



CAVAN COUNTY ENTERPRISE BOARD

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COOTEHILL FOOD COMPANY SCOOPS ENTERPRISE AWARD



Pictured at the Cavan County final of the Enterprise Awards from L- R Cllr Aidan Boyle; Mr. Patrick O'Reilly, Ace Corrugated, Winner 2005 Awards; Cllr Peter McVitty, Chairman, Cavan County Council; Mr. Aidan Fitzpatrick, Owner, Cavan Country Produce, Winner 2006; Mrs. Geraldine Fitzpatrick, Cavan Country Produce; Mr. Vincent Reynolds, Cavan County Enterprise Board; Cllr Michael McCarey, Cavan County Enterprise Board.

Fitzpatrick Food Services t/a Cavan Country Produce has been selected as winner of the 2006 County Cavan Enterprise Awards. The competition is part of the National Enterprise Awards organised by the County and City Enterprise Boards to give recognition to the contribution of small enterprises to the national economy. The company was presented with the award at a function held recently in the Radisson Farnham Estate, Cavan and will now go on to represent Cavan in the regional competition to take place in October. Successful regional winners will go on to the national final to be held on October 25th at Croke Park, Dublin.

Aidan & Geraldine Fitzpatrick. The firm is based in Cootehill and manufactures a wide range of prepacked and deli bar salads for the functional shopper. The company also provides catering services for a wide variety and size of function from weddings to christenings. The company, which currently employs 7 full time and 2 part time, has grown rapidly over the past three years, expanding its capacity and range of customers.

In announcing the winner, Vincent Reynolds, CEO of Cavan County Enterprise Board outlined the excellent record which Cavan entrepreneurs have had to date in the National Enterprise Awards. In 1998, Shalveys Poultry Ltd., Canningstown, Cootehill was the overall runner-up at National Level. In 1999 Cavan repeated this performance with Airpacks Ltd., Kilnaleck again being selected as overall runner-up at National Level. Cavan hit the jackpot in 2000 with Obelisk Communications Ltd., Cavan Enterprise Centre, Dublin Road, Cavan being selected as the overall National Winner. Obelisk subsequently won two of the five awards on offer at the World Young Business Achievers final held in Warsaw. Sheelin Meats Ltd won the county award in 2003 and was runner up in the National final.

The joint runners-up in this year's competition were Gould Timber Products and Happy Days Playschool. Gould Timber Products was set up in 2003 by Andrew Gould. The firm is based in Crossdoney and manufactures a wide range of timber products. Happy Days play school, is a playschool and crèche facility run by Jacqui Brogan at her base in Mullagh.

All the winners receive cash prizes, Cavan Crystal trophies and the winning company, Fitzpatrick Foods Services t/a Cavan Country Produce will receive a customised professional video to the value of 6,000. This prize is kindly sponsored and supplied, by Maguire Media, Cullies, Cavan. (www.maguiremedia.com). Cavan County Enterprise Board is very grateful for this significant gesture of support from Maguire Media.

ENTERPRISE AWARDS SPONSOR

Cavan County Enterprise Board would like to extend thanks to Garret Maguire of Maguire Media, (www.maguiremedia.com) Cullies, Co Cavan for their kind sponsorship of video production to the value of €6000 for this years Enterprise Awards winner. Fitzpatrick Foods Services can now avail of this professional video production to use as a promotional tool for their business.



Pictured presenting the voucher for video production to the winning business, Cavan Country Produce from L- R - Mrs. Geraldine Fitzpatrick, Cavan Country Produce, Mr. Aidan Fitzpatrick, Cavan Country Produce; Mr. Garret Maguire, Maguire Media (www.maguiremedia.com), Prize Sponsor; Mr. Martin Connolly, Maguire Media.

TRAINING PROGRAMME – AUTUMN 2006

As part of our commitment to provide relevant, affordable training supports for small businesses in County Cavan, Cavan County Enterprise Board is now offering the following training programmes:

COURSE	DURATION/DATES	COST
Start Your Own Business	6 evenings commencing Tuesday, 19th September	€25
Intermediate Excel/Excel for Accounts	2 days plus one mentoring visit commencing Tuesday, September 19th and 26th	€30
Employment Law	2 evenings plus one mentoring session commencing Wednesday, September 27th	€40
Taxation for Small Business	6 evenings commencing Thursday, September 28th	€40
SAGE Quick Pay	One day workshop – Monday, 2nd October	€25
Understanding Accounts	One day workshop – Tuesday, 3rd October	€25
Maximize the Potential of Your Website	4 evenings plus one mentoring visit commencing Monday, October 2nd	€40
Start Your Own Business (Women Specific)	6 evenings commencing Wednesday, 4th October	€25
Improve Your TAS Books Skills	4 evenings plus one mentoring visit commencing, Thursday 5th October	€60 per company
Grow Your Business	6 evenings plus two one to one mentoring sessions commencing Thursday, 12th October	€50
Presentation Skills	One day workshop – Thursday 19th October	€25
Pricing & Costing	3 evenings commencing Tuesday, November 7th	€25
Self Assessment & VAT Returns	3 evenings commencing, Thursday November 9th	€30
Writing a Business Plan	1 Day - Thursday November 2nd	€25
Work Smarter Not Harder	1 Day – Friday, November 10th	€25
Cash flow – the Life blood of Business	1 Day - Wednesday November 29th	€25
Women in Business Management Development Programme	A combination of evening workshops and mentoring sessions to support female entrepreneurs grow their businesses commencing September 06	€150

FURTHER INFORMATION All training will take place at Cavan Innovation & Technology Centre, Dublin Road, Cavan. Places are limited on these courses, if you are interested, please contact Marcella on **049 4377200** or email **info@cceb.ie** or log on to **www.cavanenterprise.ie**

BROADBAND AUDITS/ICT INITIATIVE 2006

As the rollout of Broadband Infrastructure continues across County Cavan, an increasing amount of information and ICT options are becoming available to businesses. Recognising that it can sometimes be difficult to understand and assess what services might be useful to your business, Cavan County Enterprise Board, as part of its ongoing support to microenterprises in Cavan, is now offering, qualifying business the opportunity to assess your business ICT and broadband requirements.

Cavan County Enterprise Board will appoint an

independent ICT consultant to carry out an audit of your businesses ICT usage and assess the options available to you to improve your businesses efficiency through ICT. This practical programme will allow you to critically evaluate your current ICT usage and evaluate what your future ICT needs might be and how best to go about addressing these needs.

There are only a few places left for 2006 and 'audits' will be granted to qualifying business on a first come first serve basis. If you are interested, please contact Aileen on 049 4377200.

TRADELINKS – DATE FOR YOUR DIARY!

Building on the success of last year's event, Tradelinks 2006 which is taking place on September 26th and 27th at the Sliever Russell Hotel, Cavan is designed to bring together the best of the micro-enterprise sector in Northern Ireland and the border counties of Ireland with international buyers. The focus of the event will be on scheduling face-to-face appointments, in a relaxed environment, between suppliers and buyers with the specific aim of:

- *Offering exhibitors the opportunity to make direct contact with larger companies that are interested in their products and services.*
- *Assisting larger companies in their search for high quality and innovative suppliers of products and services.*

You can register now by logging on to www.tradelinks2006.com or by contacting **Aileen 049 4377200.**



PICTURED RECENTLY AT THE IRISH BUSINESS WOMENS CONFERENCE WHICH TOOK PLACE IN MULLINGAR

Left to Right Ms Maureen Hughes, Celtic Casuals, Cootehill; Ms Finola Howards, Coordinator, Irish Business Womens Conference; Ms. Aileen Fogarty, Cavan CEB; Ms. Margaret McKeon Boyle, Extensive PR, Virginia

CALIN PROGRAMME

Cavan County Enterprise Board in conjunction with Larne Enterprise Development Company have received funding from Border Action under the EU programme for Peace and Reconciliation to run a skills development programme aimed at women in both areas. The programme will be a mixture of residential work shops, mentoring and networking aimed at supporting women in Cavan and

Larne to examine the trade options for their businesses and consider trading across the Border. Commencing in Cavan on November 1st the programme, through a series of four residentials will cover Selling Skills, Exporting, Marketing and Work/Life Balance. **If you are interested in attending any of these residential workshops please contact Aileen on 049 4377200 for further information.**

CREATE

CREATE, is a Cross Border programme designed to give individuals the opportunity to fully explore and develop their employment and self-employment potential within the creative industry sector on the Island of Ireland. The programme will target people from across Belfast, Co Louth and Co Cavan. The programme has been designed in such a way that it will equip participants with the necessary insight, skills and contacts, to enable them to transform their creative talents into business or employment opportunities, therefore enhancing their creative potential, economic competitiveness and cross-border collaboration.

THE WORK PROGRAMME INVOLVES FOUR MAIN INTERLINKED ELEMENTS:

- 1. Creative Industries Training**
- 2. Participant Mentoring**
- 3. Development of On-line Portal**
- 4. Development of Creative Opportunities Showcase**

IF YOU WOULD LIKE FURTHER INFORMATION ON THIS PROGRAMME, PLEASE CONTACT AILEEN ON 049 4377200

CAVAN INNOVATION & TECHNOLOGY CENTRE THIRD LEVEL COURSES COMMENCING IN CAVAN THIS AUTUMN

IT SLIGO	BSC. MANUFACTURING MANAGEMENT	18 SEPT 2 YEARS
UNIVERSITY OF LIMERICK	CERTIFICATE IN MANAGEMENT	29 SEPT_ DAY FRIDAY P/MONTH (9 MONTHS)
NATIONAL COLLEGE OF IRELAND	DIPLOMA IN FIRST LINE MANAGEMENT	3 OCT TUESDAY EVENINGS (2 YEARS)
UNIVERSITY COLLEGE DUBLIN	CERTIFICATE IN HEALTH & SAFETY	6 OCT 2 HOURS P/FRIDAY MORNING (25 WEEKS)
IRISH INSTITUTE IN TRAINING & DEVELOPMENT (IITD)	CERT. IN TRAINING & DEVELOPMENT	7 OCT 1 SATURDAY P/MONTH (9 MONTHS)
PORTOBELLO COLLEGE	DIPLOMA IN MONTESSORI TEACHING	17OCT TUESDAY EVENINGS (1 YEAR)



For further information and/or application forms, please contact:
CITC LTD, DUBLIN ROAD, CAVAN. T: (049) 4377277 F: (049) 4377250 e: info@cavanitc.ie /www.cavanitc.ie



INTERNATIONAL FUND FOR IRELAND



BUSINESS DISCUSSION FORUM FOR CAVAN

The importance of networking as a way of keeping in touch with and learning from others, in the same situation cannot be under estimated.

Feedback from CEB clients indicates a keen interest among many owner – managers in having an opportunity to be able to meet and chat with other like minded business owners, in an informal setting, about all issues relating to the running of their business. As a result Cavan CEB is now investigating the potential for addressing this need through setting up a 'Business Discussion Forum'. We have a very open mind as to how such a business discussion forum might work, however we do see it firstly as a chance for owner managers across the County to meet with each other where otherwise they might not have the opportunity and hopefully these contacts will turn out to be mutually beneficial. We feel that it could have a focus on discussing issues of common interest set by those present at any given meeting. It may encompass a mixture of lively discussion on any range of topics from getting your product to market, staffing issues, collecting money etc. We don't know how many entrepreneurs out there are interested in participating in such a network. So in order to assess the level of interest we need your feedback!

If you are interested in participating, please contact Jim on 049 4377200 for further information.



The Winning companies in the 2006 Enterprise Awards from L - R: Mrs. Geraldine Fitzpatrick, Cavan County Produce, Mr. Aidan Fitzpatrick, Owner, Cavan Country Produce; Mr. Andrew Gould, Owner, Gould Timber Products, Runner Up; Mr. Trevor Cassidy, Gould Timber Products.

Launch of Student Enterprise Awards Programme 2006

As the new academic year kicks off, Cavan County Enterprise Board has just launched its 2006/2007 Student Enterprise Awards Programme. We are looking forward to the usual excellent standard of entrants from the local schools. This year, all schools have been forwarded a newsletter with all the details of the programme and changes to the rules in 2006. The county final will be held in conjunction with the Student Enterprise Day in February of next year so we encourage all our budding entrepreneurs to get their thinking caps on to start their own business! Congraduations to the girls from "Wooff" project in Lorteo on their achievements at national level and representing Ireland at the European Junior Achievement final. For more information log on

to www.cavanenterprise.ie or www.studententerprise.ie or conact Aileen on 049 4377200.