

Inishowen Development Partnership

For an extensive list of support in your area of
Inishowen during Covid19 crisis visit:
www.inishowen.ie/inishowensupports
National supports/helplines included. Updated regularly

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

IDP Community Newsletter

A snapshot of the Inishowen community-wide response to the Covid-19 crisis

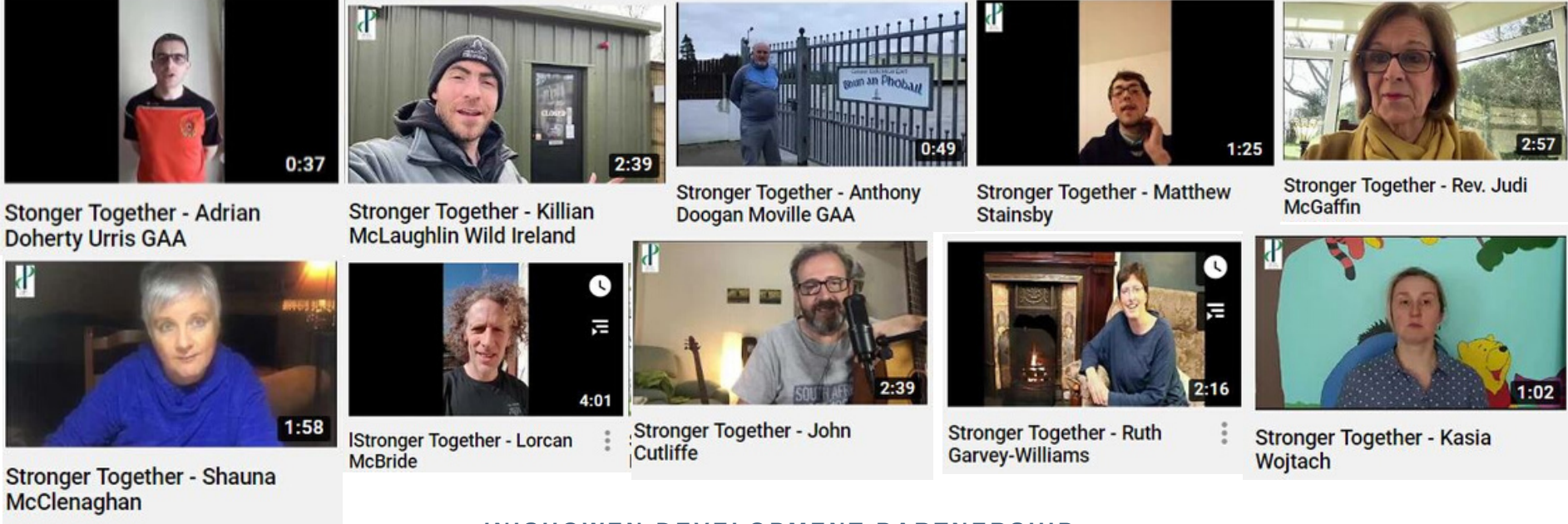
'please feel free to share on your social media platforms, email & websites'

Donegal COVID-19 Community Response Forum

A helpdesk will respond to the needs of
vulnerable members of our community

Call 1800-928-982
Email covidsupport@donegalcoco.ie



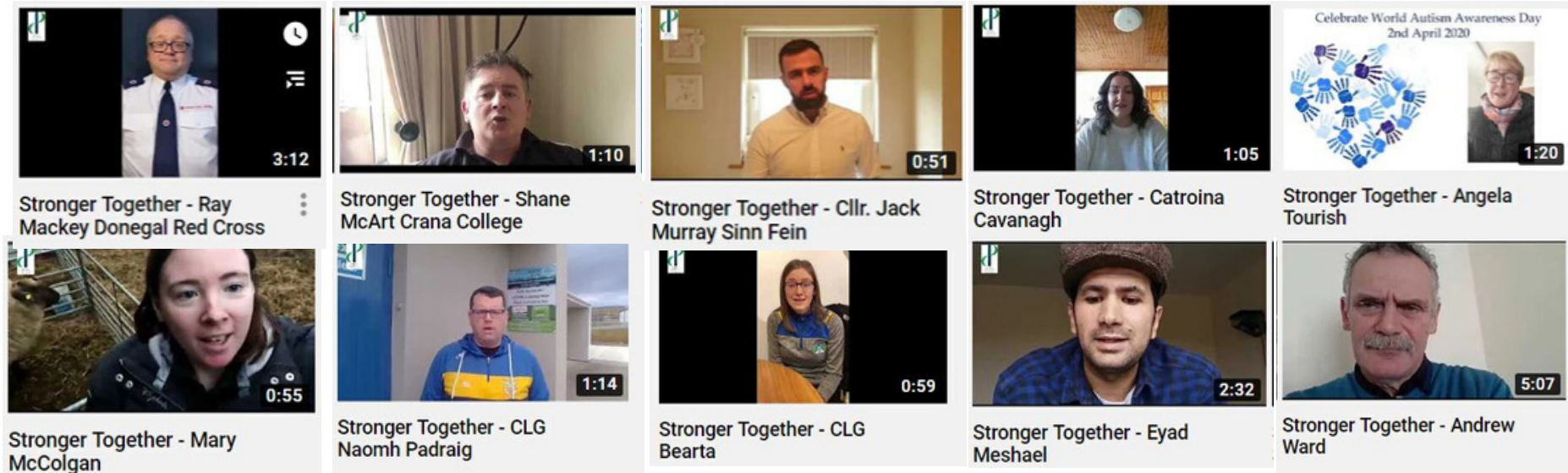


INISHOWEN DEVELOPMENT PARTNERSHIP



STRONGER TOGETHER

We ran a series of videos with the key messages regarding dealing with the COVID-19 Pandemic in our community- find all these messages on our facebook page





Celebrating 10 Years

2010 - 2020

Unit 7 SuperValu, Carndonagh, Co Donegal.

Project "Cineál"

Cineál means kind and in these extraordinary times we are here to help the people in need in our Community.

"Kindness is a gift everyone can afford to give"
- Unknown

If you need help please call us on 074 937 3303 or email support@spraoiagusport.ie Monday - Sunday 8am - 8pm

We can help with grocery orders and deliveries from any of the supermarkets in Carndonagh, other orders from local businesses, arts and crafts ideas for children ideas for exercise or even a chat.

If you would like to volunteer to help, please join our What's App group by scanning this QR code.



Cineál is supported by



If an organisation you are involved in would like to join us, please give us a call



Malin Head Community
2 April at 11:26

Well done to @Denis Gooch & Kelly Ó Connor for organising the collection of the school lunches.

Community In Inishowen Come Together

**LIFELINE
(Inishowen)**

Domestic Abuse Service



Are you experiencing any of the following in your Life?

- * > **Physical or Psychological Abuse?**
- * > **Isolation from Family or Friends?**
- * > **Financial Control?**
- * > **Controlling Behaviour?**

Our Helpline and Support aims to Empower Clients in a Confidential and safe environment. We also provide a free Counselling Service.

CONTACT US TODAY

074 93 73232

Open Monday-Friday 10.00am-1.00pm



Lifeline (Inishowen)
Domestic Violence Service

Lifeline Inishowen are continuing to provide a Helpline Monday – Friday 10 am – 1.30 pm 00353 (074) 9373337 or 087-984 5431. E-Mail info@ldvs.org

Donegal Domestic Violence provide a 24 hr helpline 1800 262677 (Freephone) where women or agencies can contact the service and receive support and advice. Also see supports through An Garda Síochána



**Inishowen
Development
Partnership**



**Inishowen
Development
Partnership**

AT THE SERVICE OF THE COMMUNITY DURING COVID-19

**Our Social Inclusion, Employment Services
and Community Development Teams
are working for you and
your community right now.**



COVID 19



**IRISH LOCAL
DEVELOPMENT
NETWORK**



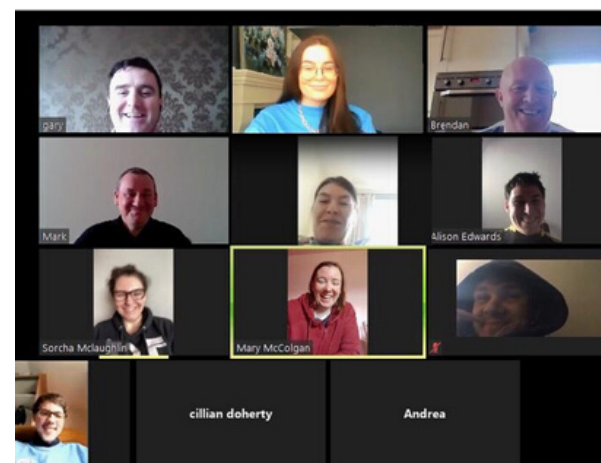
Eight Donegal **Social Prescribing** Co-ordinators met through Zoom. All are working remotely. Please get in touch if you need any support. That's our Carmel on top right hand corner - You can reach her on the telephone ; 0860406950 or email; carmel@inishowen.ie #staysafestayconnected

We had 21 attend our **IFAN** (Inishowen Family Action Network) meeting last week where we got to share the amount of support and information available at this time. This network is made up of various Community, Voluntary & Statutory agencies working to support families.



Keeping Connected

INTER-AGENCY ZOOM MEETINGS



Well done to the participants of the **Chance Project** who have embraced new video webinar apps such as Zoom into their daily routine. Few snaps of the crew during their 'Resilience' workshop hosted by our Youth Coordinators Gary Duffy and Niamh Clerkin. Well done Team!



Inishowen Social Enterprise Network as many of us are coping with new ways of working it was heartening & uplifting to have such a positive turnout of our network. We have met each week (3 times so far!) online to share responses to the current crisis & share knowledge as IDP seeks to support them through online training.



@JIGSAW_YMH

Join a live group chat at jigsawonline.ie

MON

12 pm: Managing stress
4 pm: Coping with feeling low

TUES

2 pm: Dealing with family conflict
7 pm: Managing feelings of isolation

WED

12 pm: Staying positive
4 pm: Managing stress

THUR

2 pm: Dealing with family conflict
7 pm: Staying positive

FRI

12 pm: Coping with feeling low
4 pm: Managing feelings of isolation

*Community
Supports to
help the
people of
Inishowen*

 Inishowen
Development
Partnership

Coronavirus
COVID-19



Business Support Call Centre

Call +353 1 631 2002

or email

infobusinesssupport@dbei.gov.ie



An Roinn Gnó,
Fiosair agus Nuálaíochta
Department of Business,
Enterprise and Innovation

Donegal County Council

1 April at 15:59

The Department of Enterprise, Business & Innovation have set up a dedicated support line for business support queries in light of the #COVID19 crisis. Alternatively, view the full range of COVID-19 Government Business supports at <https://bit.ly/2xFqMIF> Local Enterprise Offices



Amazing Grace Festival
ONLINE

*Bringing a little brightness...
Wherever you are!*

The Amazing Grace Festival is a community arts festival celebrating the inspirational story of John Newton, his dramatic arrival in Buncrana on April 8, 1748 and the lasting impact of his life and work. Sadly this year's festival had to be cancelled because of the coronavirus outbreak but undeterred, the creative team got to work to beam a little brightness to your home!

Visit Facebook @AmazingGraceCountry to take part in daily activities for all ages, follow our "AmazingGraceFestival" YouTube Channel. Or check out all the resources online www.amazinggrace.ie.



Nature Detectives - discover the wildlife right where you are.



Fun Food - easy-to-make recipes to cook and enjoy.



Creative Corner - arts, crafts and creativity.



Stay-at-Home Olympics - get active without going too far!

CONNECT



One of the most important things we can do for our own mental health and that of our peers right now is to connect. **Call**, **write**, **text**, Whatsapp, Zoom, Snap, email, DM, shout across the garden fence. Connect with family, friends, peers, workmates, neighbours, services, support lines, recovery colleges, online learning groups. Connect now. **Connect often.**

COMMUNICATE



The current situation is affecting each of us in different ways. We need to let each other know **we're in this together**. We can do this by telling others how we are really feeling. We can let others know what we need.

We can let the services we use know how the current situation is affecting us. Link in with our GPs, Community Mental Health Team, counselors and any other support services we use. **They are still there**, just in a different way than we are used to for a while. Drop them a line.

REASSURE



We will get through this together. **This will pass**. It's important for us to reassure ourselves and each other of this. Share a positive message with a friend. Choose to tune into trusted sources like the HSE for our updates. Call our mental health service to reassure ourselves that **we still have access to supports when we need them**.

WWW.MENTALHEALTHIRELAND.IE/GET-SUPPORT/COVID19

**Covid19
helpline for
Farmers
076-1064468**



NEED HELP OR
ADVICE?

CONTACT OUR
ADULT
GUIDANCE &
INFORMATION
SERVICE

<https://www.donegaletb.ie/adultguidance>



Do you live in Ireland's soundest town?

Folks, over the past few weeks we have all witnessed the best in our community... people going above and beyond. Thought this might inspire some of you and distract us from the negative news for a short while....this taken from Cadbury Ireland's tweet.....Do you live in Ireland's Soundest Town?! They have teamed up with @todayfm to search for the Soundtowns around Ireland! Email soundtown@todayfm.com telling them a little about your amazing town😊Your town could scoop up €10,000 to spend on a community project of your choice!

IDP HERE TO SUPPORT YOU!

FREE online ECDL TRAINING with
www.ecollege.ie

ecollege has a range of FREE IT courses available on-line. IDP are offering FREE Tutor support via Zoom sessions and 1-1 support as you complete this training.

ECDL Modules

- Word Processing
- Spreadsheets
- Presentations
- Databases
- Computer Essentials
- Online Essentials
- Online Collaboration

You might not have had the chance to do this training and now could be the perfect time ... if you want more information contact IDP on enquiries@inishowen.ie or you can register for the course yourself through www.ecollege.ie

IDP is a registered ECDL Testing Centre



**Community
Supports to
help the
people in
Inishowen**

Enterprise Training

ONLINE TRAINING
FOR BTWEAS CLIENTS
Title: **Stress Testing
your Cashflow using
Excel.**

An interactive 1 1/2 hr workshop with Trainer Bridgita Kelly and IDP Sinead McDaid. This will be followed up with a 30-minute session for feedback after completion of individual cashflows.

**REMOTE EMPLOYMENT SUPPORT
SERVICE AVAILABLE**

LOST YOUR JOB?

We are here to help! Contact The Job Club Team
email: jobclub@inishowen.ie or via our
Facebook page: Job Centre Inishowen

An Roinn Gnóthaí Fostaíochta agus Cosúirce Sóisialaí
Department of Employment Affairs and Social Protection

INISHOWEN MASK MAKERS HIGHLIGHTS

some "quotes" from Facebook on the great work across the peninsula



MMD EmbroideryWell, an amazing job.. well done to all our 60 now helpers here at Inishowen Mask Makers. Must get a total tally but to date there is around 3500 masks made and delivered. This is all thanks to the combined efforts from everybody from getting donations in , materials ready for cutting, The cutters, sewers , delivery people and everyone else that has helped in any way. Much appreciated [heart icon] [heart icon] [heart icon] [heart icon] [heart icon] What a fantastic community we live in, thank you everyone

Congratulations to these great group of ladies in Clonmany Community Centre who are using their creative sewing skills to make masks for the frontline staff in Donegal and beyond. Well done from Home Instead Senior Care Donegal



Face masks already created and distributed to care workers, home helps and more thanks to the wonderful initiative by Luke Barber! The sewers are still hard at work creating face masks for the nursing unit and local care homes. If you have made masks, please get in touch so we can deliver them ASAP to where they are needed! Email exchangeinishowen@gmail.com



The kindness and generosity of people never ceases to amaze...the very kind Bernadette Cloherty made some beautiful face masks for the staff and young people in i.C.a.r.e. The material was also kindly donated by Nicola Doherty (Roe)



Nazareth House would like to say a BIG THANKYOU to all the sewers who kindly handed in a bag of masks into the Nazareth house in Fahan, they were greatly appreciated, you have no idea how much we needed them thank you all so much, u are all amazing and will be repaid some day. God bless u all and please stay safe [heart icon] [heart icon]



YOUNG PEOPLE

You have ONE shot at this. Do not go out unless you absolutely have to. It WILL save our parents/grandparents, etc.

By going out, young people can contract the virus from friends without even knowing, who then easily passed on to relatives.

Do the right thing and choose electronic communication with your friends until this crisis passes.

#StopTheSpread



While IDP Offices are closed to the public at this time, we are still here to help. Contact enquiries@inishowen.ie or see staff contacts inside this booklet.

Name	EMAIL	TEL	SCAP ROLE
Gary Duffy	gary@inishowen.ie	086 417 3189	Youth Development Officer – CHANCE
Niamh Clerklin	niamh@inishowen.ie	086 796 6525	Youth Project Worker – PEACEV

Our Youth Officers are here to help with any worries that young people may be having in the current crisis. Contact Gary or Niamh on the above numbers



YOUNG PEOPLE

You have ONE shot at this. Do not go out unless you absolutely have to. It WILL save our parents/grandparents, etc.

By going out, young people can contract the virus from friends without even knowing, which is then easily passed on to other relatives.

Do the right thing and choose electronic communication with your friends until this crisis passes.

#StopTheSpread



Coronavirus COVID-19 The Facts

Most at Risk
Anyone who has been in close contact with the last 14 days AND is experiencing symptoms.
Anyone who has been in close contact with a confirmed or probable case of COVID-19 (even without the last 14 days AND is experiencing symptoms).

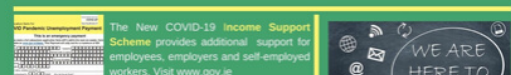


Prevention
Avoid close contact with people who have symptoms. Avoid public places. Avoid public transport. Avoid travel. Avoid international travel. Avoid contact with people from other countries. Avoid contact with people from areas with high rates of infection. Avoid contact with people from areas with high rates of infection.



Name	EMAIL	TEL	SCAP ROLE
Sinead McDaid	sinead@inishowen.ie	087 972 8784	Enterprise Officer/IT Tutor
Ana McColgan	ana@inishowen.ie	083 302 2262	Enterprise Training & Skillnet Coordinator
Mary McGeenan	mary@inishowen.ie	086 601 5085	Training Officer
Joe Sweeney	joe@inishowen.ie	086 605 2022	Farm & Family Support Officer
Marie Monahan	marie@inishowen.ie	086 601 5087	Job Club Leader

Enterprise Supports We are working remotely at this time but our Enterprise Officers are still available for 1-1 support (via Zoom meeting) or telephone call, in advising on Cash Flows, Budgeting, Business Planning, BTWES support and Signposting to the various Business Supports that are available to help your business through this Covid-19 crisis. Please contact Sinead at sinead@inishowen.ie or call on 087-9728784



The New COVID-19 Income Support Scheme provides additional support for employees, employers and self-employed workers. Visit www.gov.ie

Please be aware that IDP staff are continuing to work to support communities by email, phone and through our social media platforms at this time.

Jobs Club For CV design, assistance in job applications, interview techniques etc. please contact Marie and Aisling at the Job Club. We can offer the assistance over the telephone or electronically. Our contact details are jobsclub@inishowen.ie

Take care, Marie, Aisling and Marie. <https://inishowen.ie/jobs/>

Useful Enterprise Support Links - Coronavirus
Government supports: www.gov.ie/en/what-we-do/supports-for-smes/covid-19-support/
Enterprise Ireland Business Response Plan www.enterprise-ireland.com/en/about-us/services/covid-19/
MicroFinance Ireland your Local Enterprise Office www.microfinanceireland.ie/ or through your Local Enterprise Office
Local Enterprise Offices – Business Continuity Vouchers www.localenterprise.ie
Revenue – www.revenue.ie

Education, Wellbeing & Family Support

Name	EMAIL	TEL	SCAP ROLE
Denise McCool	denise@inishowen.ie	086 124 0954	Education & Community Officer
Carmel Gallagher	carmel@inishowen.ie	086 040 6950	Social Prescribing

Social Prescribing
We want to let you know that although our office is currently closed Carmel is still working remotely and contactable either by tel: 0860406950 or email carmel@inishowen.ie. Although social contact is currently being discouraged outside individual households it is still important to stay connected with each other. If you live alone or want a listening ear at this difficult time please message me and I will get in touch. Equally if you are aware of someone who is isolated please pass on my details. We are all in this together. Stay safe and stay connected.



QUESTIONS? We can help!
Contact any of our staff members on above numbers who will try and help with your questions & worries

Social Enterprise, Sustainable & Resilient Communities

Name	EMAIL	TEL	SCAP ROLE
Denise McCool	denise@inishowen.ie	086 124 0954	Education & Community Officer
Mary McCallion	mary@inishowen.ie	087 290 5922	Community Links & Sustainable Energy Officer
Pauline Ceylan	pauline@inishowen.ie	086 173 9920	IT Leader & IT Coordinator
Karen McCormick	karen@inishowen.ie	086 387 1880	Community Development & Social Enterprise
Kate Wilkinson	kate@inishowen.ie	086 877 9506	Change Makers Coordinator
Tracey McElroy	tracey@inishowen.ie	086 852 9207	Shared History Coordinator
Paul McLaughlin	paul@inishowen.ie	086 786 1538	TUS Supervisors
Kate Wiegman	kate@inishowen.ie	086 601 5086	TUS Supervisors

IDP Social Enterprises
We continue to deliver the SEI mentoring programme to 14 community groups from across the peninsula and facilitating weekly meetings of the Inishowen Social Enterprise Network to support them in transitioning to remote working and their community efforts and response. For support in this area contact karen@inishowen.ie 086-387 1880

CE **Community Enterprise Development Support Scheme** The DEASP has informed IDP that they will continue to fund payroll for CE Participants where participants cannot attend work as a result of the State's response to the COVID 19. This is for Participants who are already on the payroll as recruitment onto CE will cease for now. Please follow the HSE guidelines/advice, stay safe and mind yourself. Contact Pauline 0861739920



Inishowen Development Partnership

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You can get up-to-date information through our webpage at www.inishowen.ie or Facebook Inishowen Development Partnership



IDP COVID 19 Response Booklet

INISHOWEN GAA CLUBS OFFERING SUPPORTS



GAA Clubs doing great work within our communities. If you need any help contact your local club with the contacts below.



Buncrana

Michelle McKenna: 0866076007

Aine Daly: 0863953380

Email: secretary.buncrana.donegal@gaa.ie



Burt

Donal Walker: 086-6686550

Email: secretary.burt.donegal@gaa.ie



Carndonagh

Michael Doherty: 0873174822

Email: secretary.carndonagh.donegal@gaa.ie



Malin

Denise Mc Carron: 0863724378

Email: secretary.malin.donegal@gaa.ie



Moville

John Peto: 0044-7812984254

Email: Secretary.moville.donegal@gaa.ie



Muff

Ciaran Mc Menamin : 0862027534

Email: secretary.muff.donegal@gaa.ie



Urris

Clint Marron: 0871692159

Email secretary.urris.donegal@gaa.ie



Newtown

Kieran Friel: 0866056655

Email: secretary.naomhcolmcille.donegal@gaa.ie



Donegal

074-9190761

Email: administrator.donegal@gaa.ie



A Place to Escape | Paintings by Patricia Spokes Artlink is run by artists who seem to rarely get the chance to make their own art. This lockdown has presented an interesting opportunity for painter Patricia Spokes who has stretched her own canvases and been drawing inspiration from forest environments. Through the power of technology and the talents of Harry Kerr a short but immersive virtual experience has been created and can be accessed here on You Tube here <https://youtu.be/w7c3hy8crgQ>.

Fort Dunree

How to grow potatoes Amach Anseo Community Garden has been making weekly 'how to' videos to encourage people to grow their own food at home. The clips are aimed at complete novices without any specialist equipment or even garden space. Gardening and working with soil has proven benefits for mental health and well being and these videos aim to inspire people to take a small action that could be quite fruitful. They can be accessed here https://www.youtube.com/channel/UCHqHHJ_2t4WOVMqCs0EmSNw



Verbal an arts organisation that promotes mental health and well being through story-telling. Based in Derry, they work throughout Northern Ireland and in Donegal. Verbal have developed a WellRead web app. WellRead is a chat activity designed to help parents boost their children's emotional well-being with a combination of storytelling and targeted conversations containing a curated collection of short stories for parents to read to their child. www.mywellread.com

Here at **i.C.A.R.E.** our service has basically shut down apart from our adult service. Under HSE guidance we are doing an outreach service for 2 clients and one client is in the centre on a 1:1 basis for a couple of hours per day. We have to ensure the mental health of our service users is positive. It is a very difficult time for everyone but can you imagine trying to tell a young person with Autism why everything they do in their daily routine has stopped especially as routine is so important for individuals with Autism? Normally this week our young people would be going away for Easter trips on a daily basis - they are disappointed this year. They find it difficult to understand why but hopefully soon we will be able to resume everything and have a big party to celebrate. It is of the utmost importance that everyone stays at home and stays safe.



For all parents a small act of kindness from us to you to help you and your children during these challenging times.

Mywellread.com is a free website with great stories and conversations for 8-11 year olds that'll help you look after their emotional health & wellbeing.

www.mywellread.com

We are working on getting more stories on the website everyday for older and younger children and will let you know by email and on our Facebook and Twitter pages








Buncrana Tidy Towns

We're all so grateful to our front line staff & healthcare workers - what a lovely gesture from Buncrana Tidy Towns to let them know on behalf of us all. We'd also like to say go raibh míle mhaith agaibh to everyone working in our local shops and garages. We really appreciate you being there to make sure our families have what they need ☐
#StaySafeStayHome



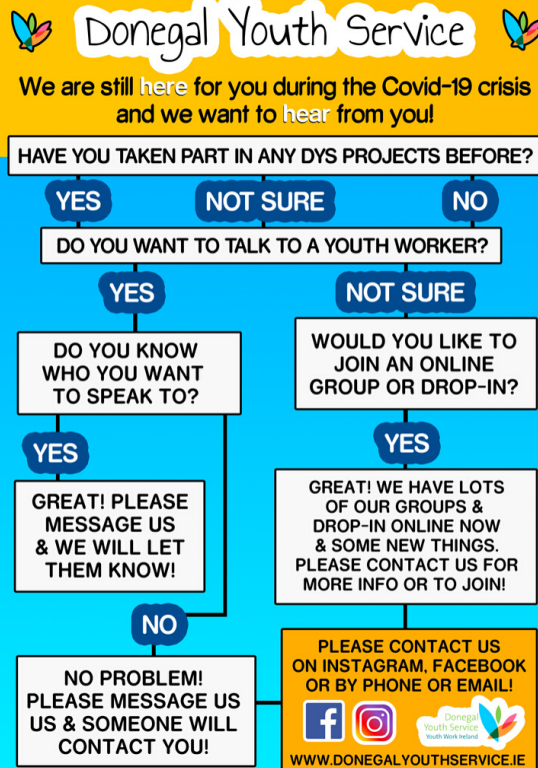
COVID-19 Support Services



- **Nursing Home / Community & Acute Hospital Supports** - Support available to managers, staff and the families of residents impacted by the COVID-19 crisis. **Contact HSE Psychology Manager Maura.Finnegan@hse.ie** – 087 6020057
- **Frontline Staff Support** - Any HSE staff member can email CHO1.support@hse.ie or ring 074 9104641 and they will be called back by a counsellor or psychologist. Employee Assistance Programme and Staff Care line also available.
- **Bereavement Support** - A service has been established to provide support to immediate family members of those who have died as a result of COVID-19. Consent should be obtained to share information before referring. Referrals to: Liam.Neville@hse.ie / 087 798 7883



Seirbhís Sláinte
Níos Fearr
á Forbairt



"Donegal Youth Service are continuing to offer their services online in new and innovative ways. Young people, including those who have never taken part in any Donegal Youth Service Programmes are invited to contact the service for one-to-one support, or get involved with an online group or drop-in. Donegal Youth Service are offering online activities and groups for children and young people up to age 25. Find Donegal Youth Service on Social Media for more details."



IDP is still delivering its **CFI programme** just in new ways! Here's some great tips from Safefood for recipes that you might try out over the coming days! Easy recipes (how to make: porridge, an omelette, orange and carrot soup, beef stroganoff, chickpea and lentil curry, fish pie, banana bread)
https://www.youtube.com/playlist?list=PLh7gvGGhPbb1p-pE3_K58nXPz_-ujevkj



Fóridge are continuing to work with young people in the Inishowen area. Staff have found new ways to carry out their work and are now doing support online to ensure that vulnerable young people are still able to access their service. Fóridge are still able to take new referrals so if you are aware of young people that would need help from Fóridge please get in touch. Fóridge are organising a Fit Festival for later in the year as part of the Healthy Ireland Fund with young people currently doing in home challenges as part of this. If you have any queries on Fóridge services please get in touch with either Susan Mc Loughlin on 086 606 4291 or Eimear O Connor on 086 917 1063 or Maura Gallagher on 086 384 0099

IDP bringing the Inishowen Community Together

Donegal COVID-19 Community Response Forum

A helpdesk will respond to the needs of vulnerable members of our community

Call 1800-928-982
Email covidsupport@donegalcoco.ie



**Comhairle Contae
Dhún na nGall**
Donegal County Council



Rialtas na hÉireann
Government of Ireland



**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

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"



**Department of Rural and
Community Development**

*An Roinn Forbartha
Taoithe agus Pobail*



**Comhairle Contae
Dhún na nGall**
Donegal County Council



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



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