

### **NEWSLETTER**

People Place Progress

Our People, Our Place, Our Progress

#### Community Food Initiative (CFI) Online Cooking continues in 2021 across the peninsula!

Following on from the success of the CFI online cookery sessions piloted during lockdown in 2020, we organised another cookery programme for families in the Buncrana area in March & April of this year. The interest was great with 14 families signed up for the programme looking for new tasty healthy dinner recipes. The programme linked in with a number of organisations including The Exchange, Home School Liaison (HSCL's), Family Support Workers and South Inishowen School Completion (SISCP). We have now organised another CFI online cookery programme for May and June for families in Carndonagh and surrounding area. Again the interest has been great and we are linking in with Spraoi & Sport, HSCL's, FSW's and North Inishowen School Completion (NISCP).



Families participating are encouraged to have their children as involved as possible in the entire process and we check in on their progress via weekly phone calls. All participants are asked to take photos whilst preparing, cooking and provide a photo of the completed recipe/meal. They will be asked to forward this info to us by email or what's app. The following week participants are able to share how they got on in preparing and cooking the meal. While

# Young Parents & Childminders

We will be delivering a course for the month of June- aimed at young parents or childminders – in relation to getting out and about- becoming more familiar with the natural environment in Inishowen and looking at what can be done for free. We will cover things like;

- Keeping a routine- for health and well being
- Local attractions- for free (Planning a great local summer)
- Mindful meditations
- Building your social networks
- Local support services
- Meet up- Restrictions permmiting

this concentrates mostly on Healthy Dinners, we also support families to explore other cooking skills. All Recipes demonstrated are Safefood recipes from 101 Square Meals and delivered by local chefs Jenny – Jenny's Pop-up Bakery and Niamh Britton - Nutrition to suit You. Youtube links are shared following each zoom session and links also to Safefood website and additional recipes are shared also.

IDP have been delivering the Community Food Initiative in collaboration with partners in the Inishowen Family Action Network (IFAN) since 2017 and it has proved very popular with families over the years.



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part of the powerful 'Inishowen Social Enterprise Network' (ISEN), a hardworking & innovative network comprising of many of the social enterprises & community organisations in our peninsula!

#### LAUNCH OF ISEN LOGO

We are delighted to introduce the new ISEN Logo to you.

ISEN is a network of Social Enterprises based in Inishowen, supported by Inishowen Development Partnership, who are collaborating to help bring new ideas that make Inishowen a great place to live, work and flourish #PeoplePlaceProgress.

Designed in the outline of Inishowen, the tree trunk symbolises the strength of the ISEN members, branching out to the colourful leaves representing the #SocEnts The yellow dots; a nod to The LightHouses of Inishowen. We hope you love it as much as we do. Designed by Katriona Designs.



#### **ISEN Thriving**

Capacity building workshops for our community & voluntary and social enterprise sector continue to be rolled out online as part of the Thrive programme. So far we have covered topics such as Effective Funding & Proposal Writing, Committee Skills & Online Meetings and Marketing Communications.

#### Save The Date For

Inishowen Walking Festival 10th-12th September 2021 by ISEN facilitated by IDP. The theme for this year's festival will be Colmcille 1500 and based on community wellbeing. It is supported by Donegal County Council and Donegal Sports Partnership. Stay tuned for more details...

#### **ISEN Collaborations**

ISEN members met at the start of 2021 with a renewed sense of hope and we in IDP facilitated a planning meeting. We reviewed the previous work and the plans for Thrive and we looked forward to find ways to amplify their effort by working together. The ISEN members settled on two initial projects to take forward. The chosen projects are QR Codes (coastal tourism and community interest) and Inishowen Walking Festival (coastal tourism and community interest). These initial two small scale projects will be a test-bed for this collaborative approach. Work is progressing well.

#### Zoomiversary

ISEN celebrated a full year of meeting online with a new network logo organised by IDP.

#### Inishowen Development Partnership (IDP) Cross Border Shared Heritage Project



Inishowen Development Partnership PEACE IV Project will bring to a close its successful Cross Border Shared Heritage Project. The Project was designed to provide an opportunity to learn lessons from the past and apply them to the present day to create a safer, better future for the citizens living in Donegal and border counties. The Project explores how we remember key events in our history, developing an understanding of how these events were experienced by different communities within the County and cross border and how these historical legacies have contributed to relationships today. While challenging attitudes, sharing a perspective the project helped to develop a greater level of trust and tolerance of our shared history on the island of Ireland.

Funded projects under the Donegal Building Positive Relations Local Action Plan have focused on the promotion of positive relations at a local and regional level, characterised by respect and where cultural diversity is celebrated and people can live, learn and socialise together, free from prejudice, hate and intolerance.

Project Worker Tracey McRory says "We are delighted with how many people engaged with the Project through our 'Children's Heritage, Shared History, Reminiscence and Intercultural Music programmes creating greater cross community connections and friendships. We have been honoured to work with so many wonderful people who have given their time and commitment to taking part in the programme and building relationships"

The COVID-19 crisis created significant challenges and there is no doubt that the spread of the COVID-19 virus has had a profound impact on society. As the Cross Border Shared Heritage Project adapted to the delivery of activities digitally due to the pandemic restrictions, Inishowen Development Partnership were committed to continuing our exploration of our shared heritage with its many pasts and creating strong peace and reconciliation impacts for those participating in the project.

IDP's Joint CEO, Shauna McClenaghan said "We thank all of the participants, project supporters and Donegal County Council PEACE IV team who have helped us to deliver a very successful project. We know that the connections made through the project will be sustained into the future"

While the close of this successful project is sad, we also will celebrate the launch of 'Our Days and Nights' A reminiscence publication bringing together people from Inishowen and Derry/Londonderry.

Chairperson of IDP, Helen Nolan added "the reach of this project has been immense offering connections with people from near and far throughout the pandemic. We in IDP are proud of the way the project has embraced Shared Heritage in innovative ways over the last two years and is a reflection on the need for projects like this to continue in a more sustained way into the future".

The PEACE IV programme is financed through the European Regional Development Fund (ERDF) of the European Union with match-funding provided the Executive Office NI and the Department for Rural and Community Development Ireland and is managed by the Special EU Programmes Body (SEUPB).









IDP was delighted to work across 10 locations, wth 221 participants to listen, learn and plan with communities. See over for some of the broader findings, which were shared back to the areas and will be launched in the full report – telling a current picture of the challenges, opportunities and great community spirit that is across the peninsula



- Access to training and education in the community
- Agriculture protected and sustainable
- Arts, music and culture integral
- Collaborative community information and connections
- Connectivity BB; mobile; roads; transport
- Diaspora connected inwards
- Food security and sustainability
- Green growth and clean energy
- Health and wellbeing- linking environment, open spaces, amenities and people
- Heritage and history mapped and joined
- Marine economy and our costal communities
- Natural environment the greatest asset of the peninsula
- Regeneration planning
- Resourcing the community
- Sustainable tourism

This is current, relevant, rich and common purpose information and data that will support IDP and the People, Place and Progress of Jaiobowen

### **EnVision Series**



#### **CROWDFUNDING SEMINAR**

Approximately 50 people from various groups and agencies across Inishowen and beyond joined IDP's crowdfunding seminar in April. The workshop provided participants with an in-depth overview of what it is, who it is most suitable for and the benefits of Crowdfunding. Guest Speakers Mauricio O'Brien, from the European Crowdfunding Network (ECN) and Michelle Reid from one of the top Irish crowdfunding platforms, Fundit.ie gave great insights into this whole area of fundraising.



#### Migrant Strategy

IDP is part of the countywide Migrant strategy interagency working group, supported under IDP LEADER to develop a Donegal Intercultural and Migrant Integration Strategy. It is now being prepared under the auspices of **Donegal Local Community** Development Committee, with the support of the Values Lab- Niall Crowley and Rachel Mullan. The strategy will be developed in collaboration with the steering group members, drawing from commitments made in the national Migrant Integration Strategy: A Blueprint for the Future, and informed by the consultation process led by Donegal Intercultural Platform and captured in the report 'Towards an Inclusion Strategy for members of Black and Minority Ethnic Communities in County Donegal'.

## FREE Spring-Summer Zoom Workshops

IDP is accepting names for our FREE Spring-Summer Zoom Workshops. Open to individuals, groups and organisations who feel they would like a refresher, or to those who have never tried it before! Zoom is a wonderful way to keep in touch with family, here or abroad. Host committee meetings or online classes for groups, or even to add to your existing IT skills. All ages welcome. Contact enquiries@inishowen.ie

# Entrepreneurial spirit is alive in Inishowen!!

#### Sinead McDaid, Enterprise Officer

Having an entrepreneurial spirit means more than wanting to start your own business, it means holding values like vision, confidence, passion and innovation on a higher level than profit, permanence and certainty. It motivates new start-ups to take the initial step to achieve their aspirations and dreams.

The Covid 19 has dealt us many challenges but it has afforded people the space to upskill, train and develop their business Idea.

We have seen an increase in people participating in Enterprise Training these last few months. We offer a diverse range of Training programmes from our pre-entrepreneurial programme of Start Your Own Business Course and Easi-Bookkeping for small Business to our Digital Marketing Training – Mastering your Social Media Channels, Canva Training and a range of bespoke programmes, funded through Inishowen Skillnet e.g. Customs Workshop, Costing & Pricing Workshop, Advanced Canva etc

Therefore, if you have true Entrepreneurial Spirit and a dream to run your own business or a business idea you would like to explore more, please contact us at IDP and we can help assess your business viability and help you achieve your dreams. Check out our next range of Enterprise Training for this quarter. For more information, contact our Enterprise Officer: Sinead McDaid - sinead@inishowen.ie



Start Your Own Business Training



Mastering Social Media Channels



Easi Bookkeeping Course





#### COURSE

Easi Bookkeeping for Small Business Intermediate Canva Training Advanced Canva Training Start Your Own Business Course Mastering Social Media Channel Pricing Costing Workshop ROS Online (Revenue Online System)

#### TRAINING

May 19th & 21st
May 20th
May 27th
June 21st, 22nd & 23rd
July 5th, 6th & 7th
Sept 13th & 14th
Sept 22nd & 23rd

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

#### INNOVATION INISHOWEN | SKILLNET

#### April 2021

<b>#</b>		•	<b>&amp;</b> +	0
20th April	Inishowen Employers' Engagement Event	FREE SESSION		11am & 3pm
26th -27th April	Pricing and Costing Programme for SME for Owners and Managers	Inishowen Companies €25pp [Non InishowenSkillnet Company €45	25 places	10am- 1 pm
28th April	Lean Fundamentals	Inishowen Companies €60pp Non Inishowen Skillnet Company €210	8 places	Digital Delivery
29th April	Advanced Canva	Inishowen Companies €45pp Non InishowenSkillnet Company €75	15 places	Digital Delivery

#### May 2021

<b>#</b>	<b>≈</b>	<b>3</b>	<b>&amp;</b> +	0
18th -21st May	Digital Journalism for Print Journalists	Inishowen Companies €160pp Non Inishowen Skillnet Company €285	8 places	2pm 4pm
18th -25th May	All About the Food and the People - Food Safety/HACCP/Alergen Awareness and Customer Service for Takeaway 's, Deli s and Cafe's	Inishowen Companies €60pp <i>for Certifications</i>	20 places	10am -1pm daily

#### June 2021

<b>*</b>		0	<b>≗</b> +	0
8th -10th June	Finance for Non- Financial Managers	Inishowen Companies <b>€1</b> 095pp <i>Non Inishowen Skillnet</i> <i>Company €2 075</i>	8 places	Digital delivery
4th & 5th June	Advanced Negotiation Skills for Owners and Senior Managers	Inishowen Companies € 750 pp Non Inishowen Skillnet Company €1, 385	8 places	Digtal Delivery

#### September 2021

<b>#</b>	<b>₽</b>	•	<b>-</b> +	0
13th-14th Septemer	Pricing and Costing Programme SME for Owners and Managers	Inishowen Companies €25pp Non Inishowen Skillnet Company €45	<b>12-15</b> places	10am-1pm each day

#### In Company Specific Programmes- Register Interest

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4 Day	Electrical Testing & Verification ADV.	Inishowen Companies €350 pp Non Inishowen Skillnet Company €699	8 places	Register Interest
2 Day	Electrical Testing & Verification Intro.	Inishowen Companies €155pp Non Inishowen Skillnet Company €399	8 places	Register Interest
Dates Negotiable	PAT Testing	Inishowen Companies €270pp Non Inishowen Skillnet Company €325	8 places	Register Interest
1 Day programme	EMERGENCY LIGHTING REVIEW PROGRAMME	Inishowen Companies €90pp Non Inishowen Skillnet Company €200	8 places	Register Interest
12- week programme	Business Administration Accredited	Inishowen Companies €TBCpp Non Inishowen Skillnet Company €TBC	8 places	Register Interest
4 Sessions	Inishowen Co-op/IDP GreenKeeper and Landscaping Programme	Inishowen Companies € TBCpp Non Inishowen Skillnet Company €	8-10 places	Register Interest
1-1 programe	Building Website Content to Drive Traffic	Inishowen Companies €25 pp Non Inishowen Skillnet Company €4 5	8 Companie	Register S Interest

Website: www inishowenskillnet ie

e-mail: ana@inishowen ie Phone: 074 62218- Mobile: 0833022262





## JOB CLUB

Inishowen





#### **Topics**

SNA

11am via Zoom

- Special Needs Assistants (SNA)
- Guest speakers from local crèches / nurseries
- CV Preparation
- · Interview techniques
- Training / qualification information
- Recruitment help

Hosted by the Job Club at Inishowen Development Partnership









# JOB CLUB INFORMATION SESSIONS ON CHILDCARE / SNA SECTOR

Marie Monahan & Sylvia Doherty

The Job Club recently hosted information sessions for those interested in following careers in childcare or special needs education. The sessions were delivered over three mornings on Zoom. Those was a high level of interest with over 20 people attending each day's session.

The guest speakers included Danielle Mc Gee, Buncrana ETB FE Training Centre and Siobhan Murray, ETB who manages the Recognition of Prior Learning programme. They talked about training and education. Sarah Quigley Burns, Little Acorns Montessori, Carndonagh and Michelle McKenna, Shelly's Childcare outlined a typical day, the duties of a childcare assistant, the different job roles and offered advice on how to enter the sector.

Mary Carroll, SNA in Bocan Community Creche shared her journey into her current position. She elaborated on the challenges and rewards of her work. Further insight was given by Caroline Borden, manager of the community creche. Sinead McLaughlin, Principal, Scoil Íosagáin gave a very clear description of her school's approach into the delivery of special needs education and how the SNAs meet the children's needs. She also offered suggestions on how to enter the sector.

Those attending received guidance on designing an appropriate CV and how to approach interviews when applying for jobs in childcare or special needs education.

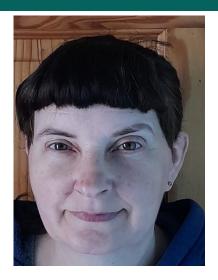


The CE Childcare scheme funded by the Department of Social Protection and co-ordinated by IDP is an essential part of our community ecosystem supporting the people, place and progress of Inishowen.

Pauline Coyle, CE Supervisor, commented that our childcare workers had no hesitation when asked to return to their workplaces in supporting the Childcare sector during covid. They all attended online training delivered through IDPs Skillnet programme on returning to work safely, deep cleaning and hygiene protocols and more, willingly adhering to new policies and procedures.

CE Childcare Participants show devotion to their role as educators – returning to work during Covid is dedication to your job.

#### Pauline Coyle CE/JI Supervisor



"Returning to work during covid was scary; we didn't know what we were facing; we received lots of training and attended the Inishowen Development Partnership - Skillnet "getting back to work safely" - this helped. IDP supplied PPE gear, masks, and gloves.

I talked to my work colleagues, who had the same worries; we knew we had to support the Doctors, Nurses, Health Care Staff, etc.

I feel we, as front-line workers, were supported in our role, and our part was to take care of the children and let the other front-line workers take care of the sick and needy. It was rewarding and satisfying to know you made a difference".

Isabel - IDP CE Childcare worker



Community Employment workers were invaluable to the opening of our centre. We were embracing a new way of working – playpods - How best to structure play-pods, form new play-pods, and manage redeployment of staff to accommodate smaller numbers in play-pods. How best to consider your team, considering any underlying health conditions and how best to support staff to return to work? It was massive, but through the support and commitment of IDP, the CE workers, working collectively with all our other workers, we did it. We opened our doors to our children and made it possible for parents to go to work.

**Kim - Manager S Johnston Community Playgroup** 

# IDP welcomes increased LEADER allocation for 2021 & 2022



## Transitional LEADER Programme

Inishowen Development Partnership CLG (IDP) has welcomed the announcement by the, Minister for Rural & Community Development Heather Humphreys TD, and Minister for Agriculture Food & Marine Charlie McConalogue TD, of an increased allocation of €70 million in 2021 & 2022 for the LEADER Programme. Welcoming the announcement Andrew Ward, Joint CEO, IDP confirmed that "from 1st April applications can be approved for projects under the Transitional LEADER Programme and we are delighted that the rate for Private Enterprise has been increased to a maximum grant aid rate of 75%. The funding announced this week will ensure that more vital projects in Inishowen focused on climate change, digital transformation, remote working, and enterprise development can be progressed in our rural communities throughout the country to meet the expectations of the EU in terms of the requirements of its Recovery funding criteria. This new programme will bridge gap between EU LEADER programming periods.

The main priorities include:

- Supports to rural businesses seeking to reach new markets, expand, innovate and/or diversify in response to the impact of the COVID-19 pandemic and/or Brexit, with a particular emphasis on providing support to businesses in the food sector.
- Community based projects that seek to address the impact of the COVID-19 pandemic.
- Supports and capacity building for communities that have not previously received assistance under LEADER or other rural programmes.
- Support for new and innovative projects in the areas of climate change, environmental protection and the green economy.
- Maximising the potential of broadband and the digital economy in communities, including through skills development and building awareness and usage of available remote working facilities.
- Projects that develop the concept of the Smart Village initiative or Rural Economic Development Zones (REDZs).

This is a tremendous boost to the rural economy, and we would encourage anyone who is interested in the programme to contact Inishowen Development Partnership CLG on 074-9373083 or email info@inishowen.ie for more information".

## IDP'S NOSH PROGRAMME

'The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs'

#### Hard to believe another school year has come to an end!

The NOSH programme is supported by IDP staff Denise McCool, Mary McGeehan & Patricia Lee.

Congrats to all the students who managed to complete the IDP Healthy Ireland NOSH programme under this year's very different Food & Nutrition course. 4 schools took part in the programme with students from the LCA and TY programmes in Moville Community College, Carndonagh Community School, Crana College and Scoil Mhuire, Buncrana.

A special thanks to our Course Tutor Niamh Britton, Nutrition to Suit You, for her flexibility and adaptability to see the course complete and to the staff members who supported students to a successful completion of a Fetac Level 4.















## MANAGING YOUR TEENAGER'S ANXIETY DURING THE COVID 19 CRISIS

IDP and its partner organisations in IFAN (Inishowen Family Action Network), as members of the Donegal Child & Family Support Network (CFSN), would like to share this upcoming event for Parents of Teenagers, which is funded by Tusla.

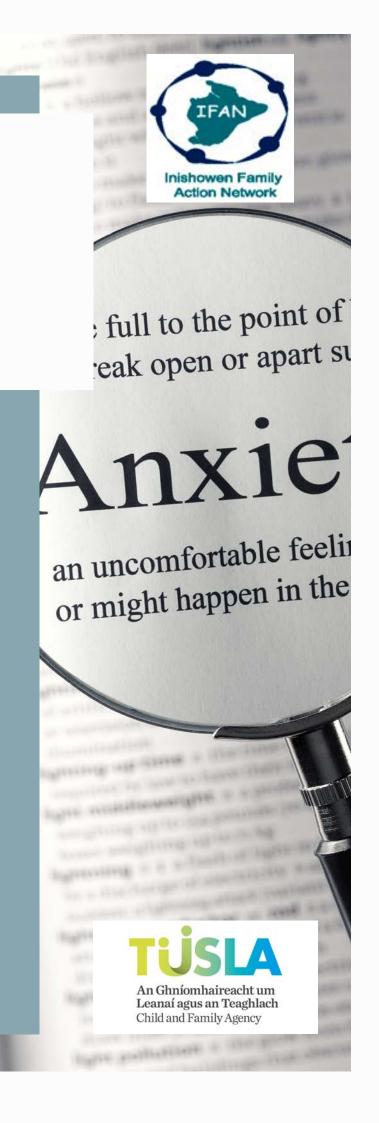
This past year has been a difficult time for all of us. Our teenagers too have experienced alot of change, time out of school, reduced contacts with their friends, disruptions to their sports activities and social activities as well as many of the given rights of passages not available to them because of covid restrictions.

Date: 16th June 2021

Time: 7.00pm – 8.30pm Online

Book via Eventbrite Link.

https://www.eventbrite.ie/e/managingyour-teenagers-anxiety-and-helpingthem-to-worry-less-tickets-156473972865



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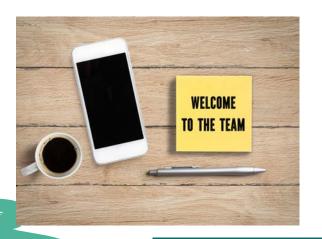
Tina Urbas | TÚS Scheme Supervisor

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## Staff updates within IDP

#### GOODBYES

Unfortunately we had a couple of goodbyes to some of our loyal staff recently through retirement. We wish Marie Wilson, IDP Administrator & Geraldine Holmes, CE/JI Administrator well and thank them for their contribution to IDP over the years. Also wishing Kate Wilkinson, former ChangeMakers Coordinator best of luck in her future consultancy business.





#### **HELLO TO IDP**

We welcomed some new faces to the IDP team in Q1 2021 - Sandra Cmrlec Tot, CE Administrator, Paul McGonigle, Finance Officer, Rebecca Ryan, Project Administrator & Mary Teresa McBride, ChangeMakers Coordinator. We wish them well in their new positions.

#### **CONTACT US**

#### **BUNCRANA**

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

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Rialtas na hÉireann Government of Ireland Tionscadal Éireann Project Ireland 2040

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"

















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