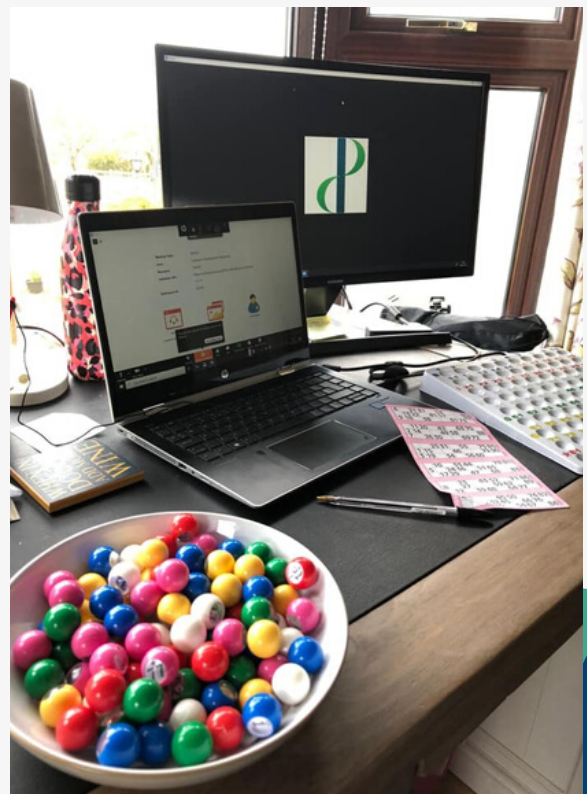


Community Bulletin

Health & Wellbeing

IDP were delighted to have signed up to National Workplace Wellbeing Day which happened on Friday 1st May. Looking after our mental and physical wellbeing has never been more important as we continue Working Together but apart! One of our fun activities was Zoom bingo and we also had a really helpful Self Care session facilitated by Dr. Breda Friel from Insight Inishowen"

#WorkWellIreland #WorkWell20
@WellbeingDayIRL #IDPSupportingInishowen



#STRONGERTOGETHER
INISHOWEN FOOD BANK



**A CONFIDENTIAL SERVICE TO
SUPPORT ANYONE IN
INISHOWEN WHO IS IN NEED
DURING THE COVID-19 EMERGENCY**

**CALL 074 937 3303
(MONDAY TO SUNDAY 8AM TO 8PM)
OR EMAIL:**

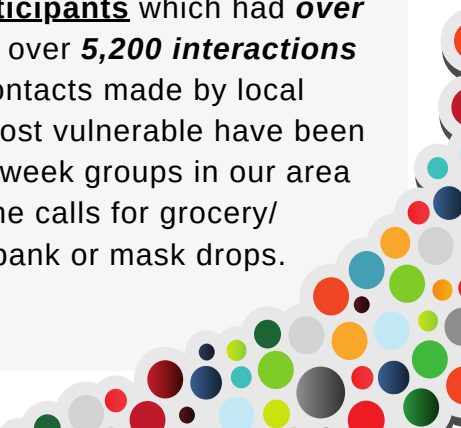
EXCHANGEINISHOWEN@GMAIL.COM

OPERATED BY THE EXCHANGE INISHOWEN, BUNCRANA
(CHARITY NUMBER 20107857) SPRAGI AGUS SPÓRT, CARNDONAGH
(CHARITY NUMBER 20077105) AND TRINITY COURT NEWTONCUNNINGHAM (CHARITY NUMBER
20062101) IN PARTNERSHIP WITH
INISHOWEN DEVELOPMENT PARTNERSHIP



#INISHOWEN STRONGER TOGETHER

Over the past 8 weeks our community has pulled together in a way that shows us the importance of community and of supporting each other. Our **#StrongerTogether** video series had **26 participants** which had **over 19,000 views** and over **5,200 interactions** and the various contacts made by local groups to those most vulnerable have been astounding. Each week groups in our area reach out via phone calls for grocery/ prescription, foodbank or mask drops.





Over the course of the covid19 pandemic our front line staff have been in contact with our clients on an ongoing basis. You can contact IDP at enquiries@inishowen.ie



788

Outgoing Emails



271

Outgoing Telephone calls

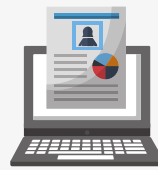


The Job Club team are still here to help you remotely. We can offer you individual appointments for CV design, Interview Preparation etc, either using the phone, facetime, skype or Zoom. Contact the team at jobclub@inishowen.ie and they will do their best to assist you.



86

Individual one to one supports



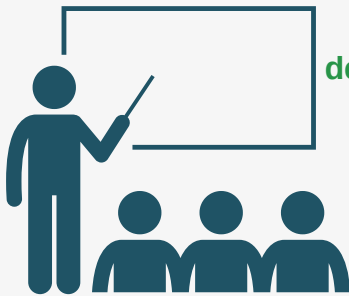
24

CV preparation



9

Placements



Online Training

During this time we have adapted our way of working and continued to deliver training to our clients and facilitated delivery for our partners too.

Enterprise Training Workshops

34

- Scenario Planning your Cashflow with Excel **8**
- One Drive and Teams **19**
- Social Media Master Class **7**

Project collaborations

111

- Donegal Choir of all Ages Ceol le Chéile **70**
- CFI Online Cookery Demo **21**
- SDG Workshop - Changemakers **20**

Shared History Project participants

95

- DNA & Ancestry **62**
- Family History Research **33**

*Countries reached:
USA, Canada, Spain, Scotland, England, Wales, Northern Ireland & Ireland*

This Project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB)

Our Enterprise Unit has been working with new & existing businesses



28

Access to Covid Payments

12

Business Continuity

Grant Referrals to

LEO

115

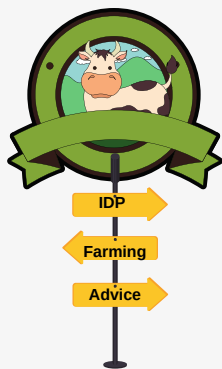
One-to-one telephone & email advice



10

Online Trading Vouchers Referrals

Our Farm & Family Officer Joe Sweeney is still on hand to answer all your farming queries. Joe can be contacted at joe@inishowen.ie



37
Single Farm Applications

4
Applications for TAMS

100
Over one-to-one support

28
Referred to DEASP

21
Beep Applications

5
Wills & Transfers

Community Groups & Social Enterprise



We have had Inishowen Social Enterprise meetings every week with our groups which has been an excellent platform for keeping up to date with community initiatives and helped identify gaps. One such gap identified was the need for a community foodbank which has now been set up across 4 locations in the peninsula. Groups including our own TUS, RSS, CE and SICAP staff have been supporting initiatives such as food distribution, handling calls through ALONE, delivering care packs in conjunction with Age Alliance

Youth Supports - staying in contact with our young people



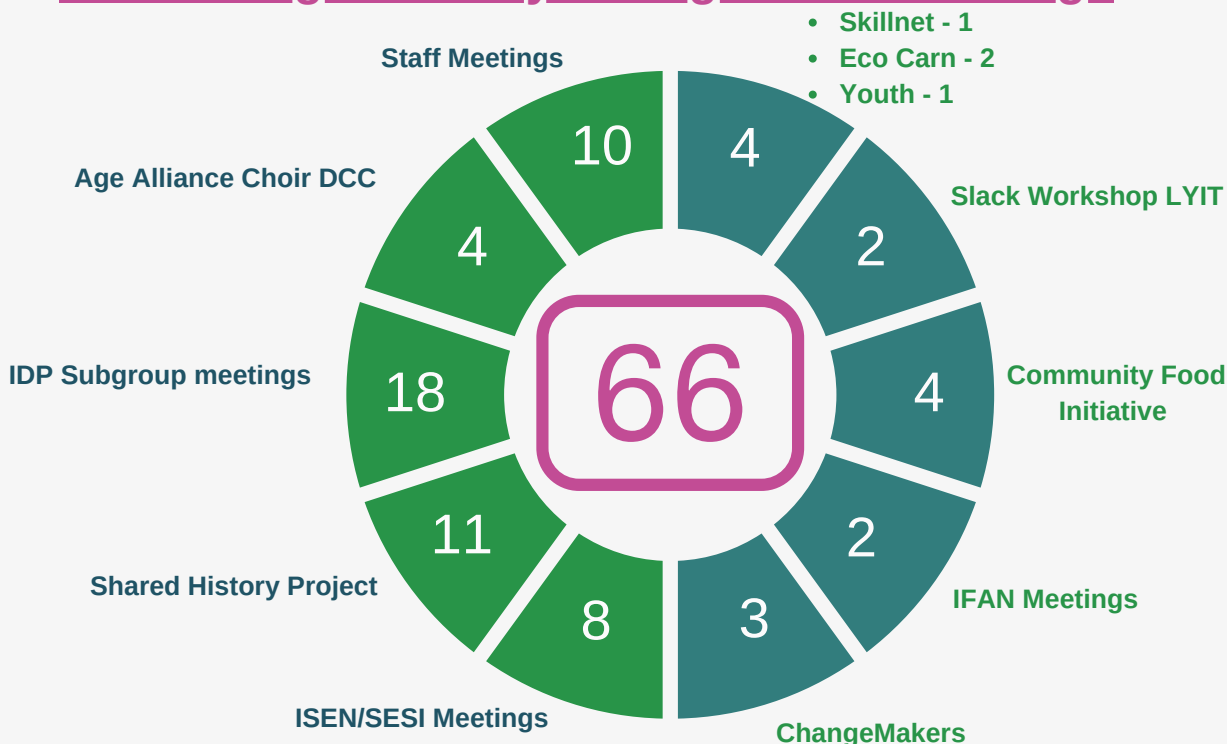
Zoom meetings with our 13 Chance participants

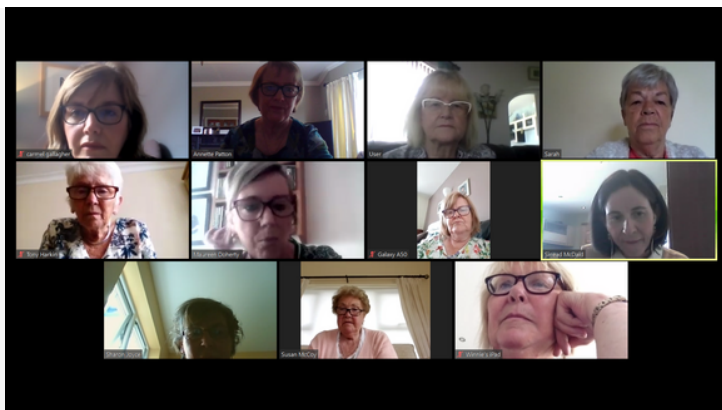
Back to Education Zoom session with LYIT to provide prospective students with advice, information & support

18 PEACE IV Zoom sessions with 31 young people from Buncrana (15), Derry (8) & Strabane (8)



Connecting Remotely through Zoom Meetings





COFFEE MORNINGS

Annette Patton (Health & Wellbeing Facilitator) and Carmel Gallagher (Social Prescribing Co-ordinator) have been facilitating weekly coffee morning to help people stay connected in the current crisis. Sinead Mc Daid (IT tutor) also popped in for a cuppa this week to upskill attendees on using zoom. This will be ongoing every Friday at 11am and if anyone wants to join just get in touch with

carmel@inishowen.ie or Telephone; 0860406950. It is very informal with people sharing how they are passing the time in lockdown and what they are looking forward to in the coming weeks/months

Inishowen Sustainable Energy Community (SEC)

The team, led by the Inishowen Development Partnership (IDP) and Inishowen Co-op, are in the process of developing an Energy Master Plan (EMP) for our community in Inishowen. The EMP will help us to better understand how we are using energy in the community and to plan for projects to reduce our energy costs and prepare for a more sustainable future. The SEC is part of a growing national network of community teams leading local energy projects in Ireland. The Sustainable Energy Authority of Ireland (SEAI) are supporting these communities to learn, plan and complete energy projects to help Ireland transition to a low carbon future. A considerable amount of work on the Inishowen Energy Master Plan was completed before the COVID-19 shutdown, which included a number of audits/BERs completed on domestic/business /schools and community centres that are participating in the Energy Master Plan, and who now have received their respective findings. Inishowen Development Partnership in association with Inishowen Co-Op are delighted to support this initiative and look forward to its completion and to working closely with the community in the implementation of the plan. For further information contact Mary McCallion, Community Links Officer IDP mmccallion@inishowen.ie



Donegal Choir of Ages Ceol Le Chéile! IDP was delighted to host the @donegalcouncil Choir of Ages- Ceol Le Chéile welcoming members from all over the County! 70 participants were online at one stage, many have been cocooning, with little social interaction, some have only just started their online journey, jumping straight into ZOOM with a helping hand from IDP - thanks to Denis & Sinead.

"Congratulations on a brilliant session Donegal County Council" This is part of Donegal @AgeFriendlyDL Strategy & fosters social participation between older & younger people in Donegal.



CE Scheme



CE Supervisors keep in touch through Zoom meetings during this time. We have hosted a number of zoom calls for our colleagues and are delighted to share information on what is going on in our community. Many of the participants, if not supporting frontline activities are looking at training opportunities online. Congratulations to Angela McKinney, Well done on completing the on line, BARBICIDE-infection Control Best Practice



Communicating with Purpose for Community Groups

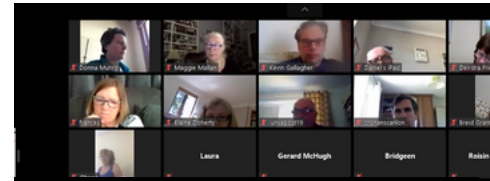
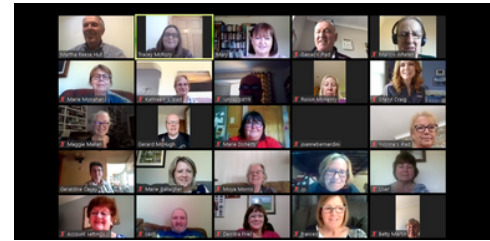
Insightful session by Evelyn McMarketing on Communicating with Purpose for Community and Voluntary Groups. You can look back on the full workshop here <https://youtu.be/ACr4DPxK250> #communications #socialenterprise #inishowen #onlinecommunity



Our first online **Sustainable Development Workshop** with ChangeMakers took place this morning with our staff team. Thanks to everyone who joined us and huge thanks to our project Co-Ordinator, Kate ,and to Joanne Butler and Grainne Ui Dhomhail who put so much work into planning, preparing and practicing for it. More to follow! Contact kate@inishowen.ie if you want to find out more, and/or host one through your own community organisation or group.

Our Shared History Project goes international!

Our Zoom session on DNA & Ancestry has reached 60 participants from right across the world! Well done to our team member Tracey McRory who has co-ordinated this project with her usual finesse and creativity. Thanks to Dan Hull for delivering such an informative session. Watch this space for details on our new series starting soon 'Tuesday Tales' will explore some of our lesser known local history. This Project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body - SEUPB



ECO Carn - Get Involved - Tell us what nature spot you love about Carndonagh



ECO Carn is a network of local schools, businesses and community groups and agencies. Submitting your records for biodiversity within the town and in the surroundings areas helps us to establish what biodiversity is out there. The Inishowen Rivers Trust have developed a number of online forms for recording data. To encourage and reward participation and raise awareness Eco Carn have decided to run a 2021 Wildflower Calendar Photo Competition!



ECO Carn



Recording Wildflowers

Save the Date!

Friday, May 29 @ 11am

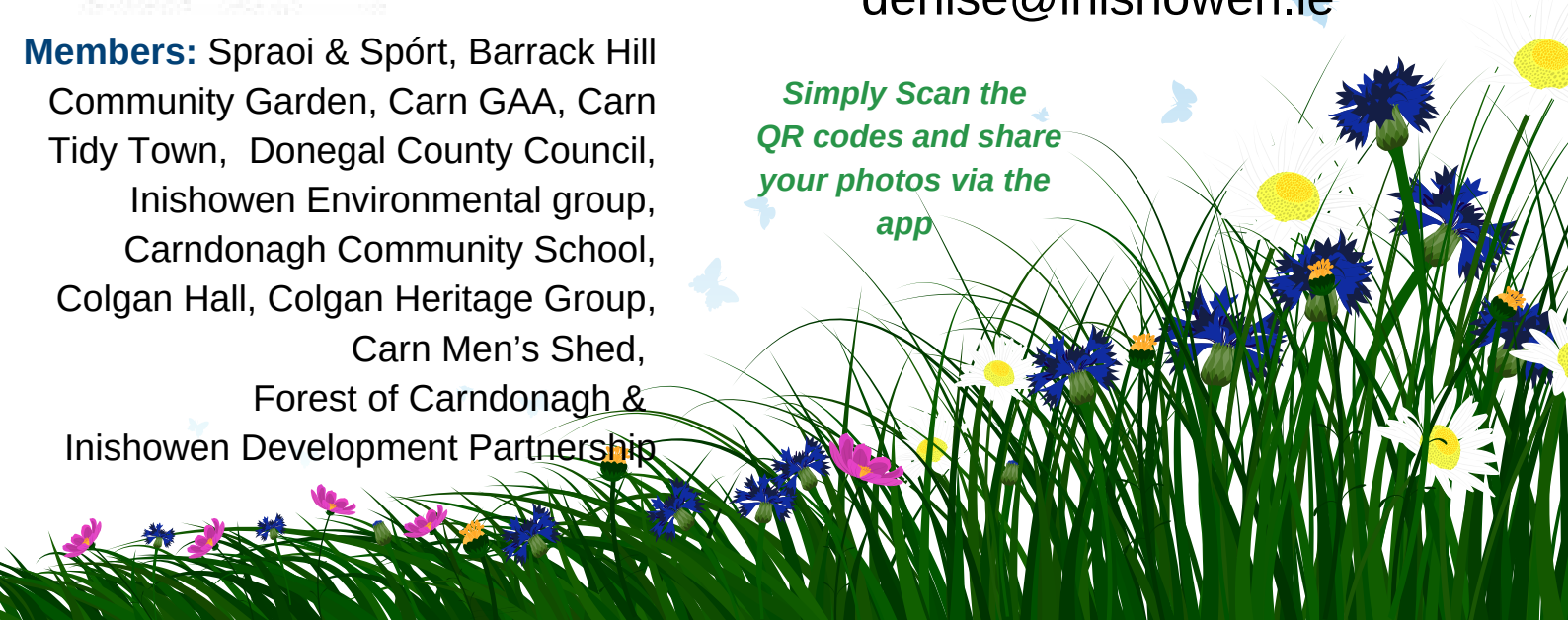
Talk on Hedgerows

To join the webinar email:

denise@inishowen.ie

Simply Scan the QR codes and share your photos via the app

Members: Spraoi & Spórt, Barrack Hill Community Garden, Carn GAA, Carn Tidy Town, Donegal County Council, Inishowen Environmental group, Carndonagh Community School, Colgan Hall, Colgan Heritage Group, Carn Men's Shed, Forest of Carndonagh & Inishowen Development Partnership





Free to Inishowen Companies

Getting Back Open For Business.....

Let us help #GetSafelyBackToWork

Innovation Inishowen Skillnet and Inishowen Development Partnership (IDP) have come together to offer the ultimate in support packages for you as you work your way through the maze of information and get ready to reopen your business.

We know that much of what you are faced with at this time is new, it is for all of us. Our panel are bringing to you their years of practical subject experience, combined with a detailed examination of the information presented from many agencies. In turn they are going to give you the facts, so that you can then use this advice to get your company open and people back into your workplace, working, functioning in this new normal. In addition to this we have prepared a set of guidance templates that you can use to assess your organisations needs and actions that to be taken.

	Darren Donaghy Workplace H&S Safety & External Site Management.
	Annette Houston FM Services Group Cleaning Sector Expert
	Sabrina Price, Boyd HR Staff Support and Management

INNOVATION INISHOWEN SKILLNET

Sales and Service Sector Series

[Re-deployed-
Unemployed]

FREE
Booking
Essential

Social Media - With Emma Boylan, Outside the Box	5th May	2pm-4pm
Sales Teams - with John Kelly FXL, Executive Solutions.	7th May	2pm-4pm
Brand Ambassador - Customer Servicing With Ana McColgan, IDP.	14th May	2pm-4pm

This series of webinars has been created for those of you who have worked in hospitality, leisure and retail sectors across Inishowen and have been laid off during the Covid-19 crisis.

Each course has been designed to enable you to cross-skill/up-skill and be ready to secure employment as soon as our local companies are open again.

Booking link here or email -
ana@inishowen.ie

Lifeline (Inishowen) Domestic Violence Service

- ★ Are you feeling isolated?
- ★ Afraid of your partner?
- ★ Constantly "walking on eggshells"?
- ★ Your needs are not considered important or are ignored?

YOU ARE NOT ALONE
WE ARE HERE TO SUPPORT YOU

Worried about a loved one's addiction to alcohol, other drugs or gambling?



Phone line family support

Coping with a loved one's addiction may be very stressful right now. While meetings are currently suspended, family support is being offered remotely by telephone. Service is confidential, Supportive & Non-judgemental. Need information, advice or signposting to treatment options. Open to anyone over 18 years.

If you're ready to talk,
we're ready to listen.
Mon - Fri : 9am - 5pm

087 8307066



A Listening & Signposting Service on Parenting during Covid-19

MONDAY TO FRIDAY
9AM - 3PM

FREEPHONE SERVICE TO SUPPORT DONEGAL PARENTS

A new freephone helpline to support parents in Donegal has been launched and is available Monday to Friday 9am-3pm. The Donegal Parent Support line (1800 112277) is a free, dedicated service, set up to listen to and support parents throughout the county through what are difficult times for all parents.



Listening Ear

087 170 8743

Line open 6pm to 8pm every day

At other times text a message. We will contact you to arrange a time to talk.

Whats coming up with IDP?

COMMUNICATIONS LEVEL 5 -

Would you like to be able to get your message across in a better way? LEARN new ways of Dealing with clients and co Workers, Writing skills in areas such as business correspondence, e-mails, reports, research assignments and personal writing. We are delighted announce and are now offering this course online. It will be delivered 2 mornings per week (Monday & Wednesday) from 10am - 12.30pm (2.5hrs) via zoom for 8 weeks, starting on Monday 25th May. Course Fee is €20 and will be fully tutor supported. To book contact Mary McGeehan Tel: 086 601 5085 Email: mmcgeehan@inishowen.ie Donegal ETB

New Online Workshops for Jobseekers:

As CV-19 restrictions slowly begin to lift, The Job Club are delighted to be able to bring you a new online workshop to assist you prepare for going back to work:

- Why not use this time to brush up on or develop your Interview Techniques, both in-person and remote
- Find out about the jobs market and how to update or create a CV that shows your skills and experience
- Small group sessions now available online via the free app Zoom

If you would like to book a place, please email your contact details to jobclub@inishowen.ie

The poster for the COMMUNICATIONS Level 5 course features logos for etb, INISHOWEN DEVELOPMENT PARTNERSHIP, and Donegal ETB. It includes icons for a smartphone, a laptop, and a speech bubble. The text states: 'Inishowen Development Partnership in association with Donegal ETB Community Education Support Programme COMMUNICATIONS Level 5 We are delighted announce that we have adapted this module and are now offering it as a new online course The course will be delivered 2 mornings per week (Monday & Wednesday) from 10am - 12.30pm (2.5hrs) via zoom for 8 weeks, starting on Monday 25th May Course Fee is €20 and will be fully tutor supported. While there are weekly structured sessions the format allows students to study flexibly at home at their own pace TO BOOK CONTACT MARY MCGEEHAN: Tel: 086 601 5085 Email: mmcgeehan@inishowen.ie' At the bottom, it lists funding sources: 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, and Rialtas na hÉireann Government of Ireland. It also mentions the Social Inclusion and Community Activation Programme (SICAP) 2018-2022 and the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020, along with logos for the Department of Rural and Community Development, Comhairle Contae Donegal, LCDC, idn, pobal, and etb.

New Courses Online

Start your Own Business – 4 week
Session starting **Tuesday 2nd June** from **2pm - 4pm** on the Zoom Platform Bite Size modules in Exploring

1. Self-employment/Business Idea
2. Legal Requirements
3. Market Research
4. Sales & Funding opportunities

Payroll – Basic and Intermediate

For more information or to book a place contact **Sinead McDaid** at sinead@inishowen.ie or Tel: 087 972 8784

Contact IDP



Email: enquiries@inishowen.ie
Facebook:
Inishowen Development Partnership
Tel: **074 9362218**

www.inishowen.ie