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September 2019



NEWSLETTER

Inishowen Development Partnership

Careers Advice & Employment Support

Autumn is a time of change and can be the perfect time of year to learn a new skill, update your current skill-set or to find a job that is right for you! Staff from IDP's Employment Support Team can offer you FREE 1:2:1 support and guidance that will help you make informed choices to enhance your future career prospects. Services available include:

- Careers Advice and Support
- CV Preparation and Design
- Advice on Suitable Training Courses and Other Options available* (*Apprenticeships, Traineeships, Employment Programmes etc.)
- Assistance to Find a Job
- Interview Advice and Preparation
- Training in Job Seeking Skills
- Cover Letters and Completing Application Forms

Appointments are available throughout Inishowen, so why not get in touch today for a chat!



Local, Affordable, Focused Training in Inishowen? Innovation Inishowen – Pilot Skillnet Proposal

IDP held two information sessions for Employers across the peninsula to get further information on the proposal to apply for a pilot Skillnet for Inishowen. Skillnet is an option to provide affordable, focused training and opportunities for continuing professional development for your company. Helen Nolan, Chairperson of IDP welcomed this opportunity saying "We in IDP are looking to seek interest in developing a pilot for Inishowen and offer opportunities for business to upskill or cross-skill and ultimately raise the skill levels across the peninsula." Training such as in-company or external sessions in co-operation with other companies in the areas of marketing, transport management, lean processing, CIPD -HR & Finance as well as an opportunity for industry sessions as part of professional CPD activity and peer networking could become available under this pilot programme. For more info log on to www.skillsnet.ie or contact Ana@inishowen.ie or phone IDP Buncrana on 0749362218.

A flyer for an 'Inishowen Skillnet Information Evening'. It features the Inishowen Development Partnership logo, the text 'INNOVATION INISHOWEN Pilot Skillnet Application', and details about the session: 'The Colgan Hall, Carndonagh on Wednesday 4th September 2019 @ 7:00pm'. It lists topics like 'Discuss the skills needs of your companies and staff' and 'What are the options available to up-skill/cross-skill and ultimately raise the skill levels across the peninsula?'. A lightbulb graphic is prominent. At the bottom, it says 'To book, click here' and provides the email ana@inishowen.ie and website www.skillsnet.ie.

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

'ACE' PILOT PROGRAMME LAUNCHED BY IDP 'ACE'- ACHIEVING CHANGE EFFECTIVELY

The 'ACE'

(Achieving Change Effectively)

The 'ACE' (Achieving Change Effectively) Pilot Programme was offered by Inishowen Development Partnership in June 2019. The course was facilitated by Annette Patton and Carmel Gallagher and was hosted by Quigley's Point Community Centre.

The aim of the programme is to provide an opportunity to boost participants' self-confidence and achieve effective change in their everyday lives.

The 'ACE' programme was well received by the participants as evidenced by their feedback.

"I liked the way the course was delivered and the people on the course";



Left to right; Carmel Gallagher (Tutor), Sharon Joyce, Margaret Grant, Patrick de Brún, Margaret Mullan, Claire Mc Monagle, Annette Patton (Tutor) Missing from photograph Tara Mc Colgan



"The setting was good; I liked the 5 Chairs/5 Choices video and class exercises on our behaviour styles";

"I liked the openness of the course in terms of getting to be heard and that what we were saying was understood";

"I enjoyed the group work and discussions we had; I think we learned a lot by listening to each other's challenges and experiences";

"I liked that it was a small group, and everyone was relaxed and talked openly; the two ladies that facilitated made us feel that they were part of the group and talked openly also";

"I definitely feel more positive about what I want and I'm in a good mindset".

100% Attendance for PAL Training Course Participants



Seated Left to right: Joanna McDaid, Sharon Quinn, Louise Crumlish, Annette Patton (Tutor), Shauna Crumlish, Breda Doherty and James Cunningham.

PAL (Personal Approaches to Living) course participants who achieved 100% attendance. The Personal Development QQI Level 4 course was held in Spraoi agus Sport, Carndonagh.

Course Tutor: Annette Patton commented that this was the first time that a group achieved 100% attendance and is testimony to the level of commitment and interest in achieving the best outcome for themselves. PAL has been running in the Peninsula for the past 7 years

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BUSINESS SUPPORTS



A Business Success Workshop was held on 17th June 2019 in Buncrana, Inishowen to celebrate the 20th anniversary of the Donegal Women in Business Network and targeted local Women already in Business.

The Event was hosted by Inishowen Development Partnership Enterprise Unit and was facilitated by Darina Eades, Management Solutions, Burt, Inishowen Co. Donegal

This Event brought local Women Entrepreneurs together to meet one another, share and learn from each other. Participants heard stories from three Speakers, each local business owners and doing well. There was learning in hearing about their challenges and opportunities and why self-employment met their own individual and creative needs. The key message was “think global, live local”.

The Event also provided an opportunity for these women to draw up their own “Individual Action Plan” to grow their businesses for greater success.

Areas explored included:

- Purpose, Vision and Planning
- Customer Engagement and strategies used
- Promotion strategy, methods and tools used
- Skills and Talents of themselves and their workforce
- How to manage Work Life balance.



"ACCURATE FINANCIAL RECORD KEEPING IS CRUCIAL TO YOUR BUSINESS"

Without good records it is simply impossible to determine the profitability or financial condition of your business" our local business owners know the benefits of the Keeping Records Workshop."



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

National Social Enterprise Policy welcomed by IDP

Inishowen Development Partnership, along with the representative body for the country's local development companies, has welcomed the publication of the National Social Enterprise Policy for Ireland.

Joint CEO of IDP, Shauna McClenaghan said "it is essential that this growing, vibrant and much needed sector has a supportive framework and is recognised for the positive impact on individuals in our community"

Helen Nolan, chairperson of IDP and also of Spraoi agus Spórt an award winning innovative social enterprise in Carndonagh, added that groups like hers and the other 20+ groups in the peninsula "need further support to provide for gaps in service provision and meet the needs in the community".

Ireland's 49 local development companies deliver extensive social enterprise supports alongside other programmes such as the national social inclusion programme (SICAP), LEADER, Local Employment Services, Jobs Club, Tús, Rural Social Scheme, CE Schemes and more to 173,000 individuals and almost 15,000 community groups annually.

"IDP is looking forward to playing a central role in ensuring the success of the new policy" Shauna concluded.



Success for Inishowen as recipient of 2019-22 Community Food Initiative



Initiative

safood to fund 14 new community food projects over 3 years

Inishowen Development Partnership, in association with the Inishowen Family Action Network (IFAN), is rolling out the programme in sites across the peninsula. Already IDP hosted a special network event to launch the programme and tell people more about initiative on May 25th in Buncrana in the grounds of Scoil Iosagain. The BBQ and picnic style event, offered a relaxed, fun and interactive event for families, with stalls from local providers. Denise McCool, Project Co-Ordinator for Inishowen noted "there was information on healthy eating options for families with the local library service also in attendance. Shauna McClenaghan was "delighted that we have been given the opportunity to once again be involved with this initiative. We found the first programme hugely beneficial and positive for families and the wider community, so we are delighted to be involved in this new programme. Already pilots have started in the area and network event was a fun day out for all the family"

Save the Date!

The second network event takes place on Saturday, October 5th as part of Wainfest

IDP/IFAN Community Food Initiative (CFI) Network Event
In association with Wainfest – Expect to Connect
Vegetarian Brunch with the Henry Girls...

Saturday, October 5th

11.00am

The Exchange, Buncrana

A morning of tastes and sounds ~ Vegetarian Cooking Tastefest for Families!

Jenny Doherty – Jenny's Pop up Bakery

Feras & Asmaa – Manaa's Diner A Taste of Syria

Family-friendly veggie recipes *and* samples to wet the palate! Quick and easy ways to bring healthy fresh eating to all the family. Join with Jenny, Asmaa & Feras and our three talented sisters from Malin, who are also long-time vegetarians, in sharing the joys and tastes of vegetarian cooking... and maybe a wee tune or two!

PLUS COUNTRY MARKET – fresh, local, organic vegetables, fruit, home-baking, etc.

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

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



Goal 1: Supporting Communities
Goal 2: Supporting Individuals

322
Individuals Supported

36 courses
125 QQI awards

17

People supported into Self-employment



19

People supported into Employment



32

Community Groups Supported



393

Children & Young People Supported



TRAINING COURSES PROVIDED

- Allergen Awareness Workshop
- Barista Workshop
- Bookkeeping Manual and Computerised
- Spreadsheets
- Word Processing
- Food Safety
- Communications
- Computer Applications
- Customer Service

255
Individuals Participated in Lifelong Learning Activities

- Digital Skills
- ECDL
- Facebook for Business
- Food Safety
- Keeping Record
- PAL
- Soft Skills
- Stepping Stones
- SYOB

INISHOWEN DEVELOPMENT PARTNERSHIP AUTUMN TRAINING COURSES 2019

SUBJECT TO FUNDING AND DEMAND

Allergen Awareness Workshop

Duration: 1/2-day

Cost: **€15**

Barista

Duration: 1-day

Cost: ***Free** eligibility criteria

Bookkeeping - Manual & Computerised (SAGE) QQI L5

Duration: 12 weeks x 4 hrs

Cost: **€70**

Child Welfare & Protection Basic Awareness Course

Duration: 4 hrs

Cost: **Free**

Communications QQI L4

Duration: 7 days x 6 hrs

Cost: ***Eligibility criteria**

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**

Community Development

Duration: 45 hrs

Cost: **€55**

Customer Service Excellence Workshop

Duration: 1 day x 7 hrs

Cost: **€10**

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**

Essentials of Starting a Food Business Workshop

Duration: 1/2 day

Cost: **TBC**

Facebook for Business

Duration: 3hr Workshop

Cost: **€10**

Food Safety CIEH L2

Duration: 1-day

Cost: **€50**



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 Employment, Inclusion and Learning (PEIL) 2014-2020**



EUROPEAN UNION

Investing in your future

European Social Fund



**Rialtas na hÉireann
Government of Ireland**



Contact Details

Phone: 074 93 62218

Email: enquiries@inishowen.ie

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

*part funded by Donegal ETB Community
Education Supports Programme

*funded through Taste4Success Skillsnet

INISHOWEN DEVELOPMENT PARTNERSHIP AUTUMN TRAINING COURSES 2019

SUBJECT TO FUNDING AND DEMAND

Food Safety inc HACCP QQI L4

Duration: 2 days

Cost: ***Free** eligibility criteria

Global Development QQI L6

Duration: 6 days x 7 hrs

Cost: **€65**

Keeping Records

Duration: 1 day 9am - 5 pm

Cost: **€10**

MedLit Digital Skills

Duration: 4 days x 2 hours

Cost: **Free**

Personal Effectiveness -

Stepping Stones QQI L3

Duration: 6 days x 3 hrs

Cost: **Free**

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**

SYOB

Duration: 2 days x 7.5 hrs pd

Cost: **€20**

Woodwork QQI L4

Duration: 10 weeks x 4 hrs

Cost: **€45**

Work Experience QQI L4

Duration: 4 days x 7 hrs

Cost: ***Eligibility criteria**



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 Employment, Inclusion and Learning (PEIL) 2014-2020**



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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

Youth Projects

Gary Duffy & Niamh Clerkin, Youth Workers

Chance Project Fifteen young people from across the Inishowen Peninsula received their certificates at a special presentation in Buncrana Youth Club, having successfully completed the CHANCE Project- a programme in personal and skills development, funded through the International Fund for Ireland's Personal Youth Development Programme (PYDP). CHANCE was created to help young people develop skills that will enable them to progress into training, further education or employment.

The blended programme offered a combination of skills training, personal development and leisure activities to identify appropriate pathways for the participants to progress into education, training or work.

The guest's ceremony included newly elected County Mayor, Cllr Nicholas Crossan as well as Paddy Harte, Chair of the International Fund for Ireland. Congratulating the fifteen graduates of the programme, Mr Harte said: "We were delighted to support this project through our PYDP programme, as it typifies the positive impact and change that we are committed to delivering in communities around the border counties and in Northern Ireland. Sometimes traditional youth efforts are not effective in engaging with young people or the complex and polarising issues that they face, and new ideas and new approaches are needed. PYDP is designed for young people who feel let down or left behind. It aims to help young people build and develop life skills that foster good relations, build confidence and resilience and make them more employable.



Education and Social Outing
The CHANCE Project visiting the Ulster American Folk park in Omagh.



St Muras National School Feeling 'GREAT'

St Muras National School took part in IDP's PEACE IV funded 'GREAT' Programme -(Good Relations, Empathy and Tolerance).

The **GREAT Programme** aims 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. This programme is designed to assist young people on their journeys to reach their full potential and capabilities, to make an impact in today's world, accepting and respecting each other and also making a positive change to their communities. The GREAT programme is designed to inspire young people to make a difference.

Through this programme, St Muras National School had to complete a community project so the young people organised to have a bake sale and donate all profits to I.C.A.R.E. (Inishowen Childrens Autism Related Education). The young people decided on fundraising for I.C.A.R.E after they took part in the world Autism awareness day walk with I.C.A.R.E. There they saw that it's a vital resource and it deserves more support.

The bake sale was on the 14th June 2019 and was a huge success, the young people raised € 571 for I.C.A.R.E. This project has been supported by the EU's PEACE IV Programme, managed by the Special EU Programme Body (SEUPB). For more information on the GREAT Programme please contact niamh@inishowen.ie

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Cross border Summer Trips 2019

Some of the Inishowen Participants on the first of four summer trips as part of the Cross border Older People's project in conjunction with Waterside Shared Village's PEACE IV Programme. Photo shows IDP staff, Mary McGeehan & Carmel Gallagher on the Cross border Older People's programme on the 1st trip to Glenarm Castle & Tulip Festival. Trips proved very popular with 36 older people from Inishowen on each trip.



Communications QQI L4



Charlie Bonnar:
"Very informative...and a lot of fun. I found it good for sharpening up my computer, emailing, and social networking skills!"

Liam McDermott:
"Because of the course I'm more confident with I.T. and with applying for jobs in the future. I enjoyed the social aspect of being on the course and meeting new people!"

Participants on our Communications module L4 in Serenity House, Moville. This hands on communications course focuses on all the critical elements, allowing you to leave the course with a plan to build your self confidence and improve your communication techniques. The course is offered on a part-time basis – a total of 42 hours. The programme duration is 7 full days (1 day a week).



The Chance Participants who successfully completed their ECDL Course recently in Buncrana.

IFAN Inishowen Family Action Network

was established in 2007 following a wide consultation with families and those agencies and organisations supporting families in Inishowen. IFAN's mission is "To create an environment for a joined up and integrated approach to supporting parents, carers, children and young people living in Inishowen". IFAN is an interagency collaborative network working across the sectors seeking to promote a coordinated approach to service provision ensuring quality and accessibility of services. The vision for IFAN is "To strive for a cooperative, multi-agency approach to supporting parents, carers, families, children and young people in Inishowen". IFAN is coordinated by IDP.

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

➔ Cross Border Shared Heritage PEACE IV Project



Fantastic and fascinating talk on 'Brehon Law' held this month in An Grianan Hotel as

of the Cross Border Shared Heritage PEACE IV Project. Thank you to our guest speaker Martin Mellon (Chairperson of Cineál Eoghain) who gave such a wonderful presentation. It was great to see so many people attend the event during a busy 'Heritage Week' throughout Donegal. Thanks to Cáit Ní Cheallaigh who provided us with some beautiful Harp music at the event. For further information on upcoming events and programmes please contact: Tracey McRory at Inishowen Development Partnership 074 93 62218 Email: tracey@inishowen.ie This Project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB)



Inishowen Employer Breakfast Briefing May 2019

Marie Monahan & Aisling Sheehy, Job Club Staff

Our Job Club team, Marie Monahan & Aisling Sheehy, were delighted to attend a recent Breakfast Briefing event for local Inishowen Employers. The event was very well organised by staff at the local Intreo-Employment & Support Services and held in the Inishowen Gateway Hotel. Marie Monahan, Job Club Coordinator, delivered a presentation at the event, to inform the local business community about the services available to them at Inishowen Development Partnership. The Job Club team are in contact with local Employers on a daily basis, assisting them with their recruitment needs. It is great to see the strong links that have been built up over the years with our Inishowen business community, which is why employers return time and time again to avail of this great free service. If you would like to discuss your upcoming vacancies, please call Aisling Sheehy/Marie Monahan on (074) 9362218.

➔ American Embassy



Niamh Clerkin, Youth Project Worker, PEACE IV Programme visited the American Embassy to discuss our youth projects.

➔ Community Leadership

Spread the word in your networks please folks

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 IDP 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:
 paul@idp@donegal.etb.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 analyse social environments 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 experiencing respect and fostering a shared understanding.

Partners: Donegal ETB, DLDC, Peace, Inishowen Development Partnership, Intreo, Donegal County Council, Letterkenny City Council, Finn Valley Community Development Centre, South Donegal Community Development Centre.

➔ Parents Plus Programme

Parents Plus Children's Programme coming to Buncrana starting on Tuesday evenings from 1st October. Sign up for the course using this link <https://forms.gle/RghfGcZ3QmD2R7raA> ...or by contacting Bairbre directly in the office on 0871736667 or by email to bairbre.parenthub@gmail.com #parentsplus



PARENTS PLUS Children's Programme
 An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged six to 11 years.

Buncrana
 IDP Offices St Mary's Road
 A 6 week course starting Tuesday 1st October 7-9pm

The course will be facilitated by John Jackson (DP & Oris Walsh HSE)
 For more information or to reserve your place, please contact:
 Bairbre Cahill on 087 1736667
 or email bairbre.parenthub@gmail.com
 €15 donation covers Parent's handbook and tea/coffee

Parents Plus is an Irish charity that develops practical, evidence-based parenting and support for all parents. The programme works with parents directly for improved parent health, confidence, self-esteem, child learning, discipline and positive behaviour and emotional control.

ParentsPlus
 Empowering Professionals to Support Families
www.parenthood.ie

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Launch of MedLit on-line Training Tool



IDP recently launched the on-line training tool developed through the MedLit Project. Women were invited to come along and learn more about this free tool to support migrant women's media literacy, followed by a delicious lunch of Syrian food. Thanks to Asmaa for providing the wonderful array of food. What's on offer? MedLit offers free training in IT, basic computer skills, social media, web search, information and support for migrant women living in Inishowen. The online learning platform is a tool to help you increase understanding and learn new digital skills such as using the internet, booking a flight, searching for health service etc.



What is Media Literacy? Media literacy is closely related to active engagement in democratic life, to citizenship and the ability to exercise judgment critically and independently. The concept covers different media such as broadcasting, video, radio, press, through various channels: traditional, internet, social media. Media can facilitate the integration of refugees and migrants in a new country by providing access to information about available education, health or other services or about political and administrative information on the host country, as well as support systems and organisations available. They can also support the learning of the host country language, looking for a job, getting qualifications recognised.

Further Information contact Sinead or Denise at IDP 074-9362218

Email: sinead@inishowen.ie or denise@inishowen.ie

The project funded under ERASMUS PLUS, "Media Literacy for refugee, asylum seeking and migrant women", aims to contribute to the integration of refugee, asylum seeking and migrant women in six EU Member States namely Austria, Greece, Ireland, Italy, Malta and the UK.

BUY LOCAL, BUY FRESH!

INISHOWEN FOOD MARKET

Every Week... Supporting local producers, bakers, growers, artisans & crafters. Fruit, vegetables, home baking, jams, plants, soaps as well as other local products...

Fridays 10am - 12 noon
The Kitchen - Colgan Hall, Carndonagh

For more info contact IDP 93 62218

Have you moved to the Inishowen area? Would you like to meet other women? Like to join with a group of women... Try new activities, visit parts of Inishowen you may not know, enjoy a coffee and some lunch..... Then join us...

WISH

Women's Intercultural Support Hub

DIGITAL PHOTOGRAPHY FOR BEGINNERS (2 SESSIONS)

SEPTEMBER 2019 - 2 VENUES: BUNCRANA & CARNDONAGH

FEEL FREE TO BRING A FRIEND... This will be an opportunity to visit a few locations around Inishowen - taking photographs on location and also create some family portraits

A chance to meet other people, learn a skill, make new friends, get to know the local peninsula and participate in our WISH arts programme

OPPORTUNITY TO LEARN MORE ABOUT ERASMUS PLUS - MEDIA LITERACY PROJECT (MEDLIT) FOR MIGRANT WOMEN

For details and to book a place contact Denise/Carmel IDP 074 93 62218
This Project is supported by the Communities Integration Fund

INISHOWEN DEVELOPMENT PARTNERSHIP

In association with Carn Men's Shed Furniture Restoration & French Polishing Workshops

This Course is supported by SICAP

10 Week Programme starting Tuesday Oct 1 7.30 pm - 9.30 pm
Course fee: €40

Booking essential telephone Katie/Maureen on 074 93 62218

This course will be held in Carndonagh Men's Shed Old Coop

Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union

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