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NEWSLETTER

Inishowen Development Partnership

ChangeMakers - Community Adult Education Programme wins a National Award at the Aontas STAR Awards

Funded by Irish Aid, ChangeMakers is a development education project set up in 2012, led by IDP in partnership with Donegal ETB and Self Help Africa. ChangeMakers offers a broad range of activities to engage with adult learners, including workshops, accredited training, horticulture programmes, community arts activities, one-to-one and group mentoring. The project has been shortlisted three times for the award, before winning this year. " Denise McCool, IDPs Training and Education Officer and project Steering Group member (pictured below) attended the awards ceremony in Dublin on behalf of the project. The STAR Awards are coordinated by AONTAS, Ireland's National Learning Organisation, which acknowledges the work undertaken by adult learning groups and initiatives throughout Ireland.



ChangeMakers makes every effort to ensure the learners are at the heart of all of the project activities. Given the nature of the work, many of the ideas and topics that are covered can be challenging, as the problems the world faces can seem too global to solve at a local level. In response to this, ChangeMakers encourages participants to consider the small actions they can take for a more fair and just world, such as changing their buying habits, reducing their carbon footprint and looking at ways to reduce waste. IDP sees this award as an acknowledgement and recognition of the work with learners across the county to promote development

education and the United Nations Sustainable Development Goals through reflection, analysis and action.

ChangeMakers held its popular annual seminar on Wednesday April 17th at An Grianan Hotel Burt. The theme for 2019 was Human and Civil Rights. Check out our next edition for coverage on the event. Please contact kate@inishowen.ie to find out more or call her on 0749362218.



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Inishowen Businesses "pave" the way at the 2019 ILDN BTWEAS Enterprise Awards

Inishowen Development Partnership would like to congratulate their two Inishowen nominees, Daniel McGrory of DMG Contracts and Paddy McDermott from Creative Landscaping Works, who have both won the ILDN 2019 Border Region Enterprise Awards and will represent the seven border counties in the ILDN National Enterprise Event on May 16th in Tullamore.



Shauna McClenaghan, Joint CEO (IDP), Daniel McGrory, Paddy McDermott, Sinead McDaid, Enterprise Officer (IDP) Missing from the photo is Rosemary Lyons, Enterprise Officer (IDP)

The ILDN is the representative body of Local Development Companies (LDCs) in Ireland. Their stated mission is to promote and support the work of members in the areas of social inclusion and local and rural development.

The Awards took place on Friday April 5 in Farnham Estate Spa & Golf Resort in Cavan. Fourteen businesses, two from each of the seven Local Development Companies in the border region, were nominated for awards.

Fourteen entrepreneurs from all over the border region counties from the Cooley Peninsula to the Inishowen Peninsula put forward by the respective local development companies, IDP for Inishowen, rest of Donegal through Donegal Local Development Company (DLDC), Cavan through Breffni Integrated, Leitrim through Leitrim Integrated, Sligo Leader Partnership, Monaghan Integrated and Louth Leader Partnership.

Winners on the night were Paddy McDermott, Creative Landscaping; and Daniel McGrory, DMG Building Services, supported by Inishowen Development Partnership, Buncrana County Donegal and Rachael McCabe, Sound in Motion School of Music, from County Cavan supported through Breffni Integrated.

Joint CEO, Shauna McClenaghan, Inishowen Development Partnership, expressed her delight to have "both of our nominees achieve his accolade" and paid tribute to both businesses and their respective enterprise support officers, Rosemary Lyons and Sinead McDaid "who offer one to one support to start-ups" from our Buncrana IDP office.

The Back to Work Enterprise Allowance (BTWEA) scheme offered through local development companies is a Department of Employment Affairs & Social Protection (DEASP) scheme, which allows people starting a new business, who are getting certain social welfare payments to retain their payments for up to two years while self-employed.

If you would like help or information on starting up in business you can contact Rosemary Lyons @ rosemary@inishowen or Sinead McDaid @ sinead@inishowen.ie or by phoning 074 93 62218



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INISHOWEN SUSTAINABLE ENERGY COMMUNITY (SEC)

IDP has been busy supporting the Community to become a Sustainable Energy Community (SEC). This is a group of people working together to develop a sustainable energy system for the benefit of the community. This is achieved by:

- **Aiming, as far as possible, to be energy efficient**
- **Using renewable energy where feasible**
- **Adopting smart energy solutions**

IDP working with Inishowen SEC have established a Community Charter and are in the process of applying for the Inishowen Energy Master Plan funding through SEAI. This will allow us to assess the current energy consumption on the peninsula amongst businesses, homes, vehicles and community buildings and the opportunities for reducing this consumption, saving on energy costs and ultimately do our part for Climate Change. The opportunities identified above can then be implemented by accessing grant funding from SEAI; Communities Energy Grant 2019. Inishowen SEC will collaborate with the public and private sectors, residential and non-residential sectors, commercial and not-for-profit organisations, financing entities and energy suppliers.

Inishowen SEC will support the community to lower its carbon footprint via Building Fabric Upgrades, Technology upgrades, LED lighting, Renewable energy, Electric Vehicle charge points. In tandem with this the SEC will seek to influence behavioural change throughout the peninsula by

providing information to the community about their energy consumptions and ways to reduce it.

There are many benefits to being part of the Inishowen SEC :

- **Health** – switch from diesel to electric vehicles reducing local emissions of particulates in car exhaust emissions and improving air quality. Warmer homes and buildings can also aid the health of vulnerable people in the community.
- **Environmental** – moving away from a fossil fuel dependent local energy system is important for the environment, and helps the community become more climate change resilient for current and future generations.
- **Economic** – developing employment opportunities associated with energy supply or enhanced efficiency. Energy efficient buildings are also cheaper to run.
- **Social** – warmer, more comfortable buildings are more likely to be used by the community.
- **Strategic** – you can position your community to avail of opportunities in current and future energy policy, local area plans and future development on a national or regional scale.

**For more information contact: Mary McCallion, 074-93-62218
mmccallion@inishowen.ie**



JOBS WEEK 2019



As part of the Jobs Week Initiative, IDP's Job Club Staff attended two local events, organised by DEASP. An Information Day was held in the Buncrana Social Welfare office and a second, larger multi-agency event, was held at the Inishowen Gateway Hotel. Marie and Aisling were on hand to provide advice, information and supports to job-seekers attending these well received and helpful events.

Did You Know? The Job Club Centre, Inishowen Development Partnership is available to everyone in Inishowen. We can help those either returning to or seeking work, looking for extra hours or changing roles. We can meet you in Buncrana, Carndonagh or Moville, whichever is more convenient to you! If you would like to avail of support or assistance with CV Design, Interview Skills, Applying for Jobs, **contact Aisling/Marie on (074) 9362218/9361376 or email jobclubbuncrana@eircom.net**

What is a Social Enterprise?

Social Enterprise trades for a social purpose and are separate from Government and where the surplus of income earned is reinvested for social/societal benefit.

Social enterprises bridge product and service gaps in geographical and sectoral areas neglected by Government interventions or deemed financially not viable by traditional enterprises. They benefit Society by smoothing economic shortcomings through raising social awareness and providing solutions to community issues. These social enterprises can be community-based projects, funded by the State to other small businesses owned by a team of entrepreneurs or can be solely owned enterprises. IDP supports social enterprises in Inishowen through networking and training. For more info contact rosemary@inishowen.ie

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Lands of Éogain Heritage Festival

LEADER

Celebrating the Inishowen Peninsula's heritage to build networks, raise awareness and support cultural tourism

The Lands of Éogain heritage group was supported through LEADER funding to run the 2017 Lands of Éogain Heritage Festival. The 2017 festival had diverse aims and a wide range of local benefits. It helped to promote Inishowen as a destination for world class heritage tourism, gathering leading academics and situating Inishowen's heritage story in an international context. It raised local awareness of Inishowen's unique cultural heritage. The festival was attended by national and international participants bringing off-peak cultural tourism to the area. This also generated wider spin-off local economy benefits such as to hospitality, food service and transport providers.

The Lands of Éogain heritage group continues with its aims and activities such as collating and disseminating information on Inishowen heritage, providing training opportunities, as well as running projects and seminars. The group has been involved in digs and research, such as at the Cooley Graveyard monastic settlement in the Moville area. The group recognises that local heritage has its own important innate value, but also if carefully managed and harnessed is a significant resource that can support economic development through supporting local cultural heritage tourism.

Lands of Éogain first held a heritage festival in 2015 aiming to share the results of excavations carried out in collaboration with the Bernician Studies Group. LEADER funding supported the 2017 Lands of Éogain Heritage Festival which acted as a focal point to celebrate Inishowen heritage, attract tourism to the area and build future momentum. A festival concept for 2017 was developed aiming to provide academic and historical information in an accessible and informative way. In the wider context, the festival supported the goals of the Donegal Local Development Strategy. One of its objectives is to harness the potential of Donegal's world class authentic tourism offerings for the benefit of rural communities by facilitating diversification and the creation of indigenous tourism enterprises, community based tourism initiatives and ancillary facilities. The Lands of Éogain Heritage Festival directly supports this goal as a community based festival supporting cultural heritage tourism and education. The festival was planned for September to stimulate tourism at an off-peak time of year.

Participation by Mary McGeehan (Training Officer) & Carmel Gallagher (Social Prescribing Co-ordinator) IDP at **DEASP Customer Progression Event** on Wednesday 14th March in the Inishowen Gateway Hotel Buncrana. This event allowed us to provide information, advice and supports that IDP can offer. This event focused on those parenting alone.



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"The CE Scheme hasn't just provided me with work, it has provided me with a Career"

IDP is the CE Sponsoring Body for the Childcare CE Scheme across the Inishowen Peninsula with 25 participants based in 13 Community Childcare Settings. Through this programme, participants are offered progression opportunities in ECCE training and hands on work experience within the sector. They undertake QQI Level 5 and 6 Training. Here is what one of our participants has to say about her experience - "Before I started the scheme, my opinion of the CE Scheme was that Social Welfare was just there to take people off Welfare, I didn't realise that the scheme actually found meaningful Jobs for people and helped educate them while they were on the CE Scheme.

I've completed my Level 5 in Early Childhood Care and Education and with the ongoing support from the Inishowen Development Partnership I can now do a Degree in Childcare, when my training is up I will have the confidence to go out and find a job.

My whole family has benefited as a result of the CE Scheme and the support received from the Inishowen Development Partnership.

by: Bernie Kearney

20th Anniversary Celebration Launch of Donegal Women in Business Network!

With Donegal Women in Business Network celebrating their 20th anniversary this year, there is a Calendar of Events already planned this year including a June Event in Inishowen on Monday 17th June 2019 in the Inishowen Gateway Hotel from 9.30am - 1.30pm - check out the details on: www.donegalwomeninbusiness.com

Celebrating all that is great about living and working in Donegal - As Donegal Women in Business, we have set up our homes and our business here and regardless of borders or Brexit, we are part of a progressive constantly changing and developing County - in fact the Coolest Place on the Planet! Not forgetting our airport was even voted most scenic in the world. Our diaspora continues to excel and yet return with new start-ups. IDP is delighted to support Donegal Women in Business!



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Inishowen FAIRTRADE

Several events took place across the peninsula to raise awareness and encourage the Inishowen community to buy Fairtrade products. Many of the schools, both primary and second level, have led the way in showing the importance of Fairtrade and how we as consumers can make a difference. This year's theme was "Create fairtrade" and it also linked in with the Sustainable Development Goals. Carndonagh held its event in Colgan Hall as a whole community event with local producers, schools and the community coming together to celebrate Fairtrade fortnight.

Stalls included local community and schools, as well as local producers and artisans. Donagh National School provided a short musical performance during the morning. A tasty lunch was provided by Feras & Asmaa, a selection of food from their Syrian cuisine. The crowd loved the food and enjoyed fairtrade tea and coffee from Banba Café on site for the morning. Students from Moville Community College also called in to the Fair, they had been out at Clonmany NS with their teacher Colleen Cooney to speak to the students on Fairtrade. Inishowen schools have been leading the way

in awareness raising for Fairtrade. It is hoped at some point that Inishowen can become a Fairtrade peninsula. We are pleased also to have the support of the local businesses, youth and community sector and schools along with the Council in promoting this work in the town. It was great to have members of the community coming out to celebrate and show support for Fairtrade and farmers. "We can make a difference by the choices we make" says Denise McCool, a member of Fairtrade Carndonagh, and staff member of IDP who is supporting this work as part of the Changemakers programme.



WISH Women's Intercultural Support Hub

The WISH project has come together for women who have moved to Inishowen – as an opportunity for social activities, creative outlets and craft workshops, day trips, and to identify possible courses migrant women might like to do to gain new skills. The WISH project is supported by Communities Integration Fund through the Department of Justice & Equality. Two activities have taken place during February with more to be planned. The women had a workshop entitled Journey's and Connected Space at the Anglers Centre in Buncrana. It began with a short presentation led by artist Bernadette Hopkins on how women have visually documented experiences and ideas through textiles. This includes a look at the 'Arpilera' collage work by women from Chile using cloth and also textile maps and collage that trace personal journey's. The second session which was 'Accouscenic Listening', was a

process to pinpoint sound in the landscape and create a sound map of the place we are in. It adds to a sense of place, our own imagination and often reminds us of other places. This workshop was an enjoyable way to experience the landscape around us and experience mindfulness. This part of the workshop was again led by Bernadette. The women got to visit a few locations as part of the day finishing off with lunch at the Fair & Local country market/lunch event in Carndonagh, which also coincided with International Women's day. Local artist Marie Barrett brought cameras on this trip for women to use. The group also got to stop off for coffee at Crafty Anne's, followed by a walk on Ballyliffin beach and then on to the Carndonagh event. This group is open and others are welcome to join at any time. Other activities are being planned and are decided by the women in the group. For further information contact Denise/Carmel at IDP on 0749362218



WorldWise Global Schools

Interschool event

IDP has been linking with second level schools in Inishowen for many years now on various issues and aspects of both local and global development. This past year we have also linked up with Oakgrove Integrated College in Derry as part of our WorldWise Global Schools project. Oakgrove along with Carndonagh Community School, Scoil Mhuire, Buncrana and Moville Community College are collaborating as a network to learn from each other and share ideas and actions that support global awareness and action within their school communities. Last month on March 28th they came together again in CCS to display some of the great work they are involved in on local/global issues. We are delighted and inspired by what they have been doing, from Climate Action, Junk Kouture, raising awareness of plastic and reduction of single use plastic, to bee-keeping, coastal and local clean ups. Our future leaders!



COMMUNITY FOOD INITIATIVES 2019 - 2021

IDP in collaboration with Inishowen Family Action Network (IFAN) is delighted to be part of this national programme again. We will be hosting two community events in partnership with local communities, schools and agencies and three community projects. Plans are already well underway so watch out in the local press for upcoming opportunities to participate in the community food programme, there will be talks, cookery workshops and demonstrations. The purpose of the Community Food Initiative (CFI) is to provide people with the knowledge and skills to provide healthy food options for themselves and their families. For further information contact Denise at IDP 9362218 or email denise@inishowen.ie



Training MEDLIT



The Erasmus+ funded MedLit project is now entering the second phase for delivery of the on-line training to migrant women. The modules have been developed to support basic computer literacy training. The modules are specifically designed for migrant women who have limited IT skills. It is tailored to be accessible and relevant for practical use. It is not accredited and geared towards people's needs in using on-line and media literacy and aimed at the integration of migrant women. IT support is being provided by IDP's Sinead McDaid. This project is funded through ERASMUS + entitled Media Literacy for Women Project. IDP collaborates in this project with 5 other partners from across Europe – University of Gloucestershire, (UK), Greece, Italy, Malta and Austria. For further information on the MedLit project contact Denise at 086-174-0958 or email denise@inishowen.ie

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained herein

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INISHOWEN DEVELOPMENT PARTNERSHIP TRAINING COURSES

SUBJECT TO FUNDING AND DEMAND

Barista

Duration: 1-day

Cost: ***Free** eligibility criteria

Bookkeeping - Manual & Computerised (SAGE) QQI L5

Duration: 12 weeks x 4 hrs

Cost: **€70**

Career Planning QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Child Welfare & Protection Basic Awareness Course

Duration: 4 hrs

Cost: **Free**

Communications QQI L4

Duration: 7 days x 6 hrs

Cost: **€45**

Computer Literacy QQI L3

Duration: 8 weeks x 2 hrs

Cost: **€35**

Computer Applications QQI L4

Duration: 10 weeks x 2.5 hrs

Cost: **€45**

Culinary Skills Programme CIEH L2

Duration: 8 days x 7 hrs

Cost: ***Free** eligibility criteria

Customer Service Excellence Workshop

Duration: 1 day x 7 hrs

Cost: **Free**

Customer Service QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Digital Skills

Duration: 5 weeks x 2 hrs

Cost: **Free**

ECDL: ICS Skills

Duration: 17 weeks x 6 hrs

Cost: **€275**

Electronics QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Entrepreneurial Skills QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Facebook for Business

Duration: 3hr Workshop

Cost: **€10**

Financial Planning Workshop

Duration: 3 hrs

Cost: **Free**

Food & Nutrition QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Food Safety inc HACCP QQI L4

Duration: 2 days

Cost: ***Free** eligibility criteria

Global Development QQI L6

Duration: 6 days x 7 hrs

Cost: **€50**

Keeping Records

Duration: 1 day 9am - 5 pm

Cost: **€10**

Local & Global Dev QQI L4

Duration: 5 weeks x 7 hrs

Cost: **€50**

Contact Details

Phone: 074 93 62218

Email: enquiries@inishowen.ie

**part funded by Donegal ETB Community
Education Supports Programme*

**funded through Taste4Success Skillsnet*

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INISHOWEN DEVELOPMENT PARTNERSHIP TRAINING COURSES

SUBJECT TO FUNDING AND DEMAND

Mathematics QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Personal & Interpersonal Dev - PAL QQI L4

Duration: 7 days 3.5 hrs

Cost: **€45**

Parents Plus

Duration: 6 evenings x 2 hrs

Cost: **Free**

Personal Effectiveness - Stepping Stones QQI L3

Duration: 6 days x 3 hrs

Cost: **Free**

PR & Marketing for Small Business Workshop

Duration: 1 day x 5 weeks

Cost: **Free**

Recording Sales & Purchases QQI L3

Duration: 4 weeks x 6 hrs

Cost: **€35**

ROS Workshop

Duration: 3 hrs 2 evenings

Cost: **€10**

Social Analysis QQI L6

Duration: 7 hrs x 5 days

Cost: **€65**

Social Media Training

Duration: 3 hrs

Cost: **€10**

Soft Skills Crafting Prog

Duration: 6 weeks x 2 hrs

Cost: **€5**

Spreadsheets Methods QQI L5

Duration: 12 weeks x 3 hrs

Cost: **€55 ***

SYOB

Duration: 2 days x 7.5 hrs pd

Cost: **€20**

Understanding Community Development QQI L5

Duration: 6 days x 6 hrs

Cost: **€55**

Woodwork QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Work Experience QQI L4

Duration: 3 weeks x 7 hrs

Cost: **€45**

Working with Community Groups QQI L5

Duration: 6 days x 6 hrs

Cost: **€55**

Contact Details

Phone: 074 93 62218

Email: enquiries@inishowen.ie

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Our Programmes

SICAP

Empathy & Good Relations

TUS

Job Club

Social Prescribing

EU Media Literacy

LEADER

Youth Citizenship /Leadership

Youth Social Justice Programme

Job Initiative

Family Support

Worldwise Global Schools

RSS

Changemakers

CE Childcare

IT Training Digital Skills

Community Food Initiative

Starting up in Self-employment

QQI LEVEL 4 FOOD SAFETY INCORPORATING HACCP

This is an FSPA (Food Safety Professionals Association) course leading to a QQI Level 4 Certificate in Food Safety incorporating HACCP.

This course is designed to appeal to a broad range of food workers and individuals with an interest in food safety. It will be run over 2 full days and will have an assessment at the end. The assessment is broken into two parts: a written examination and a skills test.

This course is particularly aimed at food handlers, catering staff who prepare food for public consumption, staff who serve in hotels, hospitals, nursing homes, retail outlets and general catering establishments. Also non food handlers who can affect the safety of food.

Areas covered in this programme:

- Hygiene & Safety
- Food Contamination
- Cleaning & Pest control
- Legal standards for Food Handlers
- Design & layout of food premises




Cost: FREE
(funded through Taste4Success Skillsnet – eligibility criteria apply)

Barista Training

Programme Content & Overview of Training:

- Understanding espresso equipment
- Introduction to latte art designs
- Drinks menu in detail e.g. Latte, cappuccino, macchiato
- Understanding café workflow
- Machine Cleaning
- Espresso techniques
- Understanding the espresso grinder
- Milk chemistry & Milk texturing techniques

This is a 1 full day training (9.30 am - 4.30pm)

(funded through Taste4Success Skillsnet – eligibility criteria apply)



A group who has just completed a Bookkeeping Manual & Computerised Accounts QQI Level 5 in Carndonagh in conjunction with ETB



Facebook for Business Workshop held on February 15th, Tutors Sinéad McDaid & Denis Kelly



A group of 14 ladies who just completed an QQI level 5 Qualification in Word Processing. Run by IDP & part-funded by Donegal ETB Community Education Support Programme.



Group who completed our recent Food Safety Training



Individuals who completed our recent Barista Training in the Buncrana Youth Club

ECO Inishowen – Walled Garden project with Scoil Iosagain



Before



After

As part of our ongoing ECO Inishowen initiative IDP worked with students, teachers and parents at Scoil Iosagain to get the beautiful walled garden all ready for spring planting. Kate O’Callaghan facilitated workshops and led the general clean-up of the area, restoring of composting system, weeding, mulching and pruning, as well as a few top tips for the young gardeners. Colm Grant also linked in for some advice and support on the project. The students now are looking forward to planting and seeing the fruits of their labour!

PEACE IV PROJECT

Inishowen Development Partnership was successful in the bid to lead out on number of youth PEACE IV projects

- 1. The Development and Co-ordination of our Cross Community Empathy and Good Relations Programme for Young People. (GREAT)**
- 2. Youth Diversity and Citizenship Training Project- BORDER BRIDGES.**

The funding has been secured from Donegal County Council as Lead Partner on behalf of the County Donegal Peace IV Partnership. The projects will see the promotion of positive relations characterised by respect and where cultural diversity is celebrated and people can live, learn and socialise together, free from prejudice, hate and intolerance. Activities under the wider PEACE IV programme will focus on developing strong inclusive civic leadership that promotes positive relationships, encourages dialogue, and supports practical efforts to bring about change between individuals and communities. Initiatives will be tackling real and complex issues, such as sectarianism and racism in border regions. These projects have been supported by the EU's PEACE IV Programme, managed by the Special EU Programme Body (SEUPB).



The project launched on the 28th February by Cllr. Paul Canning, Chair of Donegal PEACE IV Partnership with special guest David Clark from SEUPB and Seamus O Domhnaill, Cathaoirleach Donegal County Council along with IDP Board Members Dermot McLaughlin, Cllr Nicholas Crossan and Donal Breen, PEACE IV Secretariat, Staff from IDP and young participants from the project.



NEW PROJECT WORKER

NIAMH CLERKIN

Niamh is leading out in The GREAT Programme (Good Relations, Empathy and Tolerance) and The Border Bridges Citizenship Programme. These projects are being supported by the EU's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB). Niamh is now based at IDP Offices Buncrana. These programmes aim to support young people in the understanding of empathy both on an individual basis and in their communities leading to the development of good relations and building friendships across divided communities. You can contact **Niamh** at **0867966525** or **niamh@inishowen.ie**



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Creative Clusters

Inishowen Development Partnership was delighted to support a Creative Clusters programme with Scoil Iosagain, St Mura's Buncrana and St. Oran's Cockhill. The programme was designed to educate young people on collaborating on the design, implementation, evaluation and dissemination of an innovative arts and creative learning project which supports them to address common issues or challenges. This cluster group learned about our local beaches and the types of shells and marine animals in our locality.

The Schools also had "Clean our Beach day" at Buncrana's beaches as part as their project on 22nd of March. The cluster group provide an opportunity for schools and the individual students to work together creating awareness of our beaches and also receiving support and advice on how to protect our beaches through Buncrana Tidy Towns Committee. This project demonstrates a clear plan for ensuring children and young people play a central role in developing, implementing and evaluating their Creative Cluster project in their own area. Congratulations to all Schools involved.

Beach Clean day 22nd of March 2019

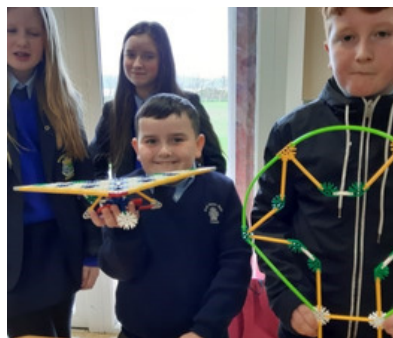


Primary Schools Lego

IDP held a LEGO workshop day in conjunction with the South Inishowen School Completion programme, for Primary schools on the 5th April. The aim of the programme was to build positive relationships between schools where students got a chance to meet other young people their age from different schools, backgrounds, cultures, and religions. The programme was mentored by 1st year students from Scoil Mhuire and was organised under IDP Youth programme led out by IDP Staff Gary Duffy and Niamh Clerkin

Participating Schools were:

- St. Aengus School, Bridgend
- Naomh Mura, Tooban
- Scoil Íosagain
- Naomh Padraig, Drumfries
- Naomh Iosaf, Illies
- St. Oran's, Cockhill
- St. Mura's, Buncrana



Child Protection & Welfare Basic Awareness Course

Participants who recently successfully completed the 4-hour Child Welfare & Protection Basic Awareness Course in IDP Offices, Buncrana. This course educates participants on the implementation of best practice in protecting the welfare of children. Certification is awarded by the National Youth Council of Ireland on completion of this workshop. We deliver these courses on an ongoing basis throughout the year contact Gary Duffy at gary@inishowen.ie or 074 93 62218



Craft Classes

A new block of Craft classes is due to start on Wednesday the 15th of May in The Angler's Centre Buncrana.

The classes will run for 6 weeks for 2 hours per week between 10.30am-12.30pm. This time everyone will work on 2 separate projects lasting 3 weeks each. Classes are 5 Euro per session.

If interested get in touch with **Carmel Gallagher** Social Prescribing Co-ordinator at carmel@inishowen.ie or tel **0860406950**



Parents Plus – Early Years Programme

Inishowen Development Partnership hosted a very successful "Parents Plus Early Years Programme" targeting parents of children of pre-school age. The programme ran from February 5th to April 2nd, 2019. A total of 13 parents contributed greatly to the discussions and participated fully. The training was delivered by Jacqueline Doherty of Foroige and John Jackson IDP and the main themes covered were the familiar messages of the Parents Plus Programme including, active listening, pausing, positive discipline, encouragement, communication and parental self-care. The group was asked to set personal goals for the programme and the members were encouraged to make those goals as specific and realistic as possible. At the end of the programme the participants looked at the goals they had set at the beginning and checked to see how much closer they now were to achieving them.



Group members reported that both parents and children were now calmer and that new positive routines were established. The evaluation of the programme was most positive with a high level of satisfaction expressed with both the content and the delivery of the course.

Anyone interested in participating in such a course in the future can contact Parenthub Donegal (Tel 087173667) or IDP (Tel 0749362218).

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FARM DIVERSIFICATION

A group of young students who just completed a module in start your own business and options for farm diversification. These students are all entering farming at present and by completing the course will give them more options on income generation as they move forward



Taking You & Your Business Further!

An interactive workshop will take place on Monday 17th June 2019 in the Inishowen Gateway Hotel, Buncrana. This event will bring together women entrepreneurs in Inishowen and beyond. The Workshop will provide a great opportunity to network. You will be inspired by the journeys taken by other women and you will have the space and time to discuss what steps YOU need to take, for you and your business to move to the next level.

Book your place now at:
rosemary@inishowen.ie or 074-93-62218

Customer Service Excellence Ireland

This 1 day workshop designed to raise awareness of the importance of customer service and the skills necessary in creating better customer experience with the fundamental skills required was hailed a wonderful success by the 13 satisfied participants. The course as promised was inter-active and participative and involved the participants throughout.

The evaluations showed that the learners learned several new skills which increased their confidence giving them greater self-awareness as well as awareness of others and how they contribute to a team effort for the benefit of the customer in a variety of job situations. Two of our own staff, receptionists Katie and Maureen were delighted to have the opportunity to participate.



AG FOOD DIGITAL SKILLS TRAINING

in IDP offices Carndonagh

The Training ran for 5 sessions of 2 hours each with the participants learning all about the Ag Food Website and each participant registering calf births and completing farm to farm movements etc as well as how to use on-line banking which was covered in the last session.

The class is limited to 10 and the training is free. If Participants wish to bring someone from home with them to learn (Spouse, Son, or Daughter etc) there is no problem! . Training will be delivered in a venue near you soon.



- WHAT** Interactive Workshop:
Taking Your & Your Business Further!
- WHEN** Monday, 17th June 2019
- TIME** 9.30 am (Networking Tea/Coffee) for a prompt 10.00 am start
- FINISH** 1.00 pm, followed by a Networking Lunch
- WHERE** Inishowen Gateway Hotel, Buncrana, Co Donegal

Information & Training Needs Analysis Sessions



Throughout April, 3 sessions were hosted by IDP staff Mary McGeehan, Training Officer & Pauline Coyle, CE Childcare Supervisor in locations around the peninsula - Newtowncunningham, Carndonagh and Buncrana. These events offered us an opportunity to provide information, advice and supports that IDP can offer. The events were well attended and follow up regarding training is currently ongoing. This event focused on Tus (Community Workplace Scheme) workers.



Participants who attended our Payroll Training "Getting ready for PAYE Modernisation" & learning about Payroll Software Training on January 24th 2019. In response to requests from community groups, IDP provided two workshops to support community employers with the new PAYE modernisation scheme and payroll. These programmes were very successful with many participants indicating their interest in progressing to more formal IT and Payroll qualifications.

SAFETY TIPS FOR ONLINE USE

IDP hosted an Internet Safety Workshop for Buncrana GAA u14s Girls and Boys as part of their Easter Training day. The young players learnt about dangers and were given safety tips for online use.



Donegal Social Prescribing
for Health & Wellbeing

MANY OF LIFE'S PROBLEMS CAN MAKE YOU FEEL UNWELL

Living Alone Loneliness Work & Unemployment
Mental Health Physical Problems Children & Family
Bereavement Smoking Health & Finance Addictions

How we support you?

We speak with you on the phone or meet face-to-face. Together we can:

- Discuss issues you're facing
- Explore what is important for you
- Find local activities and services
- Give you support to access them

Services to help you feel better

We can help you access local services:

- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and Learning
- Healthy lifestyle advice and physical activity
- Arts, music, outdoors and creative activities
- Befriending, counselling and emotional support groups

It was nice to talk to someone outside my family

"I was surprised to learn there's so much in my area"

"The extra help I received has made the future seem much brighter"

Contact:
Carmel at IDP
on 074 9362218

There is no cost to individuals for this service

WANT TO BE MORE EXPERIMENTAL IN THE KITCHEN?!

Cookery Programme for Parents

Through a series of fun, friendly and relaxed workshops, we will look at the nutritional value of food choices we make, how to encourage our kids to eat more veg, try new recipes and get to sample them along the way

Easy to follow practical cookery tips for the whole family

- 4-weeks - Starts May 3rd
- Fridays 10am - 12noon
- Venue: Kitchen at iCARE

Food Swaps & Freezing Bread!

- Tips from *Whisk and Whisk* and *Safe Food*
- Highlighting the health benefits of homemade bread, avoiding sugar, and the joy of baking

To book a place contact IDP on 074 93 62218

Working with parents to make healthy choices for themselves and their families

Supported by the National Community Food Initiative

Community Leadership Programme

Are you someone who is...

- Actively involved in your community?
- An organiser of events and sit on committees?
- The go-to person to get things done?

If so, read on...

Donegal ETB in partnership with DLDC and IDI are running **Community Leadership** courses at various locations around the county. Participants will receive two nationally accredited awards (Working with Groups and Social Analysis).

Participation is FREE

Training locations in Inishowen, Letterkenny, Finn Valley and South Donegal.

Expression of interest forms and more information is available from:
ulfril306@donegaletb.ie
074 9168273

- **Working with groups** - become equipped with the knowledge, skill and competence to participate in and work with groups effectively in a range of settings
- **Social Analysis** - gain the knowledge, skill and competence to utilise social analysis tools to explore the causes of and connections between issues of inequality.
- **Cross community** - integral to the programme will be cross community visits and cross border cultural events with the aim of engendering respect and fostering a shared understanding.

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

Department of Rural and Community Development

An Roinn Forbartha Tuartha agus Pobail

SICAP

Social Inclusion & Community Activation Programme

The European Agricultural Fund for Rural Development
Europe investing in rural areas

LCDC

Local Community Development Centres

pobal

government supporting communities

IDN

IRISH LOCAL DEVELOPMENT NETWORK

LEADER

etb

World Skills Development

Irish Aid

Department of Foreign Affairs
An Roinn Gnóthaí Eachtracha

Self Help Africa

ChangeMakers

This project is funded by Irish Aid with project partners Inishowen Development Partnership, Donegal ETB and Self Help Africa

INISHOWEN DEVELOPMENT PARTNERSHIP