting list of others anxious to take part in the Autumn



# Starting up in Business Supports

Rosemary Lyons & Sinead McDaid, Enterprise Support Officers



## Some benefits for Business Owners of being part of a Business Network:

Networks provide a source of information about starting a new business or developing an existing business.

Networks help members build useful "Business Networks" which in turn will increase sales.

Networks provide access to new customers.



## Keeping Records Workshop on Saturday 21/7/18 at IDP

Some of the participants who attended the last Workshop because they understand the benefits of keeping "good records" and acquired the skills to:

- Help identify all their Business Assets, Liabilities, Income and Expenses.
- Prepare their own financial data in order to submit End of Year Tax Returns and reduce their Accountant's bill.
- Organise their business "Bookkeeping" and prepare Financial Statements to help operate the business more efficiently, and in turn increase profitability.

## Next Start your Own Business Course 6th & 7th September 2018

This short two day programme provides the opportunity for individuals to decide whether they are suited to "self-employment" as well as providing those who are thinking about starting their own business the time to assess their business idea and viability.

The course also provides participants with some of the skills and tools required in order to keep their new business running effectively and efficiently. The training also provides the structure and a "template" to assist with the drawing up a Business Plan.



## ROS Revenue On-line Services training for small Business Owners

Next course is Wednesday 12th & 19th September 2018 (5.30 p.m – 8.30 pm) Using the Revenue Online Service (ROS). Participants will learn how to file their Annual Tax Return and manage their own Tax Affairs online.

**To book a place on any of the above "enterprise courses", please telephone 074-93-62218 or email [rosemary@inishowen.ie](mailto:rosemary@inishowen.ie)**



# Upcoming Events

## "save the date"

18 <sup>th</sup> September	Launch of Primary Care Team Needs Analysis Report
19 <sup>th</sup> September 2018	Launch of Chance Project
20 <sup>th</sup> September	Celebration Event – Presentation of Certificates
26 <sup>th</sup> September 2018	I am BABA - A gentle theatre adventure for babies aged 0-12 months created by award winning director Anna Newell, full of magical sounds, lights and textures, in Colgan Hall, Carndonagh
27 <sup>th</sup> September 2018	GDPR Training for Community Groups in IDP Carndonagh from 7pm – 10pm
28 <sup>th</sup> September 2018	The Great Get Together North West Tea Dance in Plaza Buncrana 12 – 2pm
5 <sup>th</sup> October 2018	WISH - Inishowen Womens Intercultural Support Hub in IDP 10am – 1pm
8 <sup>th</sup> October	Facebook for Community Groups from 10am – 1pm in IDP Buncrana
9 <sup>th</sup> October	Creating a Newsletter for Community Groups from 10 am – 2pm in IDP Buncrana
10 <sup>th</sup> October	Child Safeguarding Training 6pm – 10pm in IDP Buncrana
11 <sup>th</sup> October 2018	E-Tender Training by Intertrade Ireland from 9.30am – 12.30pm in IDP Buncrana
11 <sup>th</sup> October	Coding Workshop TY Students from 10am – 3pm in Scoil Mhuire Buncrana
12 <sup>th</sup> October 2018	Education & Training Fair – details to follow
13 <sup>th</sup> October 2018	A Taste of Syria – Colgan Hall – 11am – 1pm as part of Wainfest
13 <sup>th</sup> October	Volunteers Coding Mentor Workshop, from 10am – 3pm in Tullyarvan Mill, Buncrana

**WARMER HOMES SCHEME**

# FREE HOME INSULATION



Attic and Cavity Wall Insulation are available to you **FREE** of charge if you own your own home that was built **before 2006** and you are in receipt of **one** of the following:

- Fuel Allowance as part of the National Fuel Scheme
- Job Seeker's Allowance for over six months **AND** have a child/children under 7 years
- Working Family Payment
- One Parent Family Payment
- Domiciliary Care Allowance (DCA)
- Carers Allowance **and** live with the person you are caring for\*



**P** Inishowen Development Partnership

If you would like more information or think you could benefit from this scheme please contact:  
**Marie Wilson, IDP Buncrana on (074) 93 62218**

**seai** SUSTAINABLE ENERGY AUTHORITY OF IRELAND

Inishowen Development Partnership

## 2018 AUTUMN IT COURSES



Full List of IT courses available from September (All subject to demand)

<b>Digital Skill:</b> Duration: 5 weeks x 2 hrs Cost: Free	<b>How to Create a Newsletter (Publisher)</b> Duration: 1 day Workshop Cost: Free
<b>Computers Literacy: QQI Level 3</b> Duration: 8 weeks x 2hrs Cost €30	<b>Computers Applications: QQI Level 4</b> Duration: 10 weeks x 2.5 hrs Cost €40
<b>Word Processing: QQI Level 5</b> Duration: 12 weeks x 3hrs Cost €50	<b>Spreadsheet Methods: QQI Level 5</b> Duration: 14 weeks x 3hrs Cost €50
<b>ECDL: ICS Certified</b> Duration: 17 weeks x 6hrs Cost €275	<b>Facebook for Business</b> Duration: 3 hour Workshop Cost: €10

**Don't Delay... Call today!!!**

To book a place, please contact: **Sinéad on 074 93 62218** or email [sinead@inishowen.ie](mailto:sinead@inishowen.ie)

Check out our Webpage [www.inishowen.ie](http://www.inishowen.ie) or Facebook page **InishowenDevelopmentPartnership** for more information on any of the above!





# LEADER Supports

## DISAPPEAR HERE FILM FESTIVAL 2018

IDP through our LEADER programme is delighted to be able to support this year's Disappear Here Film Festival in Ballyliffin. Following on from the tremendous success its inaugural event in 2017, Disappear Here will again be curating the line-up on the Donegal coast from the 28th to the 30th September. Festival Director and founder, Michael McLaughlin commented, "With the invaluable help of LEADER funding again this year, we are excited to bring our film festival to Ballyliffin in 2018. There is a real sense

of social conscience coming through much of the submitted work, and we felt that as a festival we wanted to respond to that. We are introducing two new awards this year, a 'Green Award' and also a 'Social & Political Awareness Award'. It's important that as an arts event we take a proactive stance in informing viewers about socially relevant issues. Our aim is to ask questions and start discussions. We recognise the contribution that film can make to the community as a whole. This festival will have something that everyone can relate to."

**IF YOU NEED ANY  
MORE INFORMATION  
ON LEADER PROJECTS  
OR FUNDING CONTACT  
OUR CARNDONAGH  
OFFICE ON  
074 93 73083**



**Launch of the Ballyliffin Clonmany Tourism brochure** in time for the Dubai Irish Open highlighting the range of products available in the area. In the picture are some of the members of those attending the launch along with IDP Chairperson Dermot McLaughlin (on left) and IDP Joint CEO, Andrew Ward (on right).

## Inishowen's 20 new Coastal Explorers

A brand new marine based youth training programme coordinated by the Inishowen Basking Shark Study Group and funded by the EU LEADER programme through the Inishowen Development Partnership and Donegal County Council is another successful initiative. 20 young people aged 14 – 17 from across Inishowen had a opportunity to learn marine science and discovery skills, explore their coastline and conduct science experiments at sea. Emmett Johnston who coordinates the Inishowen Basking Shark Study Group said "It is a fantastic opportunity for local young people to experience their coastline, learn more about it and discover the scope of opportunities available to them in the marine sector. Whilst the basking shark project involves researchers from all over the world, we pride ourselves in attracting and providing opportunities for local marine scientists, which is why this youth training programme was always something we hoped to be able to offer". Stella is one of the participants on the programme and had this to say about taking part "I think it is important to protect our local marine life and to educate other people about it and this programme is a perfect way for me to do



this. I love to learn about the amazing creatures living off our coast in such a hands-on way. I am also keen to learn new skills and have fun with new people who share my interests. This programme offers a truly unique experience and I am really excited to take part." Whilst this training programme is the first of its kind, the programme coordinator Rosemary Sweeney said the initial interest and feedback from the community shows there is scope for more; "This programme idea came from a consultation with 100 young people in the local area that was conducted in November last year. Since then the interest levels from the young people and the wider community has continued to grow, and the commitment and feedback from participants demonstrates to us that programmes like this are sorely needed to engage and inspire a new generation. Inishowen has huge potential to diversify its marine sector, but to do this we need to provide the opportunities for young people to gain the necessary knowledge and skills". Further details can be found at [www.baskingshark.ie](http://www.baskingshark.ie) or by emailing [coastalexplorers@baskingshark.ie](mailto:coastalexplorers@baskingshark.ie)



# Job Club Centre



Our Job Club team have had a busy 2018 to date, helping and supporting job-seekers throughout Inishowen. With a reduced national unemployment rate and ever-expanding jobs market, job-seekers continue to see more opportunities opening up in Inishowen, particularly in the Hospitality, Construction, Engineering, Joinery, Caring, Childcare and Retail sectors. "We are delighted to continue to work closely with Inishowen employers on a daily basis, assisting them with their recruitment needs" explains Aisling Sheehy, Job Club Assistant. "We keep our ear very much to the ground on the developments within the local employment market and are very fortunate to have been able to match employers with suitable staff. This is due to our longstanding and robust relationships with the business sector, built up over the last twenty years."



## Recruiting in a Technological Era

Marie Monahan, Co-Ordinator of the Job Club states that "Employers are changing the way they advertise for staff and we are happy to be in a position to assist them in this technological age. We can help them advertise their vacancies in real-time by promoting the roles on our social media channels within minutes of first contact. Likewise, we can assist job-seekers to discover and register with recruitment websites e.g. JobsIreland.



## Job Placements

This year we have helped place a wide range of job seekers in all levels of jobs from Special Needs Assistants, Nursing/Care Assistants, Engineering, Labouring, Childcare, Administration etc. We are also seeing a trend of people moving jobs and we have helped prepare them for interview through our mock interview sessions. This has proved extremely successful, especially for job seekers attending a Competency Based Interview, which requires detailed preparation.

Don't Delay, Contact us Today!

If you are a job seeker or an employer and would like to find out how we can help you, please contact our Job Club team on (074) 9362218 or email [jobclubbunrana@eircom.net](mailto:jobclubbunrana@eircom.net).



## LAUNCH OF PURPOSE, PEOPLE, PROCESS: COMMUNITY EDUCATION IN DONEGAL 2018'



Photo of the Community Education Forum with Anne McHugh, Chief Executive of Donegal ETB and Cllr Martin Farren at the recently launched Donegal Community Education Forum's research report 'Purpose, People, Process: Community Education in Donegal 2018'

The forum made up of a number of partners including community and voluntary representatives (currently Cairde le Cheile and the Sliabh Sneacht Centre), Donegal County Council, Donegal ETB, Donegal Local Development CLG, Donegal Family Resource Centre, Donegal Travellers Project, Donegal Women's Network, HSE, Inishowen Development Partnership, Intercultural Platform, LYIT, Department of Employment Affairs and Social Protection and Pobal le Cheile.

Cróna Gallagher, Donegal ETB's Director of Further Education and Training (FET), congratulated the Forum on organising the research and said, 'Community education is an important pillar of the Further Education & Training (FET) sector in Donegal. Time and time again, it has proven its ability to encourage diverse groups of adult learners to avail of a broad range of educational opportunities which are of benefit to them as individuals and to the wider community. In Donegal, it is also an excellent model of how partnership between communities, the voluntary sector and the public sector can work. The community and voluntary sectors deserve great credit for the work they do in this area, organising locally-based courses for almost 5,000 people last year through the ETB's Community Education Support Programme alone, as well many other programmes and services. The research recommendations will provide direction for the development of a shared vision and a shared strategy for community education in Donegal in the coming years.'



### Community Horticulture "Grow It Yourself" Course

IDP held this 3-Day Course at WHITE OAKS ACORN PROJECT, Muff, led by their Head Gardener Noel Doherty. 11 participants had the opportunity to gain hands-on experience in all aspects of organic gardening and harvesting. The tutorials included – Organic Codes and Practice - Basic Horticultural Theory-Crop Protection - Pest and Disease – Indoor and Outdoor Crops - Organic Techniques to Growing.



### Global Development L6 Awardees

IDP, Donegal ETB and Self-help Africa are the three partners in the Changemakers programme to raise awareness and develop actions on local/global development issues and challenges. Each year we deliver a Global Development Module. Photo of some of the members of the Steering group (Shauna McClenaghan, Denise McCool and former member Patsy Toland), alongside the course tutors, Francine Blache Breen & Annette Patton, with some of the recipients receiving their QQI level 6 certificates.

### Inishowen Community Archaeology

IDP in collaboration with Land of Eoghain has secured funding through LEADER for an exciting opportunity to set up an Inishowen Community Archaeology study group to investigate and record its features as part of a broader heritage study of the Magh Tochúir: the 'Plain of the Causeway', centred on the Isle of Doagh and Trawbreaga Bay. The programme will look at prehistoric rock art, standing stones, early Christian monuments, especially those at risk from erosion and development; all of which are crucial to understanding Inishowen's unique place in Irish history.

Those participating in the 10 day programme will gain the skills and techniques of heritage project management, site survey, photography, monument recording and map-based analysis. Participants will then be invited to become core members of an autonomous group to lead the project in the future, developing the project with mentoring support from the ISG and Lands of Eoghain.



# GDPR TRAINING

Delivered through: Inishowen Development Partnership

Duration & Date: 3 hour workshop on Thursday 27th September, 2018 starting at 7 p.m (sharp) in IDP Office Carndonagh

Contact: IDP Reception on 074 93 62218 enquiries@inishowen.ie

Facilitated by: CramdenTECH Ltd.

## ABOUT COURSE



During the three hour workshop, participants will:

- Learn about the Data Protection Principles that must be adhered to by organisations
- Examine the Rights of Individuals articulated in the GDPR
- Learn the range of ways in which an organisation can demonstrate compliance with the GDPR and Data Protection Act 2018
- Examine the role of informatin security in helping to minimise the risk of data breaches occurring



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland



Comhairle Contae  
Dhùn na nGall  
Donegal County Council



pobal  
government supporting communities





August 2018

**Inishowen Development Partnership** is a local development organisation that works to achieve positive change in the lives of people and groups in Donegal. Inishowen Development Partnership aims to tackle poverty and inequality, promote social inclusion and create a stronger community. It does this by working collaboratively with community/ voluntary organisations, statutory & social partners



# Inishowen Development Partnership



Goal 1: Supporting Communities

Goal 2: Supporting Individuals

**281**

Individuals Supported

**€597,180**

**SICAP 2018**

**23**

People supported into Self-employment



**10**

People supported into Employment



**26**

Community Groups Supported



**993**

Children & Young People Supported



## TRAINING COURSES PROVIDED

- IT Computer Applications
- Digital Skills
- Electronics
- H&S at work
- ECDL
- Stepping Stones
- Facebook for Business

**218**  
Individuals Participated in Lifelong Learning Activities

- Barista Training
- Customer Service
- Food Safety
- Keeping Records Workshop
- Start Your Own Business Workshop
- Health & Safety at Work



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland



Comhairle Contae Dhún na nGall  
Donegal County Council



etb  
Éireann  
Department of Education and Training Board





August 2018

## Inishowen Development Partnership Choices4U

### Education & Training Fair

**Inishowen Gateway Hotel**  
Date: Friday 12th October 2018  
Time: 10 am - 1 pm  
*Everyone welcome*

**Guest Speaker:**  
Jason Black  
Endurance Athlete

*Come along and enjoy a coffee & chat*

*Exhibition Stands*

**What's Next?**

*It's not about the destination...  
it's about the journey*

## Timetable

### 955 Buncrana / Carndonagh / Malin Head

#### BUNCRANA - CARNDONAGH - MALIN HEAD

Stops		Monday to Sunday			
ZONE 1	Buncrana - Opp Credit Union	8.35	10.30	17.00	
	Dunree Fort	-	10.45	17.15	
	Tiomaslago School / Urris	-	11.00	17.30	
	Waterfall	-	11.12	17.42	
	Cionmany Village - Market Sq	-	11.15	17.45	
ZONE 2	Ballyliffin - Bus Stop	-	11.20	17.50	
	Isle of Doagh (Famine Village)	-	11.30	18.00	
	Carndonagh - The Diamond	9.00	11.45	13.00	18.15
	Malin Town - Malin Hotel		(P)11.55	13.10	
	Malin Head		12.15	13.25	
Malin Head		12.15	13.30		
Malin Town		(D)12.30	13.50		
Carndonagh		12.40	14.00		

#### CARNDONAGH - BUNCRANA VIA CLONMANY

Stops		Monday to Sunday		
ZONE 2	Carndonagh - The Diamond	9.00	14.00	18.15
	Isle of Doagh (Famine Village)	9.15	14.15	-
	Ballyliffin - Bus Stop	9.25	14.25	-
	Cionmany Village - Market Sq	9.30	14.30	-
	Waterfall	9.33	14.33	-
ZONE 1	Tiomaslago School / Urris	9.45	14.45	-
	Dunree Fort	10.00	15.00	-
	Buncrana - Opp Credit Union	10.15	15.15	18.40

All times are approximate.  
Buncrana connections available to and from Letterkenny and Derry. Full information on all journeys and connections on National Journey Planner at [www.transportireland.ie](http://www.transportireland.ie)

Co-funded by the Irish Government and the European Union

Investing in your future  
European Social Fund

"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"

**The GREAT GET TOGETHER NORTH WEST**

14 WEEK PROGRAMME FOR THOSE WHO ARE 50+ (SEE THE BUNCRANA FORUM)

Activities include: TEA DANCES, LUNCHES, ACTIVE HOUR, CRAFTS AND MORE

COMMENCING ACTIVITIES:  
21ST SEPTEMBER, COMMUNITY HUB, 12-2PM FOR A BUNCH TOGETHER  
28TH SEPTEMBER, TEA DANCE, THE PLAZA, BUNCRANA 12-3PM

IN RESERVE YOU MUST CONTACT EILEEN  
TELEPHONE: 074 93 62218 | EMAIL: EILEEN@INISHOWEN.IE  
BUNCRANA DEVELOPMENT PARTNERSHIP | 00493 7495 0238  
TO OUR OFFICE PLEASE USE THE FOLLOWING MAILING ADDRESS

### Contact us:

**Buncrana:**  
St. Mary's Road, Buncrana  
074 93 62218  
[enquiries@inishowen.ie](mailto:enquiries@inishowen.ie)

**Carndonagh:**  
Pound Street, Carndonagh  
074 93 73083  
[info@inishowen.ie](mailto:info@inishowen.ie)

Co-funded by the Irish Government and the European Union

Investing in your future  
European Social Fund