Mums the Word

Charity Focus this Month

MAGAZINE ISSUE JAN-FEB 2014
WIN A NEW MERCEDES BENZ!

BUMBLEANCE.com
Children’s Ambulance Service

The World's 1st Interactive Children’s Ambulance

DONATE YOUR PHONE & WIN!

1 phone = 1 entry. 1 Smartphone = 5 entries!
Send more than 1 phone & increase your chances to win!
PLEASE SEND: Your Phone; Name; Address; Email; Mobile Number
TO: BUMBLEance, FREEPOST, Castledrum, Castlemaine, Co Kerry (a stamp helps with our costs)

More than 15 phones? Ring for Collection: 083 00 44 444

NO PHONE? NO PROBLEM
Text BUZZ to 50300 (£4 donation)

DONATE £5 OR MORE BY POST
Do Not Send Cash (Cheque/Postal Order Payable to BUMBLEance)

Delivering Smiles and Sick Children ALL over Ireland

AT THE SAORSE FOUNDATION WE MAKE POSITIVE LIFE IMPACTS FOR SICK CHILDREN.

BUMBLEance is our solution for critically ill children who require ambulance transportation between home & the national treatment centres, children’s hospitals, hospices and respite centres.

Our CEO receives no salary, no top-up, no allowance, or any other perks.
We receive No State Funding
The Saoirse Foundation is a registered non-profit charity which, when originally established in March 2010, by Tony and Mary Heffernan, was initially dedicated to just Batten Disease. It got its name from their daughter, Saoirse, who suffered from this ultra-rare disease. In January 2011 this fatal disease claimed Saoirse’s life, then just 5 years of age. The Saoirse Foundation is active in advocacy and promotion of rare and genetic disorders and is actively involved in a number of national and international medical research and steering groups. Bee For Battens is Ireland’s National Charity For Batten Disease. At Bee For Battens we provide a support programme for families and communities affected by Batten Disease.

This includes family information packs, health care information and resources, ongoing family contact and support, international research, liaison with international counterparts and bereavement support. We currently hold the Presidency of the Batten Disease International Alliance While the charity continues to focus on Batten Disease under Bee For Battens, we have since evolved to encompass the support of many more sick children to meet the huge need of those affected by rare disease generally, which affect between 6-8% or the Irish population, that’s up-to 366,000 individuals. As the various pressing needs of children with rare and genetic diseases were identified, The Saoirse Foundation established two more initiatives to help make positive life impacts for sick children. Hence, Liam’s Lodge and BUMBLEance were born.

The former is named after Tony and Mary’s 5 year old son, Liam, who also, tragically, suffers from Batten Disease. Liam’s Lodge is designed to provide world-class respite services for children and their families, affected by rare and genetic disorders. These respite breaks are vital to ‘recharge the sick children’s batteries’ and give the whole family some time together in a relaxed and safe environment that understands their situation and needs. The centre will also develop accurate information systems and provide professional, accredited and specific training modules and packages to care providers and care practitioners in the field of rare & genetic disorders.
Liam’s Lodge will support thousands of Irish families and will answer the pressing need for respite for those families who care for children suffering from a range of conditions from debilitating disorders to life limiting conditions. Located outside Tralee and close to Kerry General Hospital, Liams Lodge will eventually cater for over 1500 families per year.

BUMBLEance is the World’s first fully interactive and most modern children’s ambulance service. BUMBLEance is our solution for sick children who require ambulance transportation between home and the national treatment centres, children’s hospitals, hospice and respite centres. Every parent can relate to and understand how stressful an ambulance journey can be for a sick child. Most parents realize that transporting healthy children by car can be an experience in its own right and keeping the children entertained makes the journey better for everyone. BUMBLEance has everything on-board to remove the stress of ambulance journeys, including the latest games on SONY PlayStation, iPad’s & Apps, Audio & Video entertainment, etc….with its own WiFi onboard! We are here for the sick children of Ireland from rural and urban areas, who are long term sick and /or seriously disabled, who need professional ambulance transport services. Catering for their every need en route to and from the principal centres of care. Our motto is ‘to make every trip a positive experience’.
Emilia has the Hair You Always Longed For

Being a mixed race girl living in a predominantly white community, Emilia found it hard to find a hairdresser who was adequately experienced in Afro hair. With this, Emilia’s obsession with having the best hair extensions on the market began. Practising for hours and hours until she was able to install her own full head of braided hair extensions right down to her waist! This became starting point of her hair extension career.

Moving to Dublin, in 1998. She began to research other methods of hair extension application that weren’t already available to the Irish consumer. Starting her human hair extension services with Keratin glue solutions, she since became the first hair extension technician to bring ‘hair extensions without glue’ to Ireland. Emilia runs her Studio in Kimmage, Dublin 6w.

www.issonni.ie
Hair Extensions by Issonni

An intimate and elegant studio that runs by appointment only, Issonni provides each client with privacy and comfort as they sit back, relax while having their hair applied. Hair is available in an extensive range of hair types including wavy, French wave, curl and relaxed.

Emilia ensures expert colour matching, system choice, application, removal as well as a luxurious after care product line. Issonni is passionate about creating a look that fits within each client’s budget while providing the hair they need to achieve a certain result that they can easily maintain at home.

Key emphasis is also put on educating each client and using only superior products to achieve superior results – the ethos of Issonni.

OFFICE HOURS:
Monday – Saturday 9am – 6pm

STUDIO:
Available by appointment only Monday – Saturday.

TELEPHONE:
014055822

EMAIL:
Info@issonni.ie

ADDRESS:
173A Lower Kimmage Road,
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Forget January & bare all this Valentines ...

Book your Valentine’s Wax today!

Waxperts

VOTED BEST IRISH WAX by Social & Personal Magazine
Spouses abroad is my little start up that provides the service to help integrate accompanying spouses in Dublin.

What
I provide a program for companies in Ireland to invest not only in their employees but also in the integration of their spouses in their new hometown. Personal and activating!

I hope to be able to answer your questions, do research for you and help to find your partner + children what they’re looking for: work, hobbies, grocery stores and simple things like "how to use the public transportation in Dublin."

“Free meetups!”

“Get That Spouse Out Of The House!”

Why
Accompanying spouses shouldn’t be the forgotten group. They often have a lot to offer and I truly believe that they can have a great positive impact on the new environment where they’re living. Moving abroad means seeing many new places, traveling a lot, hearing many different languages and meeting many different people and cultures in a very short period of time.
Be clever, a happy spouse means your employee will stay forever.

Signed Eefje Brüggemann, founder Spouses abroad
©2014 spousesabroad.com. Like us on facebook!
Launched in October 2012 by new mum Emma, The Early Years Boutique is an online family run business. We stock only the best quality & beautifully crafted products for the entire family. We began with our own newborn baby product range, combining luxury with affordability. Our own TEYBoutique range of products now includes personalised gifts for newborn baby, toddler and Yummy Mummy.

A lot has happened since our 1st birthday. We have appeared on UTV Live. We have been featured twice in “New! Magazine” by Celeb mum and Big Brother Winner Chantelle Houghton. We have received a Silver Website Award.
Award by Mumpreneur UK and been nominated ‘Best Start up and online Business in 2013’.

Our Yummy Mummy kits have went down well with many celeb mums, including Expecting Mummy Kerry Katona and Katie Piper. Along with several other local & national press coverage including the Ulster Tatler, Modern Mum & NI4kids.

“After a website overhaul and brand revamp, we have opened up our online marketplace to other talented designers, crafters and small businesses. Our team now consists of nearly 100 talented designers, crafters and small businesses, all benefiting from a choice of 3 brand promotion packages, all very affordable. I am very proud of our constantly growing #TEYBoutiqueTeam and I absolutely love every minute of my job.”

Business Owner Emma Smyth
If you are a talented designer, with amazing products that would sit well amongst our existing brands, please get in touch about selling with us using orders@teybouique.com. We will happily look at your products and hopefully, fingers crossed, we will send you our Seller’s Packages, from which you can choose 1 of 3 amazing packages to help promote your brand & products.

Emma
INTRODUCING PHYSIO THROUGH PLAY

Physio Through Play provides specialised private Physiotherapy consultations / sessions for babies, children and young adults. Two qualified Physiotherapists, Karen and Caroline, who each have over 9 years experience in Children’s physiotherapy, have set up this service.

Consultations / sessions are carried out in the comfort and convenience of your own home. Home therapy has an added benefit for your child as they are more comfortable and relaxed in their own home.

Why a Specialised Children’s Physiotherapy Service:
If your child needs physiotherapy, it is important that they are seen by a Physiotherapist who has training, experience and knowledge in treating children. Children’s Physiotherapists know about typical child development and have the necessary skills to treat the conditions that affect babies, children and young adults.

A Children’s Physiotherapist also has the ability to engage and interact with your child so that sessions are as interesting and as fun as possible for them. Children’s physiotherapists use age appropriate toys, equipment and home programmes when treating your child.

Here are just some of the conditions we treat:
● Developmental delay ● Motor co-ordination difficulties – dyspraxia, developmental co-ordination disorder ● Balance difficulties ● Orthopaedic / musculoskeletal conditions such as back pain, neck pain, trauma injuries such as strains and sprains, flat feet, hypermobility, in-toeing, out-toeing ● Plagiocephaly (flattening of a babies head) and torticollis (neck tilt) ● Neurological conditions such as cerebral palsy, acquired brain injuries ● Other conditions.

For further information or to make an appointment please contact us on
Phone: 0875043586 (Karen) or 0876276574 (Caroline)
E-mail: info@physiothroughplay.ie
Website: www.physiothroughplay.ie
- Training Courses
- One-to-one Private Sessions
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Improper Butter is a rage of improperly delicious flavoured butters that inspire creativity in the kitchen. Melted onto perfectly cooked steak or fish, spread on really great bread or stirred into potatoes, veg, soups or sauces, Improper Butter makes meal times simply delicious. Check us out at www.improperbutter.com for our range, serving suggestions and stockists.

Improper Butter. Shamelessly delicious.
“I feel my heart become so sympathetic, That I must have recourse to black Bohea:”
Byron

A SHORT HISTORY FOR LILY’S TEA SHOP

Black Bohea” is an old name for tea from a mountain region in Fujian Province called Bohea (known as WuYi in Mandarin) in the south east of China. For centuries, the finest leaf teas have been produced in the WuYi area. Due to the climate and high altitude in the WuYi Mountains, teas produced in this area are famous for their distinctive flavours and superior quality. The people from Fujian province are renowned as the most knowledgeable and sophisticated tea drinkers in China.

Lily Chen is originally from the Fujian province where she was reared on quality leaf tea. Over the years she has developed a strong passion for quality tea served in the most natural way. Lily is now settled in Termonfeckin, Co. Louth with Dominick and their two children.

Thanks to the accessibility to the best tea farms in China, Lily’s Tea Shop only selects the finest tea leaves for her customers. We encourage the use of whole leaves from which you can enjoy each different unique taste and keep the whole nutritional benefit. Also by drinking leaf tea, you help to promote a healthier, more natural and eco-friendly life experience.

Lily’s tea shop also provides a wide range of tea accessories, which enable you to savour the best quality tea leaves in an easy and convenient way.

OUR MISSION STATEMENT

“A healthier generation on a greener planet” sounds too big for such a small business like Lily’s Tea Shop. Yet it is where our conscience lies. In Lily’s Tea Shop, we believe thousands of streams gather into an ocean; many a leaf fills up a forest. We strongly believe in the spirit of Eco-friendly and Fair-trade products and thus select our suppliers strictly in accordance with these principles.

By personally visiting tea farms, working with the farmers, carefully selecting each tea, Lily endeavours to ensure each leaf served in your cup:
1. is the best quality available. Quality is always an uncompromising determinant in Lily’s Tea Shop;
2. is grown in a harmonious environment. We ensure all the teas are grown and processed while minimising damage to the environment;
3. is handled by skilful and well-rewarded farmers and workers. We can confirm that all the farmers and workers involved in producing our teas are fairly treated and are provided with an opportunity for sustainable growth.

Since 2004, Lily has supported a Back to School Programme, helping children in poverty areas in Fujian Province to return to school. Lily’s Tea Shop will continue its support in this programme and donate 1% of our sales to help all the children fulfil their dream in the rural areas.

Above all, we are dedicated to presenting you the world of leaf tea in the way that is
- Most sophisticated yet natural
- Most traditional yet innovative.

In Lily’s Tea Shop, each leaf is a happy leaf!

www.lilysteashop.ie
GRIPPER SOLES™ Visit www.grippersoles.com

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Are you fed up of working what feels like 24 hours a day 7 days a week?
Frustrated that your business isn’t moving forward?
Struggling to attract new customers?
Stuck with list building?
Have you considered giving up?

There are ways to turn it all around and get you on the path to reaching your goals. My name is Jane and I am a business coach founder of Womens Business Academy. I work with amazing Women and help them turn it around and get them on their path to reaching their goals. It wasn’t always easy and I have made plenty of mistakes along the way, I can show you ways to avoid real problems, I can speak to you from past hands on experience.

Whether you are completely or stuck with list building, perhaps you not attracting enough customers or getting completely fed up and stuck with social media, no matter what problem you are currently facing I have a wide range of programmes, webinars and much more to help you along.

I run 2 x FREE webinars per month in 1 of the webinars per month I have a wonderful guest expert with me who cover a range of topics including accounting, social media, marketing and much more.

There is no classrooms involved and all my programmes etc are all run virtually you can learn from the comfort of your own home.

Head on over to my website www.womensbizacademy.com to find out more about my current range of programmes and don’t forget to book my FREE session!

I would love to see you over on my Facebook page www.Facebook.com/Womensbizacademy pop on over and say hello, I can’t wait to meet you!
Vanity Rooms in Stepaside village is a beautiful salon. Jennifer Butler & Jennifer O’Brien who together, have more than 25 years experience in beauty and nail care have designed the perfect, girlie Southside salon. Vanity Rooms’s aim to deliver the highest quality products and services in a convenient, affordable and fun manner. Vanity Rooms are price and time conscious; they are a concept salon designed with today’s busy women in mind.
Moobles And Toobles is a range of hand printed baby basics and gift sets designed and printed in Dublin by Nadia Cruikshanks. The babygros, bibs and hats are made from 100% cotton and printed using water based, eco friendly inks. Each gift set comes in a matching printed bag. Nadia makes each illustration before developing it on to screen at her home studio. She then prints each garment by hand using the traditional screen printing process, therefore each one is a unique little piece of wearable art.
Ireland’s only Online Food & Exercise Diary...

The Why Weight Ireland weight loss programme is a proven and recommended weight loss and fitness programme designed by leading nutritionists. No food is off limits - just normal food and a little bit of what you fancy! With your very own personalised fitness plan, support and motivation you will be reaching the new you in no time!

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hannah@whyweightireland.ie
Mob: 087-2908700
Unit 2 Riverside Business Centre, Tinahely, Wicklow
Ruth O'Reilly started PinatasPinatas.com after spending time in Mexico while on Honeymoon, after seeing the variety of pinatas available, I had a little seed planted that making customised pinatas was something I would love to do.

I returned home and this seed started growing but it wasn’t until I was pregnant and looking for another avenue of work to allow me the flexibility of being a mother and working that I decided to take the plunge. I now work from the home and have three children.
Here at Pinatas Pinatas… I believe every party should be fun, colourful & memorable

This is why I love to make piñatas!

Piñatas are a Mexican Party tradition. Made from paper mache, decorated in bright colours with sweets inside. A piñata is suspended from a string and the children (and adults) take turns hitting it, usually blindfolded, with a stick. Eventually it will break and all the goodies will burst out and onto the ground. Everybody then scrambles in a mad rush to collect the treats. This is a great game for any party and lots of fun.

As an Irish business I design and handcraft all the piñatas here in Ireland. Every piñata is made from 70% recycled paper and truly is an environmentally friendly product.

There is a huge selection to choose from on the website but I can also customise a piñata to your liking.

So if you are having an event and are looking for something unique then see what I can do for you!
All designs are unique to Piñatas Piñatas and there are numerous to browse and choose from. If you don't see what you are looking for I can create a design just for you. Do you have a party theme you would like me to compliment? Why not personalize a piñata for someone special? A child’s favourite cartoon character would bring a smile to any child’s face, young or old. Turning a certain milestone why not theme your party to the decade you were born and compliment it with a piñata to match? These are just some of the ways a piñata can bring fun to your party.
Her hand drawn designs are a mix of traditional, iconic and vintage imagery with a modern twist through the use of bold colour combinations and her illustrative style. Her inspiration goes back to items she was fascinated with as a child from Mamushka dolls to vintage robots and kitsch ornaments. Her style also has references to popular culture, comics and street art. A lot of the designs are unisex and can be printed in numerous colour combinations, from traditional Pink or Blue to bold Vermilion Red, Aqua and Neon Pink.

Nadia graduated from NCAD in 2000 with an honours degree in Printed Textiles. She then worked as a window dresser and visual merchandiser for a number of designer fashion brands throughout Ireland. She continued to paint and draw in her free time and did some freelance illustration work. With a huge interest in craft and design, she noticed there were no Irish hand printed baby clothes available in any of the Irish design stores or on-line. So after ten years experience in retail, wholesale and merchandising and then the birth of her daughter, she began developing Moobles And Toobles. The aim was to create something fresh and quirky. She takes pride in designing everything from the printed babygros right down to the packaging and logo. Moobles And Toobles is available to buy on-line and in selected stores nationwide. The gift sets have gained popularity with international visitors to Ireland and among other countries, have travelled to the UK, America, Canada and Italy.

Moobles And Toobles has been featured in YOU Magazine, Xpose Annual and The Irish Times. More on www.mooblesandtoobles.com
www.its4women.ie
For the Baby Blue was established in 2012 by two Irish Mammy's with a strong desire to make the baby boys of Ireland trendy! Frustrated with the abundance of girls clothes and lack of colour, choice and variety for boys, Therese and Zoë decided to open their own store, exclusively for little gentlemen. We aim to provide special occasion wear, stylish day time clothing and fun accessories, that are of a superior quality suitable for all those important boys in your life. Stock has been specifically sourced from across the globe to bring you the best. From Italian crafted wool outfits, to American blazers.

For the Baby Blue has an array of different stockists, ensuring a wide selection for our customers.

Follow us on Facebook to keep up to date on new stock, competitions and weekly special offers. We genuinely appreciate your business and hope you enjoy shopping with us.

Hugs and Kisses for all your little gentlemen, Therese and Zoë

www.forthebabyblue.com
Well, Ireland's Pregnancy & Baby Fair is about to make all your dreams come true.

What is on offer at Ireland's Pregnancy & Baby Fair
Ireland's Pregnancy & Baby Fair offers amazing shopping, expert advice, professional services, entertainment and a guaranteed fun filled day out for all the family.
The show aims to bring the biggest names in the baby and family business all under one roof. On the day you can expert discounts on top products, special offers, free advice, competition prizes and a few surprise appearances! So if you are a parent, expecting a baby or planning a family Ireland's Pregnancy and Baby Fair is the place for you.

Dublin RDS Sat 05/04/14 - Sun 06/04/14 Sat 05/04/14
Cork City Hall Sat 12/04/14 - Sun 13/04/14
Tickets on Sale on Ticketmaster.
Airmid Soap, whose design is inspired by the rare and mystical landscape of the Burren and the rugged and powerful Atlantic Coast is handmade in Kilfenora, County Clare, Ireland.

All of the products are made from 100 per cent natural ingredients, with many of the herbs and flowers home grown in the distinct soil of the Burren. All soaps are made in small batches and cut by hand.

Each product brings its own healing and beautifying property, with a unique aroma that awakens the senses and a luxurious feeling of pure cream on the skin. Suitable for sensitive skin. Our soap is handcrafted according to strict EU cosmetic regulations.

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handmade soap
shaving soap
foot soap
solid shampoo bars
solid lotion cubes
bath melts
Emma Campbell is an Irish artist who's roots derive from a mixture of Impressionism and Abstract art, you will find her work right in the middle, combining these two styles together. While painting her collectic pieces for exhibition and gallery work she also works on a commission basis creating one of a kind individual paintings.

Emma works with Acrylics as her main medium, ensuring that each creation has an individual flair and twist. Inspiration is found easily and each piece of work is derived from a very simple thought which grows and spirals threw out the painting process. Colour reflects ones thought process, feeling and mood, this she portrays by capturing the beauty of an idea with a simple tone and stroke.

Her Work is influenced by aspects of the unconscious, taking reality and enhancing what ones imagination can create. It is not only important but a necessity that a piece of work comes from within, reflecting not only an acute sense of creativity but thought, growth and individualism.

Creativity lies from within, expressing ones true mind and soul.

Contact : emmanizeart@gmail.com

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Featuring the wisdom of over fifty creative mothers: artists, writers, filmmakers, performers & crafters, including:

- Jennifer Louden.
- Pam England.
- Julie Daley.
- Foreword by Leonie Dawson.

"This book inspired me greatly and I know it will inspire so many others."
Mary Trunk, film-maker.

99p on Kindle till Jan 31

#1 Amazon Best Seller

"The most important survival guide creative mothers will ever read."
Ariel Gore, author.

www.therainbowway.weebly.com
Personalised Prints by GooseMoose

Goose moose offers you unique gifts to celebrate every occasion from new baby, christening, wedding day, anniversary, to those milestone special birthdays or any special event that you wish to make that little extra special and made just for you.

Each print is contemporary, unique and personalised printed on heavy weight white acid free paper with all the wooden frames made to order in Ireland. Its simple to order, you choose from a range of colours and fonts, then provide me with your personal information or message, I will then design and make your art work with love and care, so its more than just a gift.

The wedding day gift that will be treasured forever. This is a great gift for weddings as its captures the sentiment of the first dance.

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http://www.goosemoose.ie/what-we-do/
Sarah is the founder of PASARA of REDCASTLE the epitome of exquisite elegance.

Classic glamour is always in style. The essence of Pasara is sleek modernity that will remain timeless classics. With elements inspired by the beauty of Ireland. Essential to Pasara is quality, attention to detail and customer care.

From our jewellery to our packaging. We aim to provide our customers with beautifully crafted jewellery in luxurious boxes to treasure forever.
Eight years ago our third child suffered a near fatal allergic reaction to peanuts and as a family we were suddenly thrown into the Allergy Lifestyle. Anaphylaxis affects 1 – 2% of adults and 2 – 3% of kids but there seemed to be very little available at the time to help families. In February of last year after much research I finally gathered the courage of my convictions and launched www.AllergyLifestyle.com with a view to providing 3 much needed resources for people managing serious allergies.

Quality reliable, allergy friendly products. If I don’t trust it for my own child, I won’t recommend it for yours. Allergy Lifestyle now supply a huge range of allergy friendly products.

Our product range covers adults, teens and kids and includes:

- Allergy, Asthma, Autism, Diabetes & Epilepsy Wristbands
- Medical Jewellery,
- Allergy Labels & tags
- Adrenaline Pen Cases
- Asthma Inhaler Cases
- Free from cookbooks & allergy stories for children,
- Allergy friendly teddies
- Translation cards

Practical information on allergy management from a mom’s point of view. As a parent to a child with potentially life threatening allergies leaving them in the care of others is one of the biggest leaps of faith you can make. So I’ve put together a series of articles under allergy information on the website based on my experiences of managing my daughter’s allergies over the years such as Managing allergies in schools & creche’s, Birthday parties & the allergic child Travelling with allergies.

I also host an allergy community on www.facebook.com/AllergyLifestyle and www.twitter.com/AllergyLifestyl where I post lots of allergy information and news. Parents or anyone managing allergies can chat to others in the same situation & support each other.

I hope you enjoy browsing www.AllergyLifestyle.com and find our products, and information useful. All feedback is very welcome.
Christina Sanne, founder of Red Rufus

Red Rufus turns socks into fun, charming dogs, handmade in Ireland with care and attention to detail. These soft toys are stylish and cute, they feel comfortably soft, making them a favorite with children and adults alike. Traditional yet totally contemporary with a whimsical feel - a dog made from socks, cut, sewn, stuffed and embellished to form a SockDog!

Rufus, the Irish Setter and beloved family member is the inspiration for the SockDogs. Christina first made three SockDogs for her children, which were then talked about and ordered by friends – the seed of a business was formed. Slowly but surely over three years, Red Rufus has grown, first at craft fairs, then online and through stockists including Kilkenny Shop, House of Ireland and Avoca.

Christina worked in politics in the UK before becoming a full time mother and setting sail for foreign shores with her husband and his job. That was five countries, 3 children, 1 Always keen on sewing and making things in general, with a good eye for colour and style, Red Rufus has become a fulfilling passion for Christina.

At Red Rufus we know we are doing something right because our customers keep coming back. Red Rufus spreading happiness one SockDog at a time.
Red Rufus SockDogs are handmade in South County Dublin, by Christina and her small team of sewing ladies. A pair of socks is cut, stuffed and sewn to make a dog and then the fun really starts! Each SockDog is embellished with ribbon, buttons, felt and fabric to make a uniquely charming friend bursting with classic style and charm.

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Featuring the wisdom of over fifty creative mothers: artists, writers, filmmakers, performers & crafters, including:

- Jennifer Louden.
- Pam England.
- Julie Daley.
- Foreword by Leonie Dawson.

"This book inspired me greatly and I know it will inspire so many others."
Mary Trunk, film-maker.

#1 Amazon Best Seller

"The most important survival guide creative mothers will ever read."
Ariel Gore, author.

www.therainbowway.weebly.com
THE BUSINESS FARE

✓ FREE to attend Business Fare
✓ FREE Full Day Twitter Clinic
✓ GREAT Networking Opportunity
✓ Red Cow Moran Hotel (Pavilion) 26th March 2014

We are inviting Small to Medium sized businesses from around the Country to showcase your business.
To grow, prosper and network out of your normal networking area.
This is an opportunity to take a break from your every day routine, to meet like minded businesses that you may not have met before.

What you get as a visitor

• FREE proactive full day Twitter Clinic with Catherine from Freshthinking.ie and Samantha from tweetinggoddess.com
• FREE proactive LinkedIn workshop with Greg Fry, Greg will be available throughout the day for questions on LinkedIn
• FREE SEO workshop with Eddie O Driscoll from DPFOC, Eddie will be available throughout the day for questions on Search Engine Optimisation
• FREE RAFFLE for Super Prizes on the day. All prizes winners announced at 3.30pm, you must be in attendance to win your prize.
• FREE Employment law workshop with Tony Kerins from Peninsula Business Services – stay compliant and protected. Tony will be available throughout the day to answer your questions.
• Allocated seating area for business visitors to meet up and chat.
• Tea, Coffee, Sandwiches and Soup will be served in the Pavilion.
• FREE Parking, it is advisable to come early. The Luas stops just 5 mins. from Hotel if you would prefer to take public transport.
• Visitors, supplied with a name tag badge so other visiting businesses can identify you and network with you.
• Log on to whatswhatbusinessfare.eventbrite.com

However, would you like to stand out from the crowd, to showcase your business with your own Exhibition Stand.
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M: 086 411 66 88
Una Ryan is the founder of Marketing Eye, a marketing consulting business with clients in retail, tourism, food, not for profit and finance.

Prior to Marketing Eye, she worked as product and consumer specialist in banks, credit unions, and mortgage brokers in Australia. Una graduated from the University of Limerick with a Masters In Strategic Management. Having worked for big brands in Ireland (food industry), UK (business services and marketing services) and Australia and honing her skills, she always had the passion to step out on her own so Marketing Eye was born.

Her no-nonsense approach (always based on what the end customer wants and needs) and passion for making marketing simple for businesses, makes her different from other marketers around.
What Can Marketing Eye Do For You?

• Develop your Business Plan

• Business Feasibility Studies

• Marketing Audits

• Developing your Marketing Strategy

• Developing your Marketing Plan

• Doing your marketing (online & traditional)

• Marketing Training

• Business Mentoring

• Social Media Training

www.marketingeye.ie
Stylefish is a fashion school. We offer our customers a range of classes and services to help them shop smarter, understand what suits them and build their confidence in creating a look they love. Since 2012 Stylefish has also become a fashion franchise, offering fashion lovers the chance to train to become a teacher with Stylefish and run their own classes in women’s homes all around the country. We also offer a Certificate of Styling for those looking to break into the fashion industry or to further their knowledge and gain an accreditation if already working in retail or fashion. Julie also runs corporate and fashion events.
Classes in your home

If you would like a trained Stylefish teacher to come to your home for either a body shape class or a creative colour class for you and your friends, you can contact Julie directly to find out more (julie@stylefish.ie). Our classes cost €40 per person. We are training new teachers all the time so check back for a teacher close to you soon.

Become a Stylefish Teacher

If you love fashion and love helping others, perhaps you would like to become one of our teachers? We would love to hear from you. We are looking for new teachers all around the country.

Julie’s one day styling course

With over 1000 ladies having taken this one day course, we have lots of happy wardrobes around the country! Julie teaches this one day course, which will help you to identify and dress for your body shape and colouring and show you how to get it right when shopping. The morning is spent learning about everything that suits you and the afternoon is spent putting it into practice on the shop floor! We take a minimum of two people per course and we can run this course on a weekend or a weekday. Cost is €199 per person.
One to one consultations

Would you perfer some one to one time? We offer individual **consultations as detailed below.** Our aim with consultations to is to make sure they are fun, practical and inspirational so you feel like you can do it yourself when we leave you!

Body shape consultation

**Learn what body shape you have,** what styles, patterns, fabrics and shapes suit you and how to create a wardrobe you love around your body shape. You will receive your own personalised body shape style guide showing you the styles of trousers, skirts, tops, coats, fabrics etc that work best for your shape. Our body shape consultation **costs €120** and lasts approx 90 minutes. You have the option to receive an **E style guide** with a selection of the latest looks from the shops that suit your body shape for the season ahead. This costs €25 extra and will be sent to you following your consultation.
Certificate of styling

Julie runs a 5 day Certificate of Styling which is an ideal step into the world of fashion and personal styling. This training programme provides you with confidence and knowledge to develop your career and credentials within the fashion industry. It is ideal for anyone looking to start a career in the fashion industry or develop their knowledge and gain an accreditation to further their career options. Our training will qualify you to work in the following areas:

Personal Styling

Magazine Styling

Image Consulting

Retail Fashion

Personal Shopper

Subjects covered include: Body shape analysis, colour theory (seasonal and tonal), colour practice, styling techniques (body balance, proportion, scale, fabrics and pattern creating the perfect hourglass shape through styling), customer psychology (our self image and how it develops, communication and building confidence in our customers), customer personality profiling, customer profile cards, shop floor assignments. Email julie@stylefish.ie to receive our prospectus and costs.
Down Yonder is a purpose built, family run Bed and Breakfast in Rosses Point, located in a quiet part of the area, offering luxurious accommodation.

LOCAL: 089 2103639  INTL: +353 (0)89 2103639
email: info@downyonder.ie  Upper Rosses, Rosses Point, Sligo, Ireland

Check out our Golf Packages on www.downyonder.ie
€10,000 worth of assistance from top advisors to be won, Closing Date 14 February 2013

To mark the launch of the new and improved Sunday Independent Business section, featuring way, way more SME content, we have an absolutely stupendous competition for entrepreneurs and budding business owners.

There are four prizes of €2,500 worth of hours of business consultation and advice from advisers BDO to be won. It’s not to be sniffed at. BDO is the leading Irish advisor to growth focused businesses. BDO’s clients benefit from the tailored services specifically built around each individual business’s growth needs. BDO have experts in all aspects of business advice; on funding via their corporate finance division, on capital and cost management via their tax and outsourcing services teams. They also have dedicated teams which specialise in company formation, family business advice, business risk, corporate and campaign marketing and in wider strategic business consulting. BDO pulls all these together into one cohesive team as a support network around their clients.

The four winners of this prize will get access to BDO’s experts to discuss and agree a tailor-made business solution for their needs, to the value of €2,500 hours of consultation. It’s easier than falling off a log. Check out the Independent website for more details.
A hamper should be more than just a collection of products!!

Hampers, when they are received, should encourage a smile that blossoms into a warm feeling that someone loves you. They should be beautiful and full of interesting, charming products that encourage you to explore its many treats.

Floribelle offers a range of themed hampers lovingly designed with many home-based Irish products, organic produce and always with an eye on our unique crafted charm. Each hamper is accentuated with a small or themed flower arrangement which will bring that extra colour and soft beauty to each hamper.

- Breakfast
- Afternoon Tea
- Gourmet
- Maternity
- Seasonal
- Birthday
- Get Well Soon
- Gift Sets

Tel: +353 85 107 4605
Email: Info@Floribelle-gifts.ie
www.floribelle-gifts.ie
An Irish based company specialising in the delivery of high tech, practical world, career focussed, University Cyber Security and Forensics courses by Linda Hennessy.

We offer Security Awareness programmes at many different levels from Business Owners/Senior Managers and other end users of technology.

We also teach professional programmes in Ethical Hacking, Wireless Security, Forensics Investigation and ISO27001. These programmes are recognised by the University of De Montfort, Bedfordshire University and The Open University to be used towards gaining a Post Graduate Certificate, Post Graduate Diploma or Masters in Cyber Security.

We also offer our clients the added benefit of our services from Vulnerability Assessments to Penetration tests in order to check how vulnerable their computer systems are to attack. Nearly every day there’s another report in the news of a data breach or an organisations network being hacked. It's our mission to educate people on what to look out for. In order to defeat a thief you need to think like one!

Call/email me if you would like more information linda@digicore.ie/0860881610
The aim of Digicore’s Security Awareness training programme is to help employees understand and appreciate not only the value of their company’s information assets but also the consequences in case these assets are compromised.

Each day organisations are faced with an increasing number of threats. While hackers and viruses are attacking from the Internet, social engineers or disgruntled employees may be circumventing security internally as well as externally.

A formal Security Awareness Training programme can address these threats by educating employees. The purpose of the programme is to help employees to recognise threats and vulnerabilities and respond to them appropriately.

Safeguarding workplace information is just as crucial as protecting your identity or bank account. Identity thieves, hackers and malicious computer programs roam the Internet searching for easy targets, such as undefended computers or end users with poor security habits.

With the support of one of the most successful and prestigious Computer Security and Forensics organisations (7SafeUK part of PA Consulting Group) Digicore brings over 40 years’ Security experience to the Irish Marketplace having worked with multinational, blue-chip and government organisations domestically and internationally.

We recognise that employee and contractor behaviour with access to data is the primary source of costly breaches for many organisations. We understand the risks to systems and help educate end users on how to prepare to defend them. Preparation begins with understanding… and that’s where our Security Awareness Programme can help your organisation.
Benefits for your Organisation

- Provides your organisation with a comprehensive overview of Security Awareness.
- Teaches end users the fundamentals of information security as well as best practices regarding:
  - password management,
  - viruses,
  - malware,
  - trojan horses,
  - social networking,
  - malicious insiders,
  - physical security,
  - social engineering,
  - phishers,
  - acceptable use policies and incident response.

- An information security conscious workforce can significantly reduce the number and extent of information security breaches. The sooner a breach is identified, the lower the cost of addressing it will be.
- An awareness programme provides the greatest return on investment and has the greatest positive impact on a company’s security. The cost of a Security Awareness Programme is quickly realised when tools and procedures are followed and employees understand how to be more secure.

Programme Highlights

- Viruses: Truth and Myths, What to and what not to do?
- Password: How secure is your password and how easy is it to crack?
- Workstation security: Who is looking at your data?
- Continuity: If disaster happens are you ready?
- Destruction of sensitive materials: How to ensure that it’s permanent?
- Photography: Are there inappropriate images on your system?
- Systematic removal of accesses: Who can access your system?
- Laptops: Data Encryption and remote wipe.
- Don’t be afraid to say no.
- Piggybacking and tailgating awareness.
- Social engineering: People Hacking the most effective breach.
- Operations security: Patch Management.
- Backing up your data: Plan for disaster recovery.

Digicare can customise our Security Awareness Training Programme to incorporate your company’s policies and procedures and work closely with you to tailor the learning experience in the most effective way.

For more information please contact Linda at 01 685 4942 or email linda@digicare.ie
Mary O’Donnell Beauty offers cosmetic companies, spas and salons the opportunity to access a Panel of “Real” people of all ages both male and female to test the products and treatments and offer their genuine and unbiased reviews

www.maryodonnellbeauty.com
We Catch Up with Mary O`Donnell

Mary spent 17 successful years in Beauty & Fitness Matters -- her own business. After taking a break to concentrate on her four children, Mary returned to her roots in 2010 but this time she turned to media. I research and present my expert opinion on and experience of a selection of beauty products, services and start up companies via The Beauty Spot on both Radio Kerry and in The Kerryman newspaper monthly.

In addition I research and present my expert opinion on and experience of a selection of fitness options available in Co Kerry.

Since January 2013 I have been writing a weekly Beauty Feature for The Kerryman Newspaper and its sister paper The Corkman. Each week I cover one or more topics, include product reviews and reviews of spa treatments by a voluntary panel of people in Kerry. As I'm not affiliated to any brand, salon or spa I can guarantee fair and honest feedback and advice to my readers.

It was this regular testing that lead to me setting up Mary O Donnell Beauty which offers cosmetic companies, spas and salons the opportunity to access a Panel of “Real” people of all ages both male and female to test the products and treatments and offer their genuine and unbiased reviews.

Website: www.maryodonnellbeauty.com
Open a Kumon study centre and help children achieve their full potential.
We are looking to recruit highly motivated, professional individuals who want to make a difference to the futures of children in their area. If you are inspired by helping children achieve and would relish the challenge of running your own small business, you could be an ideal Kumon Instructor.

An educational franchise with Kumon would bring you:
hugely rewarding work that benefits children in your local community
the direct backing of the world's leading supplementary education brand
modest start-up costs and excellent support along the way
a sound business opportunity

Kumon has a global community of franchisees stretching across 46 countries. In Ireland we currently have over 600 students in 14 study centres which contributes to the total of more than 83,000 students studying Kumon throughout Europe.

As a Kumon Instructor you would run your own study centre, managing the franchise alongside the development of your students. And the more you put in to growing your business the more you will reap the rewards, both in terms of seeing children develop their confidence and learning ability, as well as financially.

Information Sessions

Kumon Ireland is running Information Sessions for people interested in opening a Kumon study centre in Ireland. The session is your chance to find out more about the Kumon method and the role of an Instructor within a Kumon franchise.http://www.kumon.ie/business-opportunities/franchise-opportunities/index.htm
Annam, is the Sanskrit word for food and the cookery workshop was set up by two local food enthusiasts to bring the experience of authentic Indian cuisine to the people of Cork.

“Our goal is to share and celebrate the experience of simple, healthy, delicious and everyday Indian fare.” With easy to use and simple recipes Annam’s monthly Cookery workshops take the myth out of Indian cooking. A workshop costs €40 with all ingredients supplied. You can bring your own bottle and at the end of the workshop everyone sits down and enjoys the food they have created. What a great way to spend a Friday night.
Annam, is the Sanskrit word for food and the cookery workshop

Annam also have a supper club with menus ranging from street food themes to east meets west evenings and their fun filled social evenings are €35 for a 3 course meal plus cocktail.

All our Events are Vegetarian and Vegan friendly. Diary and Gluten intolerance all considered. Just make sure to mention this at the time of booking. Annam is at The Cookery Cottage on the South Douglas Road.

Website www.annam.ie
Phone 087 685 6315
Relaxed, affordable, accessible classical music concerts for parents, children, toddlers and babies.

Sunday 16th February, 11.30am
Our Lady’s Hall
Castle Street
Dalkey

Join us on Sunday 16th February at 11.30am for a magical concert featuring witches, wizards and sorcerers.

Dressing up and dancing are encouraged!

Further concerts: Sunday March 2nd, Sunday April 13th, Sunday May 11th and Sunday June 8th

Adults €15 up to 3 children FREE  Tickets available on the door or through Facebook

Join us for refreshments from 11am

classicalkids.ie@gmail.com

classicalkids.ie
Very simply, *Cleanse off Mitt* is designed to remove all traces of makeup with JUST the mitt itself, i.e. NO cleanser is needed! Just add water to the mitt and remove all makeup/pollution etc. from the face. Easy peasy! Quick and affordable! Reusable!

It's designed to target those with a fast lifestyle, which indeed we all tend to lead. It is indeed, an ideal replacement for those with a dependency on wipes, harsh products, scrubs, soaps etc as they often sensitise the skin, dehydrate it while alter the natural acid mantle/ protective layer of our skin. We believe that people forget their skin is an organ and should be respected accordingly.

We are skincare nerds here at *Cleanse off Mitt* headquarters, education is our passion, we appreciate that the ideal solution would still be to use a recommended cleanser for the correct skin type, unfortunately that is not always the reality for two common reasons;

A. People tend to misdiagnose their own skin confusing dehydration with dryness for example and also tend to use products that can strip the skin thus leaving it more vulnerable and more susceptible than before.
B. People tend to just use wipes, soap or shower gel on a daily basis which are often more alkaline than the skin which is acidic, i.e. causing a breeding ground for bacteria whilst disrupting the natural PH balance of the skin, which means its ‘defenses’ are down.

At *Cleanse Off Mitt* that saddens us as ultimately the skin is the largest organ but also the barrier that protects us from the elements! And boy do we experience the elements in Ireland and the UK!
However if a client is lucky enough to love his/her cleanser then we say keep using it. Is this being hypocritical? No. How does Cleanse off Mitt fit in then? Very simply; use it as a precleanser.

Waste not want not! So ultimately Cleanse Off Mitt is used first to take the 'days grime away' while their cleanser is then used on fresh skin to actually treat the skin. Simple! Tis a win win as people will discover they’ll get longer from their cleanser so as the Cleanse Off Mitt has the "dirty job" so to speak! So either way: be it with or without the cleanser, Cleanse Off mitt is a must have for every bathroom. It's reusable, hygienic lightweight, chemical free, hypoallergenic .... The list goes on and on!

It’s affordable, a mere €5 and will be available in selected pharmacies nationwide over the coming weeks. It’s currently available in beauty salons and online with beautyemporium.ie with more sites to be confirmed over the next few weeks.

We have had raving reviews from numerous Irish Bloggers, socialites etc. over the past few weeks, one of our favourite testimonials is thanks to model and actress; Michelle McGrath who confirmed how Cleanse off Mitt removed all of her and Nadia Forde’s stage makeup during the Tivoli panto period! (Enough said we reckon!)
Say bye bye to face wipes!

Cleanse Off Mitt

Price

✔ RRP is between €3-5.00

The Cleanse Off Mitt & Your Skin

✔ All skin types, all ages, both genders
✔ Chemical Free
✔ Non-irritant - no trauma
✔ No taught/tight/redness after use
✔ Ideal for sensitive reactive skin including Acne, Psoriasis, Rosacea, Eczema etc.
✔ Use even on delicate eye area
✔ Does not support bacteria if washed with antibacterial soap

Using your Cleanse Off Mitt

✔ Reusable
✔ NO cleanser needed. Just add water to the Cleanse off Mitt
✔ Removes ALL makeup, including mascara
✔ If you love your cleanser use this as a Pre-cleanser
✔ Ideal for Face wipe users/baby wipe users as the Cleanse Off Mitt doesn't strip the natural protective layer of the skin like wipes can
✔ Ideal for Travel, no need to worry about liquid cleanser restrictions on flights
✔ Ideal for gym goers, quick and easy removal of makeup before/after a session
✔ Ideal for late nights, Mums, people on the go, the lazy
✔ Lasts 3 months-6 months depending on the amount of use
✔ Affordable, quick, easy to use
✔ Machine washable

Try me to believe me!
LUCINDA GRACE DESIGN

As a Graphic Designer, Mum and Wife, each of her personally designed prints reflects her passion for design, typography and love of family and friends! Each one is made unique and individual. Each one celebrates a story. Lucinda Grace Design specialise in creating unique custom designed typography prints, using words provided by you. These personalised frames are perfect one of a kind gifts for your loved ones. All artwork is custom designed, printed and framed to the highest standard.

UNIQUE CUSTOM DESIGN

As a graphic designer and typography artist, Lucy provides a personal service fully customisable to your style and colour choice. Choose from sample design styles that can be personalised to create your own stunning frame, and if you wish for a bespoke option, you can contact Lucinda to help you create the perfect, and unique piece of type art for your family or friends. Simply just get in touch by filling in the quick online form here and describe what you would like and Lucy would be delighted to discuss your requirement with you.

A PERFECT GIFT FOR SOMEONE SPECIAL

Browse Lucinda Grace Design for the Baby Name Art for the perfect gift for baby’s birth, christening or dedication. Celebrate a love story with personalised prints for your loved one. Honour someone extra special with one of our personalised gifts for friends and family – a truly unique and personal gift for any occasion.
LUCINDA GRACE DESIGN

Typographic art is personalised art at Lucinda Grace. All designs can be modified to create custom art, whether it is personalised children’s artwork, limited edition typographic art, a personalised or bespoke wedding gift, a personalised christening gift, personalised words as a valentine’s gift, a gift for her, a gift for him or even a unique birthday gift. Whatever you can imagine in words can be turned into a memorable gift for that someone special who deserves it.

At Lucinda Grace Design, each design is made uniquely for you. If you can’t see exactly what you are looking for, I can customise a design to meet your individual requirements.

Contact:
Lucy Kelly
lucy@lucindagrace.com
+353 85 702 4242
www.lucindagrace.com
Twitter: @Lucinda_Grace
Facebook: www.facebook.com
At EquigEEK we produce Top Quality Websites, as well as a range of other Marketing, Technical Services and Training in all aspects of Web Marketing.

Our main aim is to provide top quality Online Technical Assistance to those in the equine industry.

For those of you who like to use computers, but understand far better the reasoning behind your horses actions, then we are for you. Your website needs, to work properly and efficiently, and SELL your product.

Your site should be earning you money! We design websites that give you control over your own content. We specialize in providing the best Social Media and Networking advice to our clients, including account set up and operation for Twitter, Facebook, LinkedIn, YouTube and Ebay!

In these days when money is tight we should be utilizing as many methods of bringing business to our doors.

Your website should also be easy for you to use and update, and linked to your social networking sites.

We know what you need to make your business online presence actually work for you, and produce the results you want.
We know what you need to make your business online presence actually work for you, and produce the results you want.

**Our services are:**
Web Site Design
Digital Brand Planning and Strategy,
Media Planning and Buying,
Social Media Management and Training,
Online Advertising,
SEO,
Research,
Application Development
Copywriting,
P.R.

Website www.equigeek.com
Twitter www.twitter.com/Equigeek

Equigeek,
Athronan,
Dunsany,
Co. Meath.
087 4116786
Carmel is the founder of Karmel’s Kitchen

I’m married with 3 children, our home and kitchen are always busy with family and friends visiting, I have been cooking and baking for over thirty years gaining experience while feeding a hungry family of 5. I have always had a passion for cooking which originates back to growing up in a large family.

The inspiration for Karmel’s Kitchen came to me during one of the many days baking with my 11 yr. old daughter and her friends. The children enjoyed these little culinary sessions so much they didn’t even realise they were gathering valuable skills. It seemed a natural progression to broaden the scope of this and start offering classes to children so that more kids could learn the importance of cooking with an emphasis on fresh healthy produce. I wanted to encourage the children to understand that cooking with fresh food was so easy and so much tastier than the processed options available.

Couple this with a solid ethos of food hygiene and a valuable life skill is being gathered in a fun environment.
If you are interested in booking a class or have some questions to ask us about Karmel’s Kitchen, please do not hesitate to contact us and we will try get back to you as soon as we can.

Phone: Telephone: +353 87 639 1171
Website: www.karmelskitchen.net
Franchise Opportunities with Jo Jingles

A Fun & Flexible Option
Jo Jingles provides an exciting opportunity to run your own business, offering interactive music and singing classes for children aged 3 months - 5 years in your local area. (In some areas we also offer classes for children aged up to 7 or 8 years of age). You don't need to have experience working in music or with children; just enthusiasm to work with children of this age group and to deliver fun sessions for them. Classes can be planned around family commitments making this the perfect opportunity for those looking for flexibility and work/life balance.

A Bit of History.....
The Jo Jingles franchise was launched in 1995 and has now grown to a network of over 90 franchisees running classes throughout the UK, Ireland and in Western Australia. We are now firmly established as the UK's leading provider of pre-school music and singing classes for babies and young children and our aim is for further expansion in the UK and overseas.

www.busop.jojingles.com/run-your-own.asp
"My bags are hand made to suit you and your style".

Kids Bags 15.00
Medium Bags 25.00
Large Bags 35.00
Xtra Large Bags 40.00
(Pink or Blue Trim)
At BabySplash BabySplash we teach babies from 3 months up to 3 years old in our fun and progressive swimming classes designed to help parents teach valuable water skills to their children. Teaching your baby to swim is such an amazing experience. Not just in terms of teaching vital life saving skills but also offers numerous developmental advantages and is a fantastic opportunity for bonding.

Our courses are based on recognised infant swimming courses and all instructors qualified to this level along with mainstream swimming teachers and lifeguard qualifications. We progress babies & toddlers through from beginners building up to short unaided swims underwater. It is amazing to see what babies can learn when given the opportunity in the freedom of the water.

When I had my first daughter in 2009 I was very surprised to find the lack of choice and availability in swimming classes for her.
BabySplash

I started BabySplash at the beginning of 2012 and currently run classes in Dublin, Dun Laoghaire and Wicklow and also in Kildare where I have set up a licensing agreement and help Jacinta run her own BabySplash swim school under the BabySplash name.

We also offer our own underwater portrait photography service for parents to take home that amazing memento of their babies swimming under water! Dublin, Wicklow, Kildare Baby Infant Toddler Swimming

Contact us today for more information or to reserve a place in a class:
email: hello@babysplash.ie
call Amanda on 087 9288728
www.babysplash.ie
Junior Einsteins Science Club incorporates the basics of science into a fun session of activities and practical experiments designed to stimulate and inspire a love of science and learning.

Mrs. Tracey-Jane Cassidy, the founder and senior science instructor has a degree in Natural Science from Trinity College, University of Dublin and a MSc in Medical Microbiology from the London School of Hygiene and Tropical Medicine. With extensive experience working in the U.K for a company established 23 years ago to teach after-school science clubs, Mrs. Cassidy brings excitement and passion to the learning of Science. The Mother of three children with a disciplined approach and an attitude of positive reinforcement, means every child benefits from their time in science club.

All of our scientists are fully Garda checked, insured and lots of fun!

Junior Einsteins Science Club teaches children core aspects of Biology, Chemistry & Physics through experiments, practical 'make and do', worksheets and instruction. The pupils take home parent handouts so their learning can continue at home. The ‘Junior Einsteins’ make a variety of pieces to proudly bring home such as a model glider, slime, instruments, rainbow glasses and magic tricks! We aim to correspond to and compliment the national curriculum for science.

Some examples of our clubs are; the principals of flight, ‘Hair raising’ electricity, making slime, how movies are made, Light, Wind, Sound, optical illusions, kite –making, lava lamps, chromatography to name only a few. At the moment Junior Einsteins Science Club can run for 6 consecutive school terms (2 years) without repeating a single topic!

Some of our Dublin schools are: Lycee Francais d’Irlande, Foxrock, Willow Park, Blackrock, Sharavogue, Glenagery

Our Science club is always the most innovative, inspiring club in schools and are great value for money.
Junior Einsteins Science Club
Hyde Road, Dalkey, Co. Dublin
Telephone: 085 8641959
E-mail: junioreinsteinsscienceclub@gmail.com
Cherish Me
Maternity & Baby Boutique | Dublin

Maternity & Nursing Wear
Baby Changing Bags
Kids Fashion
Out & About

Baby Essentials & Accessories
Nursery & Kids Room
Playtime
Mum & Baby Gifts

Earn 3% back on all purchases
Register Today!

Earn loyalty points every time you shop
Cherish Me
Maternity & Baby Boutique | Dublin

SALE NOW ON!

Baby bags inspired by nature.

Cherish Me | Dublin

SnüzPod™ 3 in 1 Bedside Crib

Sleep safe, feed and bond next to your baby

Now Available from Cherish Me | Dublin

Shop Now.

Bassinet + Stand-alone + Bedside
Centrepieces, Favours, Gifts and Treats

Candy Trees make great gifts and centrepieces! Talk to us about your colour scheme today. Range includes: Ferrero Rocher, Marshmallows, Celebrations and so many more!

10% off all orders placed before February 1st. That’s our Valentine’s Day Present to you!

We are Erica and Beverly... sisters with a sweet tooth! We take pride in creating custom pieces for events like weddings, communions, baby showers and hen parties. Let us help you plan something really special!

Candy Cocktails are fun for all sorts of occasions, and individual sized Candy Cocktails come in a real liquor glass and make great favours!

creativecandy.weebly.com creativecandyireland@gmail.com
Get in the mood for a romantic Valentine's Day!

Phone: +353 1 445 4371
Mobile: +353 86 349 6628
Website: www.phoenixdelite.ie
Twitter: www.twitter.com/phoenixdelite
Linkedin: www.linkedin.com/in/PascaleVanRiet
Facebook: www.facebook.com/PhoenixDelite
We have some lovely high quality Valentine gift boxes filled with scrumptious sugar free handmade Belgian chocolates.

Burgundy Heart Box

Burgundy heart shaped box, a single tier filled with luxury sugar free handmade Belgian Chocolates

Burgundy Heart Box Double

Burgundy Heart Box Double Tiered filled with Luxury sugar free Handmade Belgian Chocolates

Sugar Free Satin Heart Window Box

Satin Heart Window Box filled with Sugar Free Handmade Belgian Chocolates

Sugar Free Wooden Box

A Wooden Red Box filled with Sugar Free Luxury Belgian Chocolates
Buddybags – Play Tidy Go

As parents of three energetic children, we love to see them getting down on the floor and playing with all their toys. But many of these toys had small pieces meaning tidy up time often ended in tears. We soon realized that what we needed was a bag for all those toys that would make clean up time much easier.

Buddybags are designed to last using the highest quality cotton canvas bags, they are transportable and easy to store. The kids can play for hours but tidy up in seconds!

We set about creating a bag which would encourage our children to be independent in tidying up, and in the process make our lives easier! But we needed a bag which was functional and durable, and hence Buddybags were born.

Buddybags – Play Tidy Go

www.buddybags.ie
Buddybags – Play Tidy Go

Buddybags Features:
100% sturdy cotton canvas
Durable cording
100-110 cm diameter
Shoulder strap for ease of transport
Machine washable
CE mark
Not suitable for children under 3 years of age

Stockists
Away with the Fairies Gift Shop, Rathbeggan Lakes, Meath
Baby Baby Nursery Shop, Virginia, Co. Cavan
Eurocycles Euro Babies, Longmile Rd, Dublin 12
Mimitoys, Navan, Co. Meath

www.buddybags.ie
Bumps ‘n’ Babies

Online Maternity & Childrens Wear Store

Glashabay, Carrignabbfear 10 Mins off Main Mallow/Cork Road at Rathduff

Appointments Only to

Tel: 085 8193469

Hatley Rainwear, LoFf Childrenswear, Baby Gifts, 9 Fashion,

Crave Maternity Wear & Bumps’n’Boobs Nursing Wear & Milk Nursingwear

Stardust Communion Dresses now in store, phone for appointment.

Hatley

Bumps’n’Boobs

www.bumpsnbabies.ie
KIDS SAFETY iD
Ensuring emergency details are always on hand

www.idme.ie
Hundreds of thousands of children get lost or go missing every year, IDME bands insure lifesaving information is on hand, providing contact details for immediate recovery, & to profile your child’s medical requirements if needed.

KIDS SAFETY iD WRISTBANDS
Ensuring emergency details are always at hand

Product Information:
WATERPROOF: Perfect for trips to the beach or a swim in a pool.
TEARPROOF: Insert card is waterproof & tearproof, just use a ballpoint pen.
REUSABLE: Use for trips away, birthday parties or just a visit to the shops.
UPDATALBE: Comes with 2 insert cards, spares can be bought separately if your information changes.
DISCREET: ID cards tucks securely away out of sight under the Velcro strap.
SIZE: Hand made for kids & toddlers with a wrist circumference of between 12.5cm - 15cm.
CARD DETAILS: Name, allergies, medication, address/hotel, emergency contact, other important info.
FUN: Six vibrant colours to choose from, a necessity for the parent but an accessory for the child!

If you have any questions or are interested in stocking our product please feel free to contact us on:
+353 (0)860526929 or email info@idme.ie
Aine`s Kitchen I have always been passionate about food and cooking and I want to share my love and enthusiasm for good food with you. Hopefully, I will inspire you to get back into your kitchen with a renewed confidence and willingness to tackle even the most difficult recipes. My goal is to share with people my passion for “real” food and teach them how to cook it, appreciate it, eat it and, most importantly, love it!

People tell me my passion and enthusiasm for food is infectious and that when I talk about food, I talk with my hands and my eyes both of which are much better at explaining my emotions on food! After working in restaurants as a chef, I then took time out to have my children but I missed the cooking. During this time, I became very interested in the health benefits of good food and studied Diet and Nutrition and qualified as a Nutritionist. I believe that food that tastes great can also benefit your health. After much planning and excitement, I finally realised my own dream and opened Aine’s Kitchen and I am now doing something that I truly love. The idea behind my cookery school being based at home is to make people feel as comfortable as possible and show them that fantastic food can still be produced in their own kitchens.
Our “Taste of Spain” class promises to ignite your Mediterranean passion! I have spent many holidays eating and learning about the beautiful food that this wonderful country has to offer. At the end of this class, you will sit down and enjoy a Spanish feast complete with a wine matched to the food.

The “Italian Food Made Simply” class will enhance your skills making fresh pasta, pizza and mouth-watering Italian breads. A delicious lunch will follow with a glass of prosecco to toast your good work!

Our “Cake Decorating” class is designed to give you the basics of designing your own novelty cake and creating a masterpiece without resorting to buying expensive cake moulds! You will leave this class with a big grin on your face and your own decorated cake to take home!

The “Men Only” class caters to you guys who really do want to be “King of the Kitchen”! Learn to make mouth-watering Friday night curries or a feast of a Sunday Lunch in this relaxed half day, finished off with lunch consisting of your own hard work…..and a cold beer of course!

During our classes, I hope that you too will find your own passion for food.

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HouseMyDog is the easy way to board your dog in a real home.

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HouseMyDog is offering all Mompreneur members a 10% discount on any booking made through www.houemydog.com until March 1 2014.
Spend €40 or more & we will email you a Voucher Code
For a DISCOUNT of 20% for your next order

From 1st Birthday Parties to Princesses and Spiderman to Fireman Sam we can cater for all your party needs.
At our online shop you will find everything you need for the perfect party.
Select your party goods in the comfort of your own home and in your own time, then sit back and wait for the delivery to your door.

New Products

Scrumptious Cake Platter
Pink Butterfly Wand
Muppets Plates
Tiaras Lillac

www.partypacks.ie
Máire Ní Chuinneagáin

I have been using the products for a long time, and decided to become a distributor, because I believe in the products so much.

Aloe Vera Gel drink, is 100% pure aloe vera based...the plants are cut, and in 4 hours, by hand, bottled into aloe vera gel. It has changed my life. I had IBS for many years, since I started drinking the aloe gel daily, I have never had any symptoms of same.

I now use all aloe vera products in my home...their deodorant is the only one allowed in the Mater Breast check clinic in Dublin, it has no harmful aluminium salts...all my family & friends have changed over to Forever aloe-shield deodorant.

My thinking is that if I use the products, believe in them, recommend them & everyone who is interested does the same, we would all have much better health.

They have a fantastic range of supplements too, & a wonderful range of cosmetics as well.
Our skin is the front line defense in our daily fight against pollution and other environmental irritants, so we need to protect and reinforce it with extra care. Aloe vera, whose most traditional use as a natural remedy is to soothe the skin, is an ideal defense. We have designed unique and varied products that work naturally by moisturizing and providing essential nutrients and vitamins to the skin. Our skin care products can help protect the skin against the environment’s harsh effects, and are reinforced with the International Aloe Science Council Seal of Approval.

Máire Ní Chuinneagáin – Forever Living

Nature knows best. Everywhere you look in nature you find balance, harmony, life, and renewal. Our planet holds a world of secrets just waiting to be discovered. From the industrious honeybee and the exquisite mangosteen fruit to the rejuvenating aloe vera plant, each bountiful element is meant to balance and improve our lives.

Experience the difference of Forever Living’s products. Infused with 100% pure aloe vera gel and many other beneficial botanicals, these products will give you something unexpected. Energy. Vibrancy. Wellness. You’ll notice it right away—and others will too. The difference is only natural
Today, more people than ever are conscious of their weight and living a healthy lifestyle. What would you consider to be the ideal diet? It should taste good, be easy to follow, boost energy levels, and of course, keep the pounds off. Good news! Our range of weight management products assists you in doing that and more. Let Forever Garcinia Plus, Forever Fast Break Energy Bar, Forever Lite and Forever Lite Ultra help you reach your weight management goal!

CONTACT
Máire Ní Chuinneagáin
Supervisor
mairemtd@gmail.com
+353 (0)87 682 9611
Green Gorgeous is an Irish based design business specialising in contemporary eco-chic home and giftware.

The business is a collaboration of interior designer & business graduate Linda Sheridan and graphic designer & entrepreneur Paula Stapleton.

Inspired by nature and a little bit of Irish humour, the product ranges are designed and made in Ireland in 100% wool felt and feature placemats, tablemats, cleverly cut out coasters, napkin rings, and wall art in vibrant colours and contemporary designs.

We hope our designs bring a smile to your face.....

Green Gorgeous launched a new range of funky napkin rings to the retail trade at Showcase Ireland which took place in the RDS from 19th January to 22nd January.

www.greengoregous.ie
Custom made Handbags & Accessories- Any Bag, Any Fabric, Any Colour!

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SMART • SIMPLE • SOLUTION
For many years, I have watched my children struggling with heavy schoolbags and have worried about the long term damage that might be caused to their developing spines. I drive my children to and from school each day because of the weight of their schoolbags, although I know that it would be far healthier for them to walk. I have spent a long time thinking about this problem and I finally decided that I needed to try to do something about it myself.

At first, I felt a technological solution, such as using a laptop, iPad or eReader was the only alternative. However, the more I read, the more I felt that this was not necessarily the best option.

Therefore, in seeking an alternative to one of the technological options i.e. iPad, Laptop, eReader etc., and whilst also instantly solving the heavy schoolbag problem BookSplits™ became the solution.

It is a very simple solution – ‘cut your book in half – halve the weight’ – but it is also a very practical, effective and instant solution, with no side effects to be concerned about. The books are not damaged – they are just in two halves. This is a decision that every student/parent who has purchased their own books can make, independently of schools.
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Abbeyfield,
Wicklow.
Co Wicklow.
Ireland.
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Web : www.booksplits.ie
Tel : +353 (0)86 361 9568
At Vantastic Vintage we are very passionate about creating a unique personalised experience for all our clients each and every time.

So whatever your plans are we can work together to create the perfect event and make it a real memorable occasion for you and your guests. Lil Peach is also a great backdrop for your photos and a place for guests to mingle!

Lil Peach is fully equipped with state of the art barista coffee machine and cooker/oven so we can cook and serve food/drinks to your guests in almost any location.

Below are some of the options we provide but as everyone is different we can customise any option to suit your requirements:

- Barista coffee bar
- Barista Coffee and homemade chocolate biscuit cake
- Candy van for the kids & big kids
- Late night nibbles
- Next day breakfast or Garden party
- Drinks reception in church, grounds or location of ceremony

Really the options are endless so if you are interested let me know and we can work together and come up with a unique event for your occasion.

* Alcohol is to be provided by client due to licensing laws but all glasses and mixers included.
Mexican Heart by Marie Ahern Martinez celebrates our passion about Mexican crafts and culture and as well as all that is Mexican through these beautiful pieces. Mexican Heart is also our way of giving something back and contributing towards the support of indigenous community businesses in Mexico.

One of the main reasons we developed this business was to help those Mexican artisans that due to the economic situation in Mexico have very few supports or opportunities from government or otherwise. By purchasing their exquisite handcrafted products we are helping them to support their families and enrich their communities as well as building a future for themselves.
Mexican Heart by Marie Ahern Martinez.

With our products, we are helping a small Mexican community of artisans that work every day to bring you these magnificent pieces. Our artisans create these amazing pieces with the ancient Aztec techniques, that are being passed from generation to generation, as part of their heritage.

Our jewellery is 100% hand made, all the materials used are 100% Mexican; and made with a range of high quality materials such as obsidian, abalone, turquoise stone, blood stone, fine silver overlay, pewter and leather, among others. Our heart is devoted to Mexico, that is why we want to share this passion with you. These products make unique and beautiful gifts for all ages and occasions.
Website [www.mexicanheart.com](http://www.mexicanheart.com)

Forge Hill View, Stamullen Co. Meath, Ireland.
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www.maxwellmediation.com
Wrapsies providing towels with a twist plus,

Wrapsies is an Irish based online store specialising in a unique & quirky range of toweling wraps. The extremely practical & highly versatile wrapsie is proving very popular for kids and adults. They can be used at home or when changing in public places, like the pool, beach, leisure center, athletics, triathlon - the list is endless.

Denise Dawson came across the Wrapsies business and immediately saw the potential in the highly innovative and practical toweling wraps. As seen on Ireland AM and in the Sunday Business Post.
Suite 7 About US

Suite 7 Advanced Cosmetic Solutions is a brand new Surgical and Non-Surgical Cosmetic Clinic headed up by Irish Consultant Plastic Surgeon Mr. Colin Morrison. Located on Herbert Avenue, Suite 7 is the only Cosmetic Clinic in Dublin to offer Allergan’s Botox (the premium brand of Botox, with the most clinical evidence & licensed indications) at only €8 per unit, charging only per unit used instead of the norm charging per area. Although cheaper Botox is available we have never compromised on quality and never will. All our injections are done by Mr. Morrison, who is a member of the highest professional bodies in both Ireland and the UK, including IAPS (Irish Association Plastic Surgeons) and BAPRAS (British Association of Plastic, Reconstructive and Aesthetic Surgeons). At Suite 7 you will find yourself in the experienced, safe hands of one of Ireland’s leading Consultant Plastic Surgeons.

Alongside Mr. Morrison is our anti-ageing expert Mary-Kay Sheehy. Mary-Kay’s career in the world of aesthetic medicine and beauty spans over a decade in Ireland & the UK. As someone who has worked in the world of the Cosmetic and Plastic surgery industry she can offer the benefit of her inside knowledge gathered from working within the world of aesthetic medicine. She sees private clients from all over Ireland and the UK who seek her personal advice on the latest anti-aging treatments. Many people she has worked with have found it to be an invaluable tool and it has saved them hundreds of hours of research especially where a treatment or product is unfamiliar to them.

Colin and Mary-Kay met in the UK a few years ago and noticed there was a gap in the Irish market for a Cosmetic Clinic that could offer both non-surgical and surgical options alongside the best anti-ageing medical grade skincare. Following the US Cosmetic Clinics model of charging per unit used of Botox, rather than per area, we feel we can not only tailor make every treatment to the individual but also provide great value.

Suite 7, Advanced Cosmetic Solutions,
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At Fent clothing you will find good quality new Licensed children's character clothing, Duvets & accessories at affordable prices. We Offer Free postage in Ireland (incl NI) on all our items. We will be 2 years in business on 26th February this year. Our website is www.fentclothing.ie
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