



BLARNEY & DISTRICT
CHAMBER OF COMMERCE

Supporting local businesses

JUNE 2024

QUARTERLY E-MAGAZINE



BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BUSINESS
AWARDS 2024



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BUSINESS SUPPORT

MEET THE CHAMBER


LOCAL OFFERS

EVENTS

NETWORKING

LOCAL HEROES


AND MORE....



The Blarney & District Chamber of
Commerce meets every Friday at the
Blarney Castle Hotel

9:00 - 10:00 am for networking and
business support.

Tea/Coffee, scones and pastries are served
for €5 per person



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Marlene Griffin

CHAIRPERSON OF THE BLARNEY &
DISTRICT CHAMBER OF COMMERCE



JOINING THE CHAMBER

We want your business to succeed and grow with the help of the Blarney & District Chamber of Commerce.

The Benefits of joining the chamber:

Online Magazine Content

Listed On The Chamber Website

Facebook, Instagram & Twitter Platforms

Weekly Meetings

Networking Events

Business Development & Growth

Social Events

Referrals From Members

Annual Membership rates: 1 year €200

<https://blarneychamber.com/membership/>

CONTACT DETAILS

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<https://blarneychamber.com/>

Dear Members and of the Blarney and District Chamber,

As I continue in my role as Chairperson for the 2024/25 year, I want to express my gratitude for the opportunity to lead our vibrant community once more. I am genuinely excited about what we can accomplish together in the coming year.

There's a saying that resonates with me: "If you want to go fast, go alone; if you want to go far, go together." This wisdom captures the essence of my vision for our Chamber this year—we are stronger together. My goal is to foster an even more robust Chamber, building a community where collaboration and collective growth are at the forefront of all we do.

This edition of our ezine is a testament to the incredible group of hardworking, passionate, and talented individuals that make up our Chamber. Each story and highlight within these pages reflects the dynamic and diverse contributions of our members, illustrating the strength and potential of our collective efforts.

As we move forward, let us embrace the spirit of collaboration, support one another, and continue to build a Chamber that not only meets but exceeds the needs and aspirations of all its members.

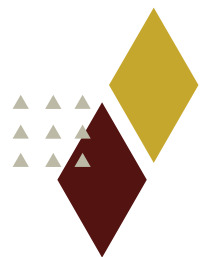
Thank you for your continued support and enthusiasm. Here's to a productive and successful year ahead!

Warmest regards,

Marlene Griffin

Chairperson

Blarney and District Chamber





BLARNEY & DISTRICT
CHAMBER OF COMMERCE

SHOP L♥CAL



Small businesses are the heart of the community, show them your love.

#ShopLocal

What do our members say?



“Being a part of the chamber supports me with promoting my services as all the other business’s passes on my name to anyone they come in contact with where they feel I can be of support. As well as this the chamber provides a platform to explore any new ideas that I have sort of like a focus group which gives vital information for any business that would be expensive to do on your own. “

“It’s great to have the opportunity to lean on the many years’ experience that other Chamber members have as many will have gone through similar scenarios and problems and come through them. I also like the fact that I get to meet experienced business people from outside of my field because they give valued insight and opinion from a totally different perspective. This certainly helps me avoid the trap of tunnel vision. I’ve only been a member for just over a year and that time has seen a considerable amount of new members joining so it’s great to be part of an ever-expanding network!”

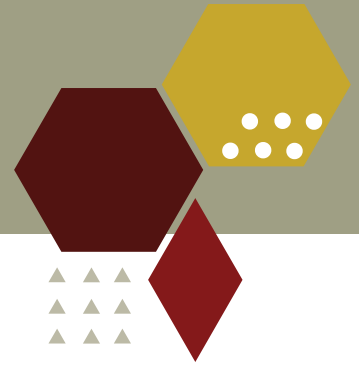


“Operating your own business can be a lonely place and the chamber offers support and resources from like minded individuals. It’s a great end to the week to get to the weekly meeting and hear the many inspiring business owners share their stories and thoughts.”





BLARNEY & DISTRICT
CHAMBER OF COMMERCE



The following interviews are with our 2024/25 Committee members. You can read about their businesses and their visions for the Chamber in the coming year.





An interview with...

**James
White**



Q - Give us a quick description of your business.

A - I am a clinical psychotherapist, hypnotherapist, counsellor and emotional intelligence & mindfulness facilitator.

Q - Who are the people behind your business and define each of your roles/ or if it's just yourself tell us about your role.

A - Although my business is just myself, I also collaborate with many other people delivering workshops and trainings. I work 1 to 1 with people specialising in stress, anxiety and depression. I also host retreats, group workshops and trainings involving understanding the mind and how we can overcome some of our habitual thinking patterns. I have volunteered in the Cork Cancer Care Centre for the past 10 years supporting people affected by cancer.

Q - Where are you based?

A - I rent a space in Cork City near Paul Street.

Q - How long have you been involved in this work?

A - I have been involved in this work since 2012.

Q - Tell us about your offerings.

A - I offer 1 to 1 sessions as well as group sessions.

Q - What do you consider to be one of your works best features- what are you proud of?

A - I would like to think that I am down to earth and can connect with my clients relieving them for the misconceptions of talking to a professional about personal challenges. I suppose I am also proud of my accomplishments over the years and for me one of the best things is seeing my clients at the end of therapy, transformed and taking on life with a spring in their step.

Q - Highlights?

A - Seeing how I too continue to transform and learn and grow.

Q - Biggest challenges?

A - Some of this work can be heavy as listening to others' problems and holding the space for them to work through it can be difficult so it is so important that I too have strategies in place for my own mental and physical health too.

Q - Any advice for Joe Public?

A - We are used to seeing the message "It's Ok to not be Ok and It's Ok to Talk" and I agreed with both of these, it is not as daunting as it may feel, there are so many qualified therapist's out there who are just waiting to Listen. Taking the first step is difficult, but you will never look back. So make that call or send that inquiry we are here to support you. Whatever the difficulty is we can work together to manage and move through whatever they are.

Q - Any new ideas in the pipeline?

A - I have a few things that I am working on at present if you keep an eye on my social media all will be revealed as they come to fruition so watch this space,



Q - Anything else you'd like to add- offers etc.

A - Discounted Session 1 introductory session €50 (Normally €90)

Q - You've just been elected to the Blarney Chamber Committee for 2024/2025. What is your vision for the Chamber during this time? What do you hope to accomplish?

A - So grateful to have been nominated for the chamber, it is a pleasure to be a part of a working group supporting each other in business. My hope for this year is to continue on the great work that the chamber strives for and building on the work of all of those before, increasing the support we can give each other as well as the community around us.

Q - How does Blarney Chamber membership help you/what do you like most about your local chamber?

A - Being a part of the chamber supports me with promoting my services as all the other businesses pass on my name to anyone they come in contact with where they feel I can be of support. As well as this the chamber provides a platform to explore any new ideas that I have sort of like a focus group which gives vital information for any business that would be expensive to do on your own. The chamber also provides different speakers and speaking opportunities where experts come and give information in different areas that is beneficial to our business's. Then there is the networking, meeting people and getting to know more about other businesses, building trust and confidence especially when you are recommending each other.

Contact Details

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**Mental Health Services
Psychotherapy, Counselling &
Hypno-psychotherapy**

Private & Confidential

**Need to
Talk**



**Call us on
0873385640 to
book an
appointment**



www.apiclinics.com

says Barry... cardboard by switching to... labelling (IML) process and the environmental benefits are extended further as the packaging is manufactured right here in Cork, making transportation minimal."

Donagh... OnePlastics Group.

PACKED FULL OF INNOVATION

OnePlastics Group are Ireland's premier manufacturer of BRC certified, injection moulded and in mould labelled containers to the retail, wholesale & food sectors.



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Application
Engineered for Microwave Use

Optimised Sidewall
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17-0067-P
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FRO500
See Notes
0.66 : 1



IML Features
✓ High Resolution
with the range
✓ Ultra-sharp
images
from the



An interview with...

James Holland

Q - Give us a quick description of your business.

A - I focus primarily on designing bespoke gift frames for all of life's special occasions such as Births, Christenings, Communion and Confirmations or to celebrate and commemorate a special achievement by one of those closest to you. New gift frames are constantly being added to the catalogue and please get in touch if you have anything in particular in mind as I'm happy to design a frame for any occasion.

I also design and print wedding stationery, memorial stationery and offer a photo restoration service.

Furthermore, I specialise in providing graphic design and print solutions to businesses, sports clubs, associations etc.



Q - Who are the people behind your business and define each of your roles/ or if it's just yourself tell us about your role.

A - Well it's just me for now so I am doing literally everything. I like to keep things as organised as I can so I allocate specific time for admin, bookkeeping, housekeeping etc but of course inevitably on a busy day I'm doing a bit of everything all of the time! I work on the rule of thumb that everything takes at least twice as long as you expect (and then I double it again because I'm a notorious perfectionist!).

Q - Where are you based?

A - I work from my dedicated studio at home in Castle Close, Blarney which has seen many iterations over the years with the addition of more and more equipment. I really enjoyed both designing it and building it up over time and obviously working from home has the benefit of keeping overheads down and caffeine levels up. Storage of materials is becoming a problem though so I might have to jump ship sooner rather than later.

Q - How long have you been involved in this work?

A - In terms of doing this for a living it's been a few years now but in terms of hobbies and interests it's been forever. I've always been creative and was really into drawing in my youth and I've always been a stickler for layout and even spelling and grammar. I've actually studied and worked in journalism too which means I am also very capable in copywriting. I think the combination of my creativity and my attention to detail is a great foundation for graphic design. Those close to me would probably describe me as a pathological perfectionist but "excellent attention to detail" sounds better...

My passion for what I do initially came from making personalised greeting cards and gifts for my family, particularly my nieces and nephews when they were younger. That progressed to doing the same for friends and colleagues, many of whom suggested that I do it for a living. Seeing their reactions to my creations is incredibly fulfilling as I really enjoy using my talent and skills to bring a little bit (or a great bit) of joy to people's lives.



Q - Tell us about your offerings.

A - I design bespoke gift frames for...anyone for anything really! It's all in the name of "keeping memories precious". I think a few years of Covid-19 has taught us all what is most important in life - namely those closest to us and the memories we make together for each other. In that respect I'd like to think we have all learned to be a little more grateful for and mindful of time spent together. The aim of my work really is to make the people close to my clients feel special and to help make those memories last forever. I also specialise in photo restoration.

Current Gift Frames

- Newborns
- Life's Sweetest Moments
- Christening
- Communion
- Confirmation
- Cancer Warrior
- Holiday Frames
- Dog Memorials
- Thank You Frames
- Achievement Frames

Wedding Stationery

- Invitations
- Mass Booklets
- Table Plans/Table Cards
- Thank You Cards

Memorial Stationery

- Memorial Cards
- Wallet Cards
- Bookmarks
- Acknowledgement Cards

I provide graphic design and print solutions to businesses, sports clubs, associations etc.

Graphic Design

- Brand Design
- Packaging Design
- Advertising
- Publication Design
- Powerpoint Design

Design & Print Solutions

- Business Cards
- Compliment Slips
- Letterheads
- Roll-Up Banners
- Corriboard Signage
- Posters A4/A3/A2/A1/A0
- Flyers DL/A5
- Leaflets Tri-fold/Bi-Fold
- Brochures
- Duplicate Books A4/A5
- Triplicate Books A4/A5



Q - Any advice for Joe Public?

A - Shop local!

Q - You've just been elected to the Blarney Chamber Committee for 2024/2025. What is your vision for the Chamber during this time? What do you hope to accomplish?

A - I'm not just new to the committee; I'm also relatively new to the Chamber so let's see what happens. I'm just back from holidays so I haven't had much of a chance to think about it yet in all honesty! I hope to use my energy and creativity to help in whatever way I can.

You only get out of something what you put into it, right? I'm very conscious of both the committee and the Chamber members essentially being different parts of the same team and my vision would be very much everyone putting their heads together in an open-minded, focused and positive manner for the betterment of the Chamber as a whole. In that regard, I must say that I really like the idea of working groups because being actively involved will allow every member to use their skills, expertise and experiences in a cohesive and symbiotic manner. Teamwork makes the dream work.

Q - How does Blarney Chamber membership help you/what do you like most about your local chamber?

A - The fact that I have only recently started my own business means, inevitably, there is a lot of learning as I go whether I like it or not. It's great to have the opportunity to lean on the many years' experience that other Chamber members have as many will have gone through similar scenarios and problems and come through them. I also like the fact that I get to meet experienced business people from outside of my field because they give valued insight and opinion from a totally different perspective. This certainly helps me avoid the trap of tunnel vision. I've only been a member for just over a year and that time has seen a considerable amount of new members joining so it's great to be part of an ever-expanding network!

While I always like to meet new people and forge new connections and friendships, I'd be lying if I said that I was comfortable or confident while doing so in person in large groups. This is where I would have to speak very positively about the Blarney Chamber where I've been made to feel right at home since my very first meeting.

There is a most welcoming atmosphere to newcomers and even a palpable sense of community and camaraderie from the existing members each week. I have found each of the members I have had the pleasure of meeting to be easily approachable, positive and engaging.

I also like to think that a feeling of trust is paramount in the foundation of any relationship and the committee and members of Blarney Chamber certainly instill that.

Contact Details

James Holland

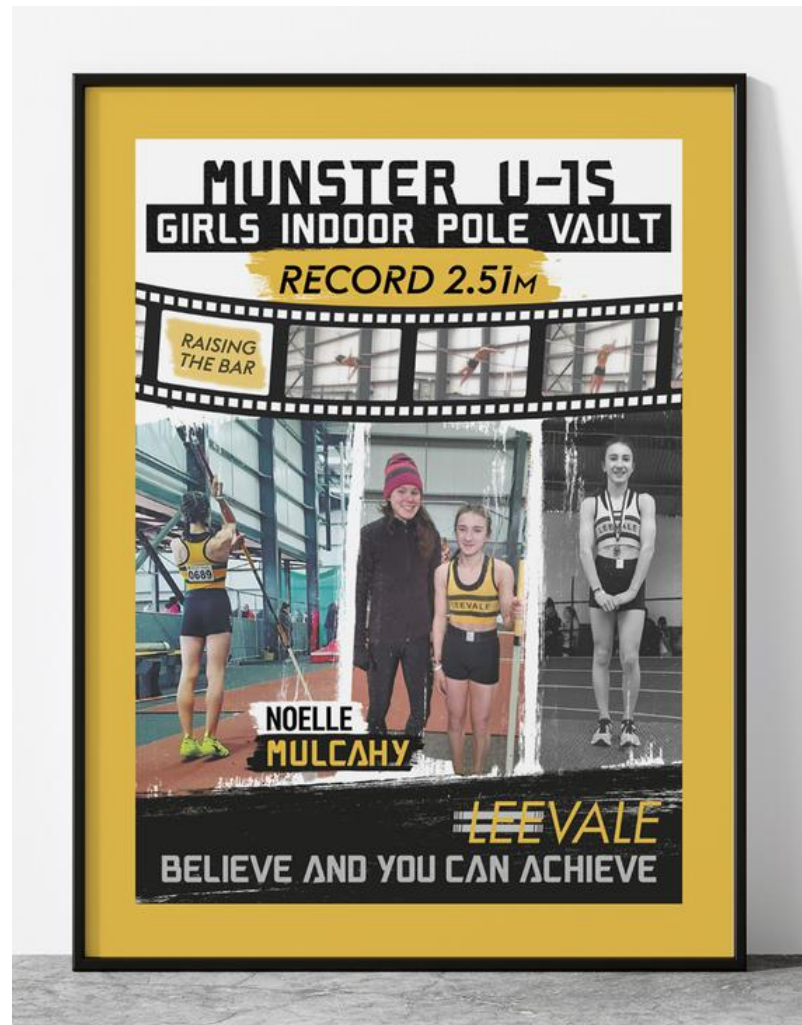
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**BLARNEY & DISTRICT
CHAMBER OF COMMERCE**

BUSINESS AWARDS 2024




VENUE: The Blarney Castle Hotel

DATE: 27th April, 2024




TIME: 8pm Until Late



TICKET: €45 **EVENTBRITE:** 

THE CATEGORIES

-  Business of the Year
-  Business Person of the Year
-  Best Customer Service
-  Digital Media Award
-  Great Taste Award
-  Special Recognition Award

KINDLY SPONSORED BY:

TO VOTE, PLEASE VISIT
<https://blarneychamber.com/blarney-business-award-nominations-2024/>
 and complete the nomination form.

Voting open to visitors and locals. One vote per category per person. Voting closes 5pm 31st March 2024.



An interview with...

Marlene Griffin
“The Gym Momma”



Q - Give us a quick description of your business.

A - SBG Cork is a premier martial arts and fitness facility that embodies the philosophy of growing together, with a champion mindset in both fighting and life. At the heart of our approach is the commitment to fostering a supportive community where members of all ages and abilities can thrive.

We offer a diverse range of programs tailored to nurture and develop skills in various martial arts disciplines such as Brazilian Jiu-Jitsu, Mixed Martial Arts, Kickboxing, and Wrestling, as well as comprehensive strength and conditioning training. Our facility is designed to cater to both competitive fighters and fitness enthusiasts, providing a safe, professional space where every member can pursue their personal goals.

SBG Cork is not just a gym; it's a community where lasting friendships are formed, leadership skills are cultivated, and teamwork is emphasized. Through our specialized programs and expert coaching, members are encouraged to develop resilience, discipline, and confidence—qualities that translate beyond the mats and into everyday life. With a focus on continuous improvement and excellence, SBG Cork is dedicated to helping its members achieve greatness, fostering a culture where the journey of personal and physical development is as important as the destination.

Whether you are looking to become a competitive athlete or simply aiming to improve your fitness and well-being, SBG Cork offers the guidance, resources, and supportive environment needed to succeed.

Q - Who are the people behind your business and define each of your roles/ or if it's just yourself tell us about your role.

A - The dynamic duo that drives its success—Head Coach Liam-og Griffin and his sister, Marlene Griffin, affectionately known as Gym Momma. Together, they form the backbone of the gym, each playing a pivotal role in fostering the growth and development of all its members.

Liam-og Griffin stands at the forefront of SBG Cork as the Head Coach, bringing a wealth of experience and a profound passion for martial arts to the gym. His coaching philosophy extends beyond mere technique, focusing on developing a champion mindset in all aspects of life. Liam-og is deeply committed to the personal development of each member, helping them to realize their potential not only as athletes but as individuals. His strategic approach and motivational leadership are instrumental in preparing fighters for both national and international competitions, earning the gym a reputation for excellence in martial arts training.

Marlene Griffin, or Gym Momma, is the heart and soul of SBG Cork, ensuring that the gym operates smoothly and that every member feels welcomed and valued. Her role transcends the typical administrative duties—she is a mentor, supporter, and often the driving force behind the community spirit at the gym. Marlene's presence adds a familial touch to the gym, making it a home away from home for many members. She is instrumental in organizing events, managing gym operations, and ensuring that the gym maintains a friendly, supportive environment that champions the personal growth and well-being of its members.

Together, Liam-og and Marlene have cultivated a unique environment at SBG Cork, where training rigorously and supporting each other go hand in hand. Their combined efforts have established SBG Cork as more than just a training facility; it's a place where champions are made, and life-long friendships are formed.

Q - Where are you based?

SBG Cork

Unit 31, Northpoint Business Park

Blackpool T23HN76

Q - How long have you been involved in this work?

A - Marlene and Liam-og Griffin, the dynamic siblings behind SBG Cork, have been immersed in the world of martial arts since their childhood. Their early introduction to the discipline has not only shaped their personal lives but also their professional paths. Growing up with martial arts has instilled in them a deep understanding of the sport's physical demands and its profound mental and emotional benefits.

From a young age, both Marlene and Liam-og were captivated by the principles and techniques of various martial arts disciplines. This early passion laid a strong foundation for Liam-og's future as a coach and Marlene's role as the supportive backbone of SBG Cork. Their lifelong involvement in martial arts is reflected in their commitment to promoting not just physical fitness and self-defense skills, but also life skills such as discipline, confidence, and perseverance.

Their shared history and deep-rooted knowledge of martial arts have been instrumental in their ability to create a nurturing and empowering environment at SBG Cork. Here, they continue to foster a sense of community and support among members, emphasizing the importance of personal growth alongside martial arts training. This background has also made them adept at understanding the needs of their members, from young beginners to professional athletes, ensuring that SBG Cork remains a place where anyone can start their martial arts journey and strive for excellence in all aspects of their lives.

Q - Tell us about your offerings.

A - SBG Cork offers a comprehensive range of programs and facilities designed to cater to individuals of all ages and skill levels, focusing on both physical and mental growth through martial arts. Here's a breakdown of what SBG Cork provides:

1. Diverse Martial Arts Disciplines:

- Brazilian Jiu-Jitsu (BJJ): Both gi and no-gi training for grappling and ground fighting techniques.
- Mixed Martial Arts (MMA): Integrating techniques from various combat sports and martial arts for competition and self-defense.
- Kickboxing: Combining elements of boxing, karate, and Muay Thai to develop striking skills.
- Wrestling: Focusing on clinch and ground control, essential for combat sports.

2. Programs for All Ages:

- Kids and Teens Programs: Specially designed classes that focus on instilling discipline, confidence, and teamwork in young participants.
- Adult Classes: For beginners to advanced practitioners, focusing on skill development, fitness, and competitive training.

3. Strength and Conditioning:

- Comprehensive strength and conditioning programs that improve physical fitness, enhance martial arts capabilities, and reduce the risk of injury.

4. Personal Development and Life Skills:

- Emphasis on developing personal attributes such as discipline, confidence, resilience, and leadership skills.

5. Professional Coaching:

- Experienced coaches, including Head Coach Liam-og Griffin, provide high-quality instruction and mentorship, drawing on years of competitive and coaching experience.

6. Community and Support:

- A strong community environment that supports personal growth and development. Known as a place where lasting friendships are formed, and everyone is encouraged to support each other.

7. State-of-the-Art Facilities:

- Modern, well-equipped facilities that provide a safe and professional environment for training and learning.

8. Competitive Opportunities:

- Regular opportunities for members to compete in tournaments and competitions, both nationally and internationally.

9. Workshops and Seminars:

- Frequent workshops and seminars led by experts and guest instructors from around the world, offering members the chance to broaden their knowledge and refine their techniques.

SBG Cork is more than just a gym; it's a community hub where members are empowered to grow and succeed in martial arts and beyond, fostering a champion mindset in fighting and in life.

Q -Any advice for Joe Public?

1. Start with the Right Mindset: Approach your training with openness and a willingness to learn. Whether you are a beginner or an experienced practitioner, having the right mindset is crucial for growth and improvement.
2. Consistency is Key: Regular practice is essential in martial arts. Consistency helps you to build and refine your skills, improve your physical fitness, and develop mental toughness.
3. Set Realistic Goals: Set achievable, clear goals to stay motivated and track your progress. Whether it's improving a specific technique, increasing fitness levels, or preparing for a competition, having goals will help you focus and measure success.
4. Enjoy the Process: Remember that martial arts training is not just about the end goals but also about enjoying the journey. Celebrate small victories along the way and enjoy the process of learning and growing.
5. Embrace Challenges: Challenges and setbacks are inevitable in any learning process. Embrace these as opportunities to learn and strengthen your resolve. This attitude will not only benefit your martial arts training but also other areas of your life.
6. Come join us 😊

Contact Details

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Q – You've just been elected to the Blarney Chamber Committee for 2024/2025. What is your vision for the Chamber during this time? What do you hope to accomplish?

A - I am deeply honored to be reappointed as chairperson for the year 2024/25. This opportunity reinforces my belief that others see value in my contributions to the chamber, which fills me with confidence and gratitude. Looking ahead, I am eager to build on the solid foundation laid by my predecessors, continuing our efforts to foster a successful and active chamber within our community.

This year, I've chosen the theme 'Working and Growing Together,' with a particular focus on 'TOGETHER.' It is my sincere hope to inspire every member to engage actively and share how they can contribute to our collective success. Remember, no effort is too small, and every idea is invaluable.

Together, let's strengthen our chamber and ensure it remains a vibrant part of our community.

Q - How does Blarney Chamber membership help you/what do you like most about your local chamber?

A - I truly cherish being a part of the chamber because it's brimming with hardworking, passionate individuals who are all committed to helping others. The environment is relaxed and welcoming, making it a pleasure to collaborate and contribute within this community.



An interview with...

**Terry
O'Donovan**

TaxAssist
Accountants

Q - Give us a quick description of your business.

A - We are your local trusted accountant, and we are here to help you and your business thrive. At TaxAssist Accountants, we provide a personal and professional accounting service tailored to you. We help start-ups, sole traders, partnerships, limited companies, property landlords, contractors, freelancers and individual taxpayers. If you are looking to find an accountant who will allow you to spend more time doing what you do best then contact us today. We provide all the services you would expect from an accountant, including accounts, tax, payroll, business advice and much more. Whatever business you operate, our local, expert advisors will guide you every step of the way.

Q - Who are the people behind your business and define each of your roles/ or if it's just yourself tell us about your role.

A - TaxAssist Accountants Blarney & Blackpool is a local business run by Terry O'Donovan, opened in 2021. Terry is the managing director and looks after all the day to day with clients, meeting with them, discussing their needs and completing all accountancy and tax matters.

Miriam O'Donovan joined at the start of 2022. Miriam is the office manager and is the first point of contact with prospective clients in the local office. Miriam also looks after all the admin side of the business along with bookkeeping and payroll.

Christine Bradley joined us in April 2023 as a bookkeeper. Christine works as an accounts assistant and is the first person to look at a clients books and reconcile them for the accountant to complete the clients returns.

Q: Where are you based?

A - We currently operate from our shop at Unit 5 Tower Shopping Centre in Tower. We are based above SuperValu and have our blue and yellow sign above the door for all to see. We service many areas in the North Cork City area including Blarney, Blackpool, Ballyvolane, Glanmire and even stretch as far as Little Island.

Q: How long have you been involved in this work?

A - I am a qualified accountant with the Association of Chartered Certified Accountants, having qualified in 2012. I have over 15 years accountancy experience working for various companies in the Funds Industry in the Cork Area and a number of years working in practice. I set up TaxAssist Accountants in April 2021 and have been going from strength to strength since.

Q: Tell us about your offerings.

A - We look after everything tax and accountancy related. Some of our core offerings are

- Tax Returns
- Year-end accounts
- Bookkeeping
- VAT Returns
- Payroll
- Company shares Tax returns

We offer a free initial consultation to all prospective clients to meet either online or in person to discuss what they are looking for. We also use the most up to date technologies to keep records and track business



TaxAssist
Accountants

We can do
+more for you

Get organised this summer and file your tax return early

As always, we are encouraging people to file their tax return early.

Every year when October rolls around we have clients panicking that the deadline for their tax return is fast approaching and they're not ready.

Avoid the stress of the last last-minute scramble to get everything together and file now.

[Read our top 5 reasons to File Early](#)

When is the Tax Return deadline?

Revenue have announced that for those that use Revenue Online Services (ROS) the pay & file deadline has been extended to Thursday 14 Nov 2024.



performance. This helps us stay away from the shoebox of receipts being dropped on our desk, most of the time.

As part of our service we offer fixed fee pricing, therefore no surprise bill at the end of the year.

Q -Any advice for Joe Public?

A - If setting up a new business, speak with an accountant at the beginning and have them involved from the start. It will help things run smoother in the long run. After this focus on your core business offering and leave your accountant look after the financial side of the business. Finally, file your tax returns as early as you can. Don't leave it to the last minute.

Q - You've just been elected to the Blarney Chamber Committee for 2024/2025. What is your vision for the Chamber during this time? What do you hope to accomplish?

A - I would love to see the chamber expand even more during the year. There have been several new members over the last few months which is a testament to the previous committee and the work done by them. It would be great to get more involvement in the chamber from current and future members and increase weekly attendance at the meetings. The chamber is a great resource for local businesses, and I would like to help make it one of the first steps for any new or existing business in the area looking for advice and support. We should look to create more referrals for each other and help every business in the area grow.

Q - How does Blarney Chamber membership help you/what do you like most about your local chamber?

A - Operating your own business can be a lonely place and the chamber offers support and resources from like minded individuals. It's a great end to the week to get to the weekly meeting and hear the many inspiring business owners share their stories and thoughts.

Contact Details

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Web: <https://www.taxassist.ie/accountants/blackpool/>

FB: <https://www.facebook.com/TaxAssistBlarney>

FB: <https://www.facebook.com/TaxAssistBlackpool/>

Instagram:

https://www.instagram.com/taxassist_blarney_blackpool/

LinkedIn: <https://www.linkedin.com/in/terry-o-donovan-fcca-58703520/>



+ Business

- Business Accounts & Taxation
- Bookkeeping & VAT Returns
- Tax Returns
- Tax Planning
- Payroll
- Advice for Growing Businesses

We can
do
+ more
for you

The 2024 Blarney & District Chamber of Commerce Business Awards were announced on 27th April 2024 at Blarney Castle Hotel.

KINDLY SPONSORED BY:



AND THE WINNERS ARE...



Natasha Falvey of Guilty Hair & Beauty presenting the Digital Media Award to Trisha Dorgan of Vision Fitness 360



Finula Goggin on behalf of AIB presenting the Best Customer Service Award to Gillian O'Sullivan of the Blarney Castle Hotel.



Liam Griffin from SBG presenting the Great Taste Award to Mileva Savic of The Claddagh



Judith O'Sullivan of Blarney Osteopathic Clinic presenting Guilty Hair & Beauty with the Business of the Year award.



Damian Boylan presented the Business Person of the Year in Kevin Condon's absence to Marlene Griffin of SBG Cork.



John Foley of Crime Stoppers Security presenting the Special Recognition Award to Anna Mitchell of Youngstars Music School



BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BUSINESS AWARDS 2024







Thank you

The success of an event like the awards ceremony is made possible by the hard work of many individuals. This list is not exhaustive, and if your name isn't mentioned, it doesn't mean your contribution wasn't valued.

Our deepest gratitude goes to:

- The spot prize donors
- James Holland of JH Designs for posters, social media templates, and all other artwork
- Marie Keating of Marie Keating Photography and Films
- Nikki Griffin and her accompanist for the evening's live music
- Liam the DJ for the background music
- Annette Dilworth Enright, our Mistress of Ceremonies
- Tower Launderette for cleaning the Chamber backdrop
- Chamber Committee members: John Foley, James Davis, James White, Elke McCarthy, Sue Pamment, Marlene Griffin, and Maria O'Donoghue
- And last but not least, our heartfelt thanks to Ian, Una, and all the staff at Blarney Castle Hotel for their hospitality, delicious food, and all the extras that made the evening so enjoyable.



Meet the Committee

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

On 17th May 2024 the Blarney & District Chamber of Commerce held it's AGM and a new committee was elected. Congratulations to the new Committee Members!



Marlene Griffin
Chairperson



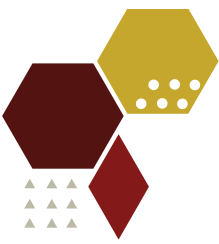
James Holland
Vice-Chairperson



James White
Secretary



Terry O'Donovan
Treasurer



HOW TO SUPPORT YOUR friends' small business WITHOUT SPENDING ANY MONEY

@ADRIAADAMSCO


SHARE
THEIR
POST

LIKE
THEIR
POST



TAG A
FRIEND

COMMENT
SOMETHING
NICE


COMMENT
AN EMOJI



POST
A PIC
(especially if
you do purchase
something)

SHOUT
THEM
OUT



LEAVE A
REVIEW

Food in Blarney

Blarney & District is the place for good food. It can be difficult to choose where to go for a meal so we have compiled a list of tasty places (please note, this list is not comprehensive and we might have missed some great places - let us know if we did).



Una & Ian Forrest have used lockdown to revamp the **Castle Hotel**, bar and restaurant with an eye for detail and great design while still maintaining the character of the well-known Blarney icon. Traditional Irish food is served with traditional Irish hospitality by great staff. You can enjoy tasty food in the cosy bar, stylish restaurant or in the new roofed and heated outdoor space - no matter where you decide, you will feel relaxed and well looked after. Call (021) 438 5116 for bookings



The **Blarney Woollen Mills** doesn't need any introduction but did you know that they are serving a tasty Sunday lunch? Or breakfast, or lunch and even an elegant afternoon tea? Meet your friends at the Mills and enjoy a piece of history in Blarney.

Call (021) 438 5011 or email info@blarneywoollenmillshotel.com for inquiries.



Food in Blarney



Corrinne Austin and her family have made Blarney their home and have brought with them some tasty recipes from their South African heritage with an Irish twist. **Corrinne's Kitchen** has become a must for food lovers in Blarney, Ballincollig and beyond. Don't feel like cooking? Let Corrinne do it for you instead. You can choose from simple bakes to more elaborate catering - everything is prepared by hand and with a lot of care. Call 083 069 6984 or email corrinne.austin@gmail.com for inquiries



Blarney Castle is always worth a visit - not only for the amazing grounds, interesting features and stunning gardens but the cafe is a wonderful place to warm up in winter while enjoying a hot cup of tea and a bite to eat. What is better after a brisk walk than to sit down to local food, served by local staff?

Visit www.blarneycastle.ie for details



The Oriel House Hotel is a must visit when in Ballincollig - the bar-restaurant with a lovely outdoor space is a busy spot for catching up with friends and colleagues. The menu features a nice mix of contemporary Irish cuisine catering for vegetarians and children as well. Why not meet up for Afternoon Tea - delicious and elegant - it will make you smile in seconds. Excellent staff, attention to detail will make any visit an experience.

Visit www.orielhousehotel.ie for details

Food in Blarney



sika cafe & wine bar - The Square, Blarney
OPENING SOON



Blarney & District have so many wonderful and tasty food offerings - it is difficult to create a complete list but we think we have a good mix selected for you



In case you have planned a safe family gathering and would like something different, why not let Francis & Ken of **The Good Life Hog Roast** do the work for you? The tastiest of free-range pork - bred and raised on the family farm near Tower - and the crispest of crackling you will ever eat. The team can cater for outdoor and indoor gatherings. Call 087 908 8009 for inquiries.



Muskerry Arms - you can't miss the much loved pub and restaurant at The Square in Blarney. Food is served all day in the bar and heated beer garden to the rear. Call (021) 438 5200 for bookings

Food in Blarney



The Claddagh - under new management since before the lockdown, it has quickly become a favourite for gatherings at The Square in Blarney. A mixed menu, catering for all tastes. Call (021) 438 3342 for bookings



EATinIT - for an Italian treat, why not try this little gem next to the bus stop in Blarney. Traditional Italian food and bakes, you will enjoy your stay. Call 089 420 2422 for bookings



Blairs Inn - heading out to Cloghroe it is a must to stop at this traditional Irish pub with a huge reputation for excellent food and hospitality. Choose from a delicious menu and pair your food with one of the many craft beers on offer. Call (021) 438 1470 for bookings



The Angler's Rest has undergone a huge makeover under new ownership and you might find it difficult to get a table - so early booking is advised. Located at Leemount Cross, free parking is across the road. Call (021) 235 5699 for bookings



Blarney Burger Kerbside pickup | No-contact delivery | No dine-in.. Call (085) 867 1386.
Menu: blarneyburger.ie The Square, Blarney, T23 YA34



Blarney Trades

This page lists those vital people we frequently rely on or are often looking for a referral for - the trades that keep everything running smoothly from plumbing to car repairs, electricians to carpenters, etc.

CRIME STOPPERS SECURITY

Phone: 021 2339040 / 0877069069

Email: info@crime-stoppers.ie

Website: <https://www.crime-stoppers.ie>

MARTIN CROWLEY ELECTRICAL

<https://www.facebook.com/martincrowleyelectrical/>

Phone: 085 1218458

Address: 1 Ashdale House, Blarney, Cork,
T23E954

Email: martincrowleyelectrical@gmail.com

TOWER AUTO CENTRE

Address: Model Village, Tower T23 FA37,
Blarney

Phone: 086 2578807

Email: edhealy58@gmail.com

Facebook:

<https://www.facebook.com/edwardhealyandsonsgarage/>

K&M LANDSCAPING & GROUNDWORKS

Address: Willison Meadows, Blarney

Phone: 086 1038710

Email: Bart.murphy52@gmail.com

Website: <https://www.facebook.com/bartc2019/>

O'CONNELL CRASH REPAIRS

Address: Whitechurch, Co. Cork

Phone: 087 2541306

Email: adrian@occrashrepairs.ie

Website: <http://occrashrepairs.ie/>

VICTOR DALY DECORATOR

Address: Blarney

Phone: 085 1337217

Email: victordaly.decorator@gmail.com

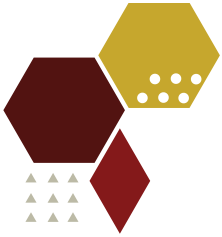
WINDY ACRE GARDEN DESIGNS

Address: Vicarstown, Co. Cork

Phone: 087 4021397

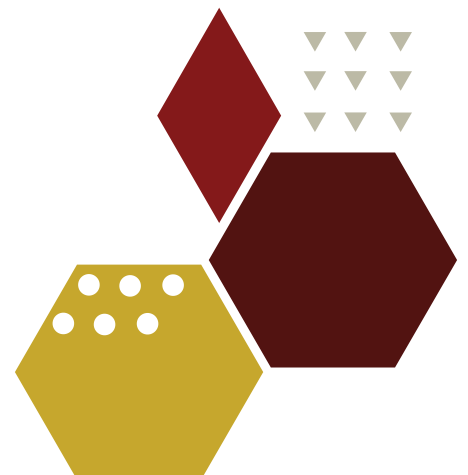
Email: windyacredesigns@gmail.com

Website: <https://windyacredesigns.com/>



BLARNEY & DISTRICT
CHAMBER OF COMMERCE

Meet the Chamber Members





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

AD QUANTITY SURVEYORS

AD Quantity Surveyors is a Client focused Quantity Surveying company based in Blarney Co.Cork providing Quantity Surveying Services and Cost Management advice to Clients through out Munster for their construction projects from inception to completion including, feasibility cost estimates, value engineering, budget cost estimates, procurement, preparation of pricing documents, tendering and post-contract cost management.

If you are planning your dream home or extending your existing home and feel some of our services may benefit your project please contact us for more information.



ADAM DAWES

"Blarney and District Chamber of Commerce strives on supporting local businesses through encouragement, advertisement and the wealth of knowledge from other members with different business backgrounds ensuring great advice for any questions. All the members are only a message away and so friendly, approachable and willing to help which has really benefited my businesses. I would encourage any small business to join."



AD QUANTITY SURVEYORS



Address: Blarney

Phone: 087 2141692

Email: adawesqs@gmail.com

Website: <https://www.adqs.ie/>



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

AIB BLARNEY

Your Individual Banking Needs

AIB Blarney brings a unique local knowledge and understanding of customers and their needs. We recognise that your time is precious so at AIB Blarney we offer experienced bank staff who will be available to discuss your individual banking needs.

Whether you are thinking of changing your car, buying your first home or wish to save for a rainy day, we are here to talk things through and provide useful and informative advice



FINULA GOGGIN

“Being a member of the Blarney Chamber gives me and my colleagues the opportunity to meet & support local businesses in our community.”

Address: The Square, Blarney

Phone: (021) 4388206

Website: <https://aib.ie/branches/cork/blarney/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

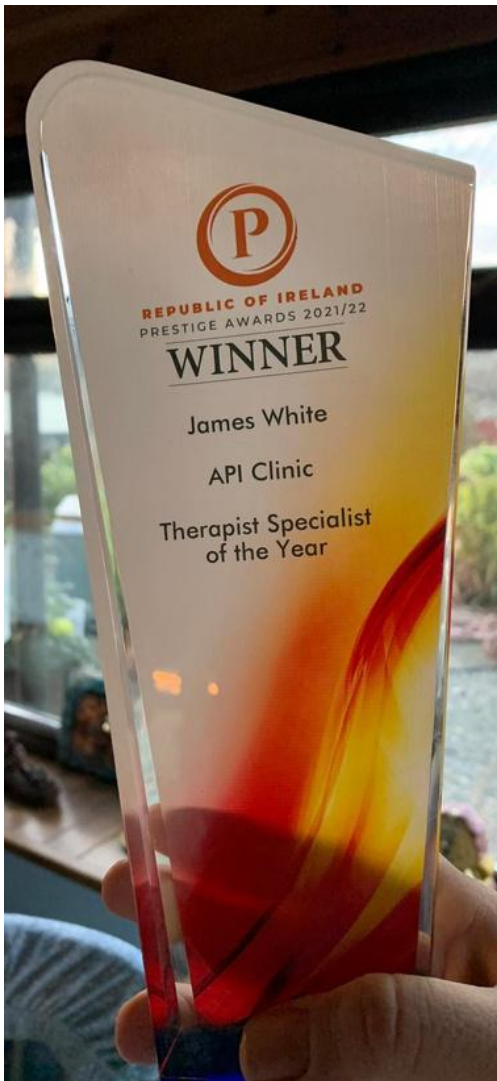
API CLINIC

James holds a Masters diploma in Clinical Hypno-psychotherapy and brings a unique blend of over 8 years of experience in the area of mental health challenges. He also holds certification in Mindfulness Education, Hypno-counselling, Meditation, Training, Diploma in MBCT (Mindfulness based cognitive therapy), and Diploma in MBSR (Mindfulness based stress reduction).

James is also a volunteer Director at Cork Cancer Care Centre (www.corkcancercarecentre.ie) a charity that is very close to his heart.



JAMES P. WHITE



Address: St. Paul's Avenue, Cork City,

Phone: 087 3385640

Email: jamesapiclinic@gmail.com

Website: <https://apiclinics.com/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BEAUTY BY KATRINA

Beauty By Katrina is a locally owned Beauty Salon located in Blarney village. We offer a wide range of beauty treatments using the best quality and top branded products. We strive to give each of our clients individual bespoke treatments leaving them feeling extra special leaving our salon.

Visit our Website & Online shop for all your beauty needs, free delivery and free gifts with purchase available.



KATRINA MYERS

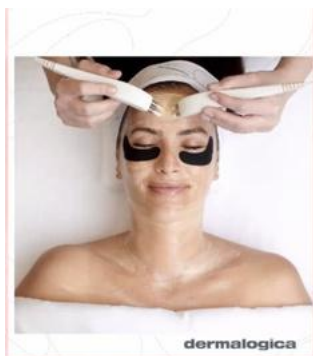


Address: Unit 3a, Blarney Shopping Centre, Blarney

Phone: (021) 4384535

Email: beautybykatrinam@outlook.com

Website: <https://www.beautybykatrina.ie/>



New Pro Eye Flash Treatment

- Bright Eyes in a Flash!
- Tones, Smooths & Brightens the eye contour
- Pro Power Eye Peel
- Minimises appearance of fine lines & wrinkles
- Patch Test required

Beauty by Katrina
0214384535



New BT Nano 'non surgical' Facelift Facial

- Sculpts, Lifts, Firms, Refines...need we say more?
- Revive & Rejuvenate tired skin
- Ultimate microcurrent device
- No pain, immediate results
- Lifts poor tone & Revitalize dull skin

Beauty by Katrina
0214384535



Meet our Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BETHAVEN COACHING

Combining her background in music education with transformative mindset coaching, Betty provides a unique service, where she specializes in helping women who may feel stuck or stressed in their jobs or businesses, to get re-energised so that they find more purpose and fulfilment. She offers a range of services including one-to-one coaching and a variety of group programmes.

She also delivers inspiring talks and workshops nationally, and internationally, as part of her mission to show her clients that it's never too late to fulfil your dreams and passion.

Testimonial

“Before working with Betty, I was stuck on the treadmill of work and a busy family and schedule, resulting in feeling there was no way to make changes in my life for the better, even though I knew there was a better way to live my life. As soon as we started, Betty motivated me to find out why I was stuck and resistant to change.

Her natural and gentle approach makes you feel good about yourself. I learned that unless I changed as a person, then my world would stay the same. Since working with Betty, it has been exciting to see the changes in me, my confidence has soared, I am more motivated with a more clear path forward, and I have a new belief in achieving all my goals. (Cliona,, Dentist)”



BETTY FITZGERALD

Address: Longstone Whitechurch Co. Cork.

Phone: 086 8843748

Email: bettyfitzgerald20@gmail.com

Facebook:

<https://www.facebook.com/betty.fitzgerald.509>



My Monday Mission Post

I am in a mission to help midlife women become unstuck, so that they feel more joy and purpose in their work and lives ♥



BETTY FITZGERALD

MIDLIFE MOMENTUM
For Midlife Women




Go from stuck, stressed, and unhappy in your current work, to igniting your purpose, feeling more joy, fulfilment, and turn your passion into profits



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLARNEY CARAVAN & CAMPING PARK

Blarney Caravan and Camping Park is a four-star Failte Ireland registered family-run park situated eight kilometres from Cork city and three from Blarney village. The park is gently sloping and well sheltered, with views of Blarney Castle and the surrounding countryside. Whether you're camping, touring in a caravan, or travelling by Motorhome nothing's too much trouble for our staff who are on hand to help and advise at all times. Should you wish to visit us often, then you can always store your caravan in our storage area as an easy option.

Blarney Pitch & Putt course is a beautifully maintained 18 hole course established since 1995, overlooking the world famous Blarney Castle and surrounding countryside. The Course is open for green fees 7 days a week and is only 10 minutes' drive from Cork City. With large golf like greens and beautifully maintained fairways this course is a pleasure for both beginners and experienced players alike.

BLARNEY PITCH & PUTT NOW OPEN



CON QUILL

"Becoming a member of the Blarney & District Chamber of Commerce has helped us to get to know other businesses in the area while also helping to promote the economic and tourist development of Blarney and supporting local employment."



Address: Stoneview, Blarney

Phone: 021 4516519

Email: info@blarneycaravanpark.com

Website: <https://blarneycaravanpark.com/>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLARNEY CASTLE

We have Gift Vouchers available for our 6 & 12 month memberships which can be bought online from

https://ie.patronbase.com/_BlarneyCastle/Products/Vouchers

Details of our memberships can be found at blarneycastle.ie

Our current opening times are 9am – 5pm with last admission at 4pm!

Hope you all have a wonderful Christmas and we hope to see you in the gardens soon!



**BLARNEY CASTLE
& GARDENS**

THE HOME OF THE BLARNEY STONE



CHARLES COLTHURST

Address: Blarney

Phone: 021 4385252

Email: info@blarneycastle.ie

Website: <https://www.blarneycastle.ie/>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLARNEY CASTLE HOTEL

We offer accommodation, food and functions in our traditional hotel. Recently refurbished en-suite rooms, a bar with live music on weekends and traditional music midweek, the restaurant menu is also available in the bar. Our function room caters for weddings, birthday, anniversary parties and other social gatherings. In summer our patio room is available for hire for bbqs.



IAN & UNA FORREST



Address: The Square, Blarney, Co. Cork

Phone: 021 438 5116

Email: info@blarneycastlehotel.com

Website: <https://www.blarneycastlehotel.com>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLARNEY OSTEOPATHIC CLINIC

Osteopathy is a way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. When the body is balanced and efficient, it will function at its optimum.

All osteopathic techniques are safe, gentle and highly effective.

Everyone from the newborn to the older person can benefit from osteopathic treatment.

- **Disc Injuries**
- **Back Pain**
- **Neck & Shoulder Pain**
- **Whiplash Injuries**
- **Migraines / Headaches**
- **Sinus / Hayfever**
- **Hip, Knee & Ankle Pain**
- **Disturbed Sleeping Patterns**
- **Arthritic Conditions**
- **Pre & Post Natal Care**
- **Pregnancy Related Pain**
- **Pubic Symphysis Pain**
- **Birthing Trauma**
- **Colic / Wind / Reflux**
- **Feeding Difficulties**
- **Behavioural Problems**

Judith O'Sullivan and her team have been providing Osteopathic care in Cork since 2007.



JUDITH O'SULLIVAN

Address: Ashdale House, Blarney

Phone: 021 2348807

Website: <https://www.blarneyosteopaths.com/>



Jye Adamson



Marine Schirru

Your local OCI Registered Osteopaths



Please Scan
To Learn
More About
Us And
Osteopathy



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLARNEY WOOLLEN MILLS

Originally established in 1823, Blarney Woollen Mills is proud to be a family run Irish business. Our unique store is the largest Irish shop in the world and showcases the best of what Ireland has to offer from knitwear, activewear, fashion and gifts to Meadows & Byrne's exclusive homewares and furnishings.

BLARNEY WOOLLEN MILLS

<https://www.facebook.com/blarneywoollenmills>

Still delivering our wide array of products worldwide via

Website www.blarney.com

Phone via our dedicated phone sales team 021-4516144

THE MILL RESTAURANT-BLARNEY WOOLLEN MILLS:

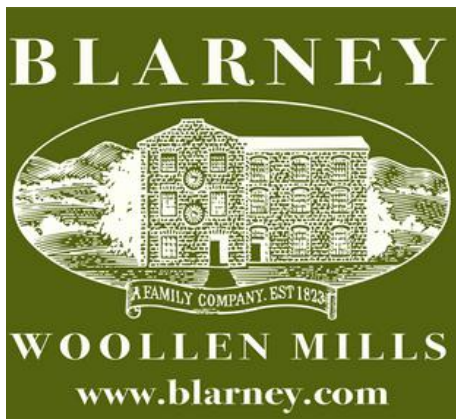
Offering great tasting take-out meals 7 days a week from 10am to 4pm. Order online at

<https://themillblarney.clickandcollection.com/>



GILLIAN HAYES

"Since joining the chamber of Commerce I have received great advice and knowledge from the other members. It is a real community feeling with a great sense of support at the end of the phone at any time."



Address: The Square, Sean Lower, Blarney, Co. Cork T23 H63K

Phone: 087 2054104

Email: gillianhayes@blarney.com

Website: <https://blarney.com/>



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BLIZZARD SPORTS

Blizzard Sports™ is a trusted Irish Sports company based in Cork. We offer full customisation and supply Sports Goods in your design and logo. We handle your designing, manufacturing, quality controls and shipment your goods to your door.

Currently we are working with many GAA, Taekwondo, Karate, Boxing, Jiu-Jitsu, MMA and Football clubs in and out of Ireland. We also offer services to companies who are looking to purchase T-shirts, Hoodies, vests and jackets in their branding. Please give us a call or drop in to our store at the above address.

Follow us on Instagram: @blizardsports @blizzardsportsofficial
FB: <https://m.facebook.com/blizzardsports.ie/>



KASHIF JAMIL (KASH)



Address: Unit 31, North Point Business Park, New Mallow Road, Cork

Phone: 087 9116042

Email: blizzardsportsireland@gmail.com

Website: <https://www.blizzardsports.ie/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BRAND BLARNEY

News in the Clogheenmilcon Fen:

We are honoured to have been nominated for two awards recently. One is the Chambers Ireland Awards under the Innovation & Environmental Sustainability category. We are also finalists in The Pride of Place awards, an award granted by a Corporation Ireland initiative in conjunction with City/County Councils.

You may have noticed the improvements at The Fen in recent months as we completed the work funded by the Town & Village Grant Scheme. We are grateful to the City Council for their support in applying for and managing these grants, without which we could not have achieved so much so quickly.

We have expanded the Fen section of the Visit Blarney website (<https://aloadofblarney.ie/species-guide/>) with some bird, bat, wildlife and fauna identification pages. Special thanks to Rhoda Allanic-Cronin for her beautiful drawings and Cork City Council for funding the project..



BRAND BLARNEY

Email: talktome@brandblarney.com

Website: <https://aloadofblarney.ie/>

Facebook: <https://www.facebook.com/BrandBlarney>

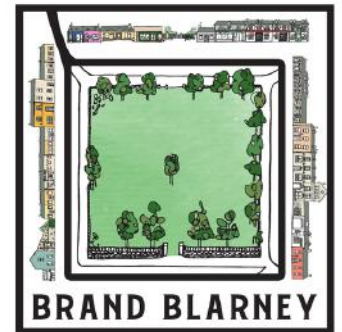


photo credit David Edwards



photo credit David Edwards



Meet the Members

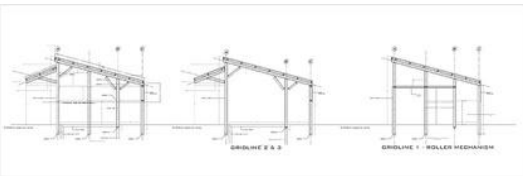
BLARNEY & DISTRICT
CHAMBER OF COMMERCE

BYRNE PLANNING LIMITED

Byrne Planning Limited are a Planning and Construction Consultancy offering advice on a range of services.

If you have a new project or an old project, get in touch for an initial consultation and we can discuss, what you require.

Plans, documents, and submissions to Local Authorities for all types of planning permissions, new builds, renovations, conservations, extensions, office and café layouts.



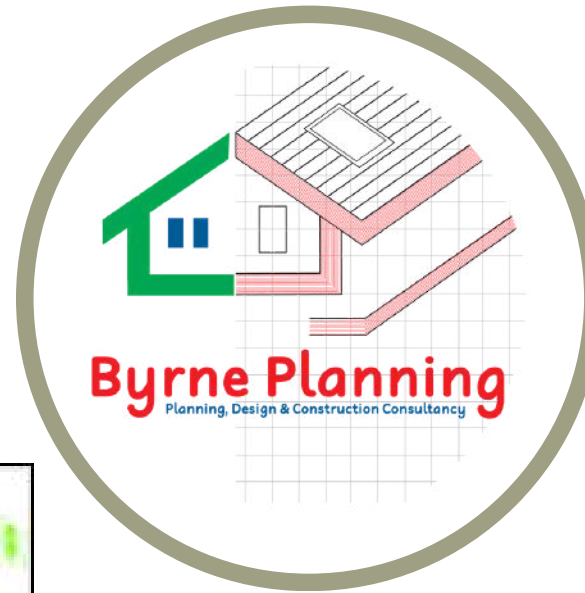
We have been involved in the planning and construction of creches, cafés, bars, hotels and hostels. farm buildings, retail warehousing

We can provide planning permissions for small estate, from feasibility right through to planning permission.



We can provide pre-purchase inspection reports for all types of buildings. snag lists, feasibility reports, agri buildings, farm mapping, folio mapping.

New builds, extensions, retention permissions and surveys of existing buildings, from old stone farm buildings to new builds.



PAUL BYRNE

Address: 97 Woodfield, Station Road, Blarney, County Cork
Phone: 086 2440 665
Email: info@byrneplanning.com

BYRNE PLANNING LIMITED

CONSTRUCTION CONSULTANCY
PLANNING PERMISSIONS
FOLIO MAPPING
BUILDING SURVEYS
INSPECTION REPORTS
PROJECT MANAGEMENT

RESIDENTIAL | HOSPITALITY | RETAIL | INDUSTRIAL | COMMERCIAL



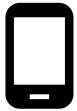
Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

CINDERELLA'S CLOSET **Multi Award Winning Bridal Boutique**

- 3,000 Sq Ft Showroom
- World Renowned Bridal Designers
- Champagne Bridal Appointments
- Private Consultation Suites
- Also specialising in Communion and Debs/Occasion Wear dresses

Contact Us



021 422 5000



info@cinderellascloset.ie



T23AT2P

SCAN ME



www.cinderellascloset.ie



CLAIRE DILWORTH



CINDERELLA'S CLOSET
BOUTIQUE

Address: Unit 1, North Point House, NorthPoint Business Park, New Mallow Road, Cork

Phone: 021 4225000

Website: <https://cinderellascloset.ie/>

Email: claire.cinderellascloset@gmail.com

FB: www.facebook.com/CINDERELLASCLOSET

Linkedin: [linkedin.com/in/clairedilworth](https://www.linkedin.com/in/clairedilworth)

Youtube: <https://www.youtube.com/channel/UCmLNYbajB8rdPXP8pEkBYA>

Instagram: https://www.instagram.com/cinderellas_closet_cork



Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

COLEMAN PROPERTY LTD.

Selling made simple

At Coleman Property auctioneers & valuers, we are sale, letting and letting management agents for both residential and commercial property. We are a boutique family-run agency based in Whitechurch. We understand that selling or letting your property can be a stressful process, that's why we offer a high-quality tailored service to each of our clients. We pride ourselves on our open communication, efficiency and exceeding client expectations. Contact us today to arrange a complimentary valuation on your property.

Our service offers;

- Residential and Commercial property valuation
- Residential and Commercial property sale
- Residential and Commercial property letting
- Residential and Commercial letting management
- Property/ asset consultancy



JOHN & MAIRIN COLEMAN

Address: Kilcronan, Whitechurch, Cork

Tel: 0858401226

Website: <https://www.colemanproperty.ie/>

Email: info@colemanproperty.ie



**COLEMAN
PROPERTY**

DEVELOPMENT LAND for sale

MILE STREAM, SHANAKIEL, CO. CORK

Fantastic opportunity to acquire urban development land with planning permission granted for 16 bungalows

087 251 3310 | info@colemanproperty.ie

SALE AGREED

SIMILAR PROPERTY WANTED

087 251 3310 | [E: info@colemanproperty.ie](mailto:info@colemanproperty.ie) | www.colemanproperty.ie

SOLD!

WOBURN COURT, LOWER GLANMIRE RD, CORK



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

CORK CPC TRAINING



We are Cork CPC Training, a family run -business. The CPC stands for Certificate of Professional Competence in the transport industry. All drivers wishing to drive professionally must do one days training every year to be compliant.

We run CPC every Friday, Saturday and Sunday at our NEW location at The Radisson Blu, Eastgate Little Island.

Our start time is 8am and finish at 4pm. We have a lovely bright room with a desk per customer and enough room to socially distance everyone. Tea and coffee at 11am. Lunch can be preordered starting at €10.00 and ready for lunchtime.

We have our Modules up online www.corkcpcctraining.com. It is very easy to book, however if you are not comfortable using a computer please phone Mary on 087 2667191 and she will only be delighted to do it for you.

Stay safe

Jim and Mary Mulcahy



JIM MULCAHY
MARY RING MULCAHY

"I look forward to the weekly meetings, it's an informative hour of chat, coffee, fun and great to hear how other businesses are progressing."



Phone: 087 2667191

Email: info@corkcpcctraining.com

Website: <https://www.corkcpcctraining.com/>



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

CORK THERAPY CENTRE

The practice treats a wide range of injuries including back and neck pain, sciatica, shoulder injuries, tennis elbow, hip, knee and foot injuries, biomechanical dysfunction, paediatrics and many more. Our clientele vary from babies to elderly people, from Olympic athletes to fun runners.

We work in conjunction with Doctors, Consultants, Coaches and Gym Instructors. We remain open throughout all levels for face to face sessions while adhering to strict HSE guidelines.

We also provide online consultations and online Pilates classes



ERIC WOLFE

"The Chamber of Commerce has been excellent for promoting the local businesses of Blarney and district. It has put local businesses front and centre with its shop local ethos. It has provided great support and encouragement to small business owners in this difficult time."

Address: Unit 4, Tower Shopping Centre, Tower, Blarney

Phone: (021) 4384882

Email: corktherapycentre@gmail.com

Website: <https://corktherapycentre.com/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

CORRINNE'S KITCHEN

In-house Private Catering

I cater for private functions. Cooking is my passion and I try to embody that in my food. My South African heritage is an influence when creating flavourful, unique and exclusive menus. I use quality ingredients and try to focus on artisan, Irish produce. All food is handmade and only the best ingredients are used. I serve the Cork area within a 40 min drive of Blarney.

Catering for collection

I also offer catering for collection. This option includes vegetarian and baked goods only. I can provide a range of dishes for you to collect and enjoy at home.

Order and enquiry forms on my website @ www.corrinneskitchen.ie

FB: www.facebook.com/corrinneskitchen



CORRINNE AUSTIN

"I became a member of the chamber shortly after launching my home catering business in Blarney. I have made numerous contacts through the chamber's networking meetings. I've secured new customers, I've met so many new people and made friends. :)
I felt welcomed into the community and have benefitted from advertising on the chamber social media outlets. I loved the social evenings out, the chats, and encouragement. "



**CORRINNE'S
KITCHEN**

Phone: +353 830696984

Email: corrinne.austin@gmail.com

Website: <https://corrinneskitchen.ie>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

CRIME STOPPERS SECURITY

“When your Business is closed, we are open 24/7 protecting it”

Crime Stoppers Security provides every security solution for your business.

We provide the following services:

- Intruder Alarms
- CCTV Systems
- Key-Holding
- Alarm Response
- Mobile Patrols
- Fire Alarms
- Sprinkler Systems
- Fire Extinguishers
- Intercom Systems
- Security Lighting
- Access Control
- Site Security Systems
- Manned Guarding
- Alarm Monitoring
- Automatic Gates
- Service & Maintenance

www.crime-stoppers.ie



JOHN FOLEY

“The Chamber is such a great way to meet other local businesses and help each other in so many ways”

Phone: 021 2339040 / 0877069069

Email: info@crime-stoppers.ie

Website: <https://www.crime-stoppers.ie/>

CRIME-STOPPERS

Security
Your Local Security Company

021 2 339 040
087 7 069 069

www.crime-stoppers.ie

24 HOUR RESPONSE

SCS
Licensed by The Private Security Authority



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

EMF LIFTING AND LAUGHING

Lifting and Laughing once again!

Our services include personal training in small and large groups. We also offer a unique specialised 1 to 1 PT service for children, teens and adults with additional needs. We more information please visit our website to book a Grand Tour today. You will not regret it

"We are a comedy club with a focus on fitness. A gym for people who don't like gyms. No judgment and no notions. Just fun, family-friendly flapping about".

"Lifting and Laughing for physical and mental health".

"The Chamber is a place of business and a place of support. Knowing the right people in any area is a great way to feel connected to the community and helps massively with becoming a part of that community yourself."



EOIN MURPHY

Address: Unit 7, The Mill, Shean Lower, Blarney

Phone: 021 2040112

Email: info@emf.ie

Website: <https://www.emf.ie/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

FINDINGS

With an ambition to design and create everything instore, Anne Marie opened Findings in June of 2021. Now the store is brimming with gorgeous jewellery, art work, and other original gifts. Stationery, candle holders, suncatchers - the range is ever expanding.

Proving particularly popular are Anne Marie's personalised art works. The 'This Is Your Life' range can turn those precious moments into fabulous artwork. The 'This Note's For You' range presents the opening notes of a chosen song as a very stylish art piece that would add to any home.

Why not drop in? We'd love to see you!



ANNE MARIE FORREST

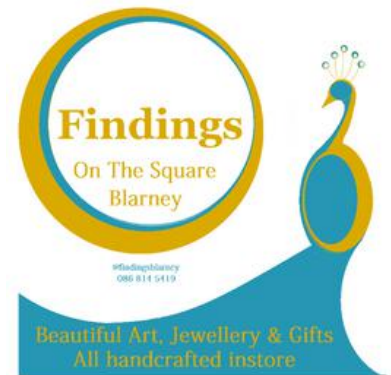
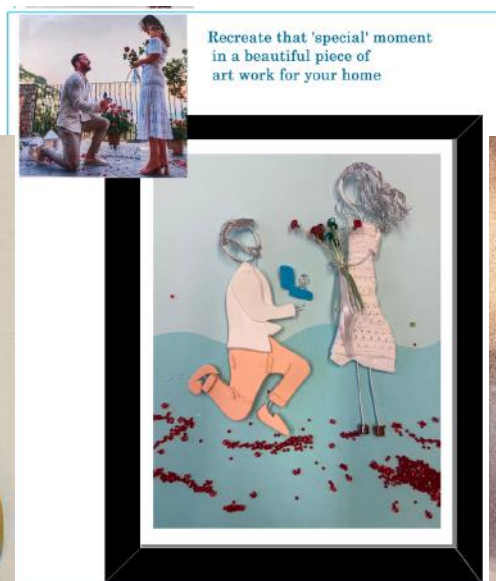
Address: The Square, Blarney, T23 K236

Website: Findings online shop will launch in 2023

Email: findingsonthesquare@gmail.com

Instagram: @findingsblarney

Phone: 086 814 5419





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

GUILTY HAIR AND BEAUTY ***HOME OF GUILTY AESTHETICS***

Here at Guilty we aim to make your visit an unforgettable one. A place where you can have a unique experience and escape from the world outside. We have a special connection with each and every one of our clients as we believe in creating a personal bond with them all.

We cater for all ages and have an extensive list of treatments and services covering the whole of the hair and beauty world ie nail and lash extensions . We always aim to keep up with the last way trends.

Our aesthetics clinic is run by myself where I have received a high level of training by a well known doctor in London . I provide the newest procedures in anti-aging treatments from injectables to plasma fibroblast and have a fantastic reputation in semipermanent makeup.

We also offer Diode Laser Hair removal packages. Our machine is complete with the latest technology. Pain free and no hiding from the sun!



NATASHA FALVEY

Address: Blarney

Phone: 085 1340747

Email: natashafalvey@hotmail.com

Facebook:

<https://www.facebook.com/guiltylittlepleasurs/>

Blarney chamber has been an amazing support to us from opening to present to which a lot are now clients. I can't thank them enough for helping me when needed. It's great to be part of a network of like minded entrepreneurs





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

jhDesign Keeping Memories Precious

jhDesign is a local graphic design startup that focuses primarily on designing bespoke gift frames for all of life's special occasions such as Births, Christenings, Communions and Confirmations or to celebrate and commemorate a special achievement by one of those closest to you. New gift frames are constantly being added to our catalogue and please get in touch if you have anything in particular in mind as we are happy to design a frame for any occasion.

We also specialise in photo restoration as well as fulfilling your design and print needs for the following:



Christening Frame Example

Wedding Stationery

- Invitations
- Mass Booklets
- Table Plans/Table Cards
- Thank You Cards

Memorial Stationery

- Memorial Cards
- Wallet Cards
- Bookmarks
- Acknowledgement Cards

jhDesign also provides graphic design and print services for your business:

Graphic Design

- Brand Design
- Packaging Design
- Advertising
- Publication Design
- Powerpoint Design

Design & Print Solutions

- Business Cards
- Compliment Slips
- Letterheads
- Roll-Up Banners
- Corriboard Signage
- Posters A4/A3/A2/A1/A0
- Flyers DL/A5
- Leaflets Tri-fold/Bi-fold
- Brochures
- Duplicate Books A4/A5
- Triplicate Books A4/A5



Tri-fold Leaflet Example



JAMES HOLLAND



Email: james@jhdesign.space

Phone: 086 0667499

Website: www.jhdesign.space

Facebook: [jhDesign.Space](https://www.facebook.com/jhDesign.Space)

"James recently designed and framed a number of athletics posters for my daughter. The process was a pleasure from start to finish with James being meticulous with every detail. He even went to the trouble of sourcing and licensing a professional image of my daughter competing to vastly improve the quality of the final product! The posters are fab. We will definitely be back again."

MAEVE ENGLISH, CORK



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

JOHN HENCHION & CO.

John Henchion & Co. is a progressive and contemporary firm of solicitors based in Blarney, dealing with many areas of law. Our main focus is providing you with first class customer service while dealing with all your legal needs. We understand that our success not only depends on getting you the best legal outcome, but also on giving you the best possible service at each stage of your case.

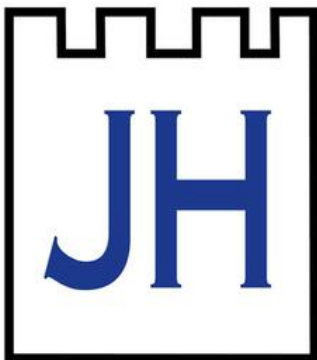
Types Of Litigation Cases We Deal With

We provide expert legal advice in the following areas of litigation:

- Personal injury
- Boundary disputes
- Libel
- Slander
- Judicial reviews
- Medical negligence
- Building defects and property disputes
- Professional negligence
- Injunctions



JOHN HENCHION



Address: The Bakehouse, Waterloo Road, Blarney,

Phone: 021 438 2870

Email: johnh@blarneylaw.com

Website: <https://blarneylaw.com/>



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

JGD SAFETY

I love working with people to give them a greater understanding of risk when it comes to Health & Safety.

The training that JGD Safety currently provide is: (Always updating)

- Manual Handling
- Abrasive Wheels
- Working At Height
- Chemical Awareness
- VDU/DSE Assessments
- Fire Safety
- Safety Awareness
- Safety Representative

Safety documentation is a legal requirement for businesses and this is a service that JGD Safety also provides. Below are some of the services that we offer:

- Safety Statements
- Risk Assessments
- Workplace Audits
- Workplace Health & Safety Audits
- Safety Harness & Lanyard Inspection (6 Month Check)
- Safety Officer
- Safety Plans – Construction Stage
- Scaffolding Inspections (Weekly)
- Traffic Management Plans
- Road Opening & Reinstatement – Advanced
- Signing, Lighting & Guarding
- Safety File
- COVID Compliance Officer



JAMES DAVIS

Address: Faggot Hill, Clogheen, Blarney Road, Cork T23YH74

Website: <https://jgdsafety.com/>

Phone: 087 9421430

Email: jgdsafety@outlook.ie





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

K&M LANDSCAPING & GROUNDWORKS

Here at K&M we spare you, your time and stress as we supply and fit so you don't need to be running around.

Our services.

- All types of concrete work
- Patios & decking
- Fencing including smart fence
- Artificial grass
- Property maintenance & management (internal & external)
- Soakways
- Lawn renewals
- Ground leveling
- Grass & hedge cutting taken away
- All types of general Groundworks

We are now offering a carpentry service, so contact us for wooden flooring/ wall panels/ skirting/ doors/ roof repairs, etc.



BART MURPHY

Address: Willison Meadows, Blarney

Phone: 086 1038710

Email: Bart.murphy52@gmail.com

Website: <https://www.facebook.com/bartc2019/>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

MARIE KEATING **PHOTOGRAPHY & FILMS**

Wedding | Portraits | Commercial | Schools Photography & Films

Marie Keating Photography & Films offers a professional and relaxed photography experience to ensure quality, authentic shots with minimum fuss.

Please do not hesitate to contact Marie with any enquiries for your upcoming Wedding, Christening or Commercial Photography & Videography needs.

Marie also offers a variety of headshots, personal branding and schools photography options and welcomes any enquiries for the same.

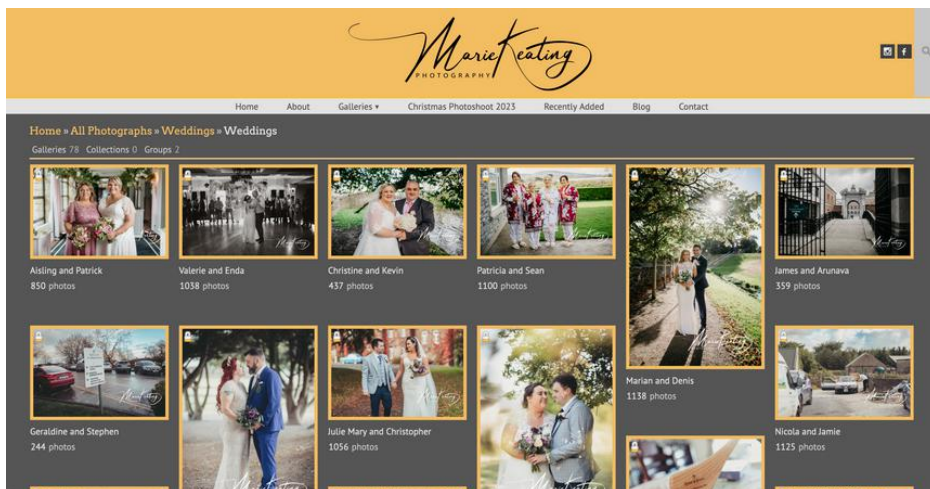


MARIE KEATING

Website: <https://mariekeatingphotography.zenfolio.com>

Phone No: 087 2977 409

Email: mariekeatingphotography@gmail.com





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

KEVIN CONDON FINANCIAL BROKERS

If you were to die suddenly or suffer a critical illness, would your family have the financial resources to carry on as before?

If not, maybe you need a complete "Financial Health Check"
To book a complimentary consultation call Pierce Grace
QFA on 087 2396762

Whether its Death and/or Specified Illness Cover,
Mortgage or Income Protection, Pension, Savings or
Investments, at Kevin Condon Financial Brokers Ltd we
search for the most suitable products and providers to
match your specific requirements.

For further information give Pierce a call on 087 2396762.



PIERCE GRACE

Address: 8 Blackpool Retail Park, Blackpool, Cork
Phone: 087 2396762
Email: pierce@kcfb.ie
Website: <https://kcfb.ie/>

"Being a member of the chamber ensures you are never far away from someone that is as keen as you are to offer help, advice and assistance (no always business) to fellow members. You can't put a price on these values."

**KEVIN
CONDON
FINANCIAL
BROKERS**
Financial Planning & Guidance



Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

LITTLE FINGERPRINT BOUTIQUE

New Baby Gift Sets | Personalised clothes | 'Colour Me'
Collection

Here at Little Fingerprint Boutique we specialise in Exclusive New-born gift sets, personalised kids wear, beanie hats and snoods, 'Colour Me' collection, sustainable fabric - aprons, placemats, dresses available with washout fabric markers.

Unique design made to spark the imagination.

- Fun & Creative
- Reusable Colouring Activity
- Washable
- Sustainable & Practical
- Educational

We always strive to provide outstanding customer service.



LINA PAVLOVA



Tel: 0879400247

Web: https://linktr.ee/little_fingerprint_boutique

Email: linapavlova0@gmail.com





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

MARTIN CROWLEY ***ELECTRICAL SERVICES***

We are Safe Electric registered, certified & insured so you can have peace of mind when we work in your home or business.

-
- Fuseboard Upgrades
- Re-wiring
- Smoke Alarms
- Electric Shower Installations & Shower Pumps
- Extra Sockets/Lighting Points
- Certified Electrical Testing
- Outdoor Sockets

We have done 6 upgrades over the last two weeks alone. Lots of phone calls as ESB are issuing letters after installation of smart metres. These letters are for safety reasons: tails, earthrods & fuseboard need upgrading as the old ceramic fuseboard has little to no protection for customers. Call us today for more info on 085 1218458



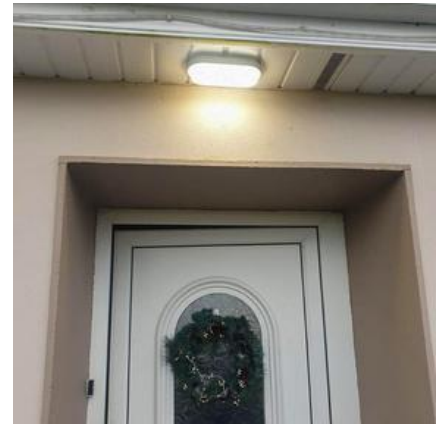
MARTIN CROWLEY



Phone: 085 1218458

Email: martincrowleyelectrical@gmail.com

Website: <https://www.facebook.com/Martin-Crowley-Electrical-Services-175851723246868/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

O'CONNELL CRASH REPAIRS

One call and we will do it all!

O'Connell crash repairs take the hassle out of your motoring mishaps . Just one phone call and you are sorted. We can recover repair and get your car back on the road as soon as possible . One call and O'Connell's will do it all.

24 hour recovery / Crash repairs / Panel beating / Spray painting / Van conversions / Headlight focusing / Tow bars / Sandblasting / Man with van (Ikea) / Collecting and delivery service / NCT & DOE failures (rust)
"You bend it we mend it, you scratch it we'll match it , and if your in trouble we are there on the double"



ADRIAN O'CONNELL

"I have been a member of the Blarney Chamber of Commerce since day one, I have made a lot of friends from the group but I have also made a lot of business contacts and have done a lot of business through the Chamber members and non members. I would go as far as saying it's like family with business connections. If you need help there is always someone there to help you no matter how big or small your problem is . I look forward to our weekly meeting."



Address: Whitechurch, Co. Cork
Phone: 087 2541306
Email: adrian@occrashrepairs.ie
Website: <http://occrashrepairs.ie/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

OFFICE ASSIST

Office Assist is a multi award winning business. Set up in 2011 by Mother and Daughter, Geraldine and Maria O'Donoghue, they now have a strong team of Virtual Assistants, Bookkeepers and Accounts Technicians.

Our Virtual Office Services are provided in a professional and confidential manner. We have a friendly team that loves what they do. Our aim is to establish a strong and vibrant business that takes away your pain as well as saving you money.

We offer an affordable, flexible, accessible and value-for-money Virtual Office, covering Ireland and further afield.

Our services include, Bookkeeping, Call Answering, Message taking, Payroll and Office Administration. You can take all our services or just one, The choice is yours – we are YOUR Virtual Office.

The team at Office Assist are all trained in Customer Service and call handling and we will ensure that your calls are answered with expertise, friendliness and efficiency.



MARIA O'DONOGHUE



Address: Main Street, Charleville

Co. Cork. P54 HC86

Tel: 0212362900

Email: Maria@officeassist.ie

Website:

<https://www.officeassist.ie>

We offer a free two week no obligation trial of our Telephone Answering Service,

Make Office Assist part of your New Year Resolutions



Contact Maria for further details: 06332466 or maria@officeassist.ie



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

THE ORIEL HOUSE HOTEL

The Oriel House Hotel & Leisure Club is located a mere 10 minutes' drive from the heart of the city. Which features 99 bedrooms, a leisure club, 25 metre swimming pool, fine dining restaurant, wedding, and events suites as well as Oriel Bar & Bistro, an award winning eatery with the most recent accolade in achieving the Knorr Best Roast for the Sunday Carvery Offering.

Oriel House Hotel is a unique mix of old and new, with its 18th century manor house history, combined with a modern chic boutique feel. Designed with the corporate/leisure traveller in mind, the new guest rooms are the epitome of comfort and productivity, providing guests with the perfect place to escape and relax.

Located within walking distance of Ballincollig Regional Park and Shopping Centre, with extensive amenities of retail stores, bars, restaurants, and a multiplex cinema www.orielhousehotel.ie



AOIFE LOHSE

Address: Ballincollig, Co. Cork

Phone: 021-4208400

Email: aoife@orielhousehotel.ie

Website: <https://www.orielhousehotel.ie/>

Family Oriel HOUSE HOTEL
SUNDAY CARVERY
AT THE ORIEL HOUSE HOTEL

ORIEL BAR & BISTRO

€55 FAMILY DEAL
Main Courses, Tea or Coffee/Juice
(2 adults & 2 children, T&Cs apply)
Kids colouring books and Hotel Fairy Trail.
Complimentary car parking with 240 spaces.
Get a Loyalty Card!
9 Carvery's purchased 10th complimentary!

THE TALENTED COLLECTION



Oriel HOUSE HOTEL
GOURMET SPECIALS
AT THE ORIEL HOUSE HOTEL

ORIEL BAR & BISTRO

- FAMILY CARVERY**
€55 Offering for 2 Adults & 2 Children
- LUNCH & BRUNCH**
served Mon - Sat 12.30pm-2.30pm and Sundays until 4pm
- BAR EVENING MENU**
served 5pm-9.30pm
- LOBBY COFFEE DOCK**
open daily serving a variety of delights
- AFTERNOON TEA**
served daily 2pm-4pm
- COCKTAILS**
from our extensive and NEW Drinks menu
- OUTDOOR COURTYARD AND TROPICAL GARDEN**
For dining or relaxing drinks.

THE TALENTED COLLECTION



Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

PERMANENT TSB

Join us in our Blackpool branch where we continue to support our customer's in-branch.

Whether you're just starting out saving for your deposit, trying to figure out how much you could borrow, or are ready to apply, our team are here to help and support you at every stage of your home buying journey.

Our Senior Field based consultant Jennifer O'Brien can arrange to meet you at a time and place that suits.

At permanent tsb we also offer a wide range of everyday banking products and services, designed with you in mind to get the most out of your accounts and make your everyday living that little bit easier. We also offer simple and convenient banking solutions for Small and Medium Enterprises (SMEs) designed to help you manage your business with ease.

Book an appointment online with John or Jennifer on 087 6778266.



JENNIFER O BRIEN



Address: Blackpool

Phone: 087 6778266

Email: Jennifer.O'Brien@ptsb.ie

Website: <http://www.permanenttsb.ie/>

Start Your Journey Home with us today

Our Blackpool team are available in branch to help you through the home buying journey, every step of the way.

That's permanent support.

Book an appointment online at permanenttsb.ie or contact John on 087 101 4842 or Jennifer on 087 6778266 in our Blackpool branch today.

Lending criteria, terms and conditions apply. Permanent tsb p.l.c. is regulated by the Central Bank of Ireland. BAK5830



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

PHARMACY FIRST PLUS

Pharmacy First Plus has three pharmacies in the Blarney & District Chamber of Commerce area, in Tower, in Grenagh and in Onslow Gardens (PFP Northside). In March 2020, we set up our online order offering for prescriptions, or any other item, where you can fill in the form on our website, selecting their pharmacy of choice. You can do this anytime, day or night. Orders are sent directly to the pharmacy where a member of the pharmacy team will review the order before contacting you to confirm your order and arrange a time for it to be ready for you to collect. You can even pay over the phone and we'll drop it out to your car when you call. This facility has been used over 3,200 times (by 25/01/21). Have you used it yet? Go to www.pharmacyfirstplus.ie/order now!



ANNE & KEITH
O' HOURIHANE

"Most important is the support I have received and the connections I have made while a member of the Chamber, regularly doing business with a huge variety of product and service provider members, and those members regularly doing business with me."



Address: Tower Shopping Centre, Tower, Blarney

Phone: 021-4385225

Email: tower@pharmacyfirstplus.ie

Website: <https://www.pharmacyfirstplus.ie/>

Additional Locations:

Grenagh: 021-4629918/grenagh@pharmacyfirstplus.ie

Northside: 021-4398135/northside@pharmacyfirstplus.ie

Glanmire: 021 482 2412/glanmire@pharmacyfirstplus.ie





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

SBG CORK CITY

JOIN OUR TRIBE

To experience the Vibe for yourself with our free private lesson, so that you can come along by appointment to have a look around our great facilities and chat about your goals and aspirations and a free private lesson to kickstart your journey.

- Straight blast gym family Martial Arts and Fitness
- Beginner friendly classes all year around
- kids Martial Arts Classes from age 3yrs upwards
- personal training & fitness classes
- Mma, Bjj, Kickboxing & Boxing for all ages
- open 7 days per week
- Free parking



MARLENE GRIFFIN

"I absolutely love coming to the chamber meetings on Friday mornings, it rejuvenates me after a tiring week of work."

Cork's largest Martial Arts & Fitness Gym




- Beginner friendly Classes all year around
- Kids Martial Arts Classes from age 3 upwards
- Personal Training and Fitness Classes
- MMA, BJJ, Kickboxing & Boxing for all ages
- Open 7 days per week
- Free Parking

Follow us



@SBGCorkCity www.SBGCork.com





Address: Unit 31 Northpoint Business Park, New Mallow Road, Cork

Phone: 021 4215007

Email: info@SBGCork.com

Website: <https://www.SBGCork.com/>

SBG
STRAIGHT BLAST GYM INTERNATIONAL
CORK CITY



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

SCIENCE DIRECT LTD.

Drinking Water Quality

Science Direct is a local laboratory specialising in water testing, particularly for private water supplies. For your own peace of mind, it is important to know that your drinking water meets the standards of the drinking water regulations and that it is safe to consume.

Contact us to order a water testing kit by post. Test results are returned within 4 working days from receipt of the sample at the laboratory, and we will give helpful insight into the quality of your drinking water supply.



TIM BUTTER & TOM O'BYRNE



science  direct Ltd.

Address: Unit 7 Monard Glen, Rathpeacon, Cork T23
HN8W

Phone: (021) 438 4200

Email: info@sciencedirect.ie

Website: <https://www.sciencedirect.ie/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

SHANE SULL FITNESS GYM

At Shane Sull Fitness Gym we have a unique and holistic approach with coaching clients and this is all done in a very friendly and inclusive personal training gym in Hollyhill, Cork.

The goal here is to instill lifelong, lifestyle changes and to educate people on exercise, nutrition and mindset without over complicating things.

We also have daily classes, women's only and mixed circuit classes. You do not need any membership to attend classes.

I am a Certified Mental Health and Exercise Coach which I believe is hugely important in today's society. Exercise should mean so much more than how it makes us look. The mental benefits from exercise is huge and it's something we like to put focus on.



SHANE O'SULLIVAN



Address: Terence Mc Swiney Sports Hall,
Hollyhill Lane, Hollyhill.

Tel: 0857885831

Web: <https://www.shanesullfitness.com/>

Email: shanesullPT89@hotmail.com





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

SIKA CAFE & WINE BAR



DEREK O'CONNOR

The Square, Blarney, T23 KW18

Instagram: <https://www.instagram.com/sika.cafe/>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

TAXASSIST ACCOUNTANTS BLARNEY & BLACKPOOL

TaxAssist Accountants Blackpool are focused on providing a personal and professional service and we work with a whole host of different types of clients. We typically help limited companies, sole traders, partnerships, landlords, contractors, freelancers and start-ups. We are a local service with an office in Blackpool to help and support your business meet its accountancy requirements. Our local team is further supported by a team of tax experts within the national TaxAssist Support Centre.

We often find our clients are interested in making their accounting function much smoother and want an accountant to help them along the journey which we enjoy doing. Our growing team of accountants and tax experts are always accessible to our clients and are happy to help.

We can offer your business a host of accountancy services including Company Accounts, Payroll, Bookkeeping, Tax Returns, CGT, Online Accounts and more.



TERRY O'DONOVAN

TaxAssist
Accountants

Address: Breffni Court, Watercourse Road,
Blackpool, Cork, T23XO2N and
Unit 5, Tower Shopping Centre, Tower, Blarney, T
HC91

Phone: 021 242 7576

Email: terryodonovan@taxassist.ie

Website: <https://www.taxassist.ie/blackpool/>



Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

THE WEBSITE CHEF

Baking success into your website

I use my 17+ years of experience as a web designer to combine all the ingredients you need to make your website grow your business.

Introducing the **Chef's Special** - a full day to tackle your website wishlist. From rebranding your site to a facelift, adding e-commerce or an SEO audit and keyword research. You choose what changes you want made to your site. Contact me for details or go to <https://the-website-chef.com/the-website-chef-chefs-special/>

Do you need ongoing **support** for your website? Starting at the price of a cup of coffee a day you can relieve yourself of the responsibility for updating the workings of your website to me. For more details go to <https://the-website-chef.com/website-support-plans/>

"Becoming a member of the Blarney & District Chamber of Commerce when I moved to the area 10 years ago was an excellent way to integrate into the business community and to make friends. I love being part of a group of like-minded people and enjoy the weekly meetings we have had pre-Covid."



SUE PAMMENT



Phone: (086) 8451049

Email: sue@the-website-chef.com

Website: <https://the-website-chef.com/>

Website Support Plans

CULINARY BASICS PLAN

This plan offers the fundamental services necessary for a well-maintained site, similar to the essential techniques every chef starts with.

EPICUREAN ESSENTIALS PLAN

This plan provides a more comprehensive service, akin to a refined and satisfying dining experience.

GOURMET DELUXE PLAN

For the ultimate in website support, the Gourmet Deluxe Plan is like indulging in a top-tier gastronomic experience.

<https://the-website-chef.com/website-support-plans/>

Introducing the Chef's Special

Chef's Special

Ideal for:

- | | |
|---|---|
| Website revamp: <ul style="list-style-type: none"> • Colour and font changes • Revise branding • Update navigation • 1-3 pages plus blog | Landing or sales page <ul style="list-style-type: none"> • Thank you Page • Add to current shop options • 30 minutes of fine-tuning post-Chef's Special |
|---|---|

Experience a full day of personalized attention and support with the Chef's Special. Tailored exclusively to your needs and goals, this day is dedicated solely to you and your project.

<https://the-website-chef.com/the-website-chef-chefs-special/>

NEW SERVICE





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

T.I.S FIREPROOFING LTD

We take ownership of fire protection systems to guarantee compliance and deliver projects to the highest possible standards.

Every T.i.S project is delivered by a team of specialist installers and underpinned by BOLSTER, our compliance technology platform. T.i.S Fire-Stopping are committed to enhancing industry standards, delivering continuous improvements in efficiency, sustainability and innovation.

T.i.S Fire-Stopping are one of Ireland's leading provider of passive fire protection. Our team of specialists have worked on some of the country's largest projects & buildings. We pride ourselves on being thought-leaders in fire protection compliance and are passionate about raising the bar for industry standards, project management and service delivery. Visit our Services page or contact one of our fire protection experts today.



DEREK O'CONNOR

Phone: (021) 6010423

Email: derek@tisltid.ie

Website: <https://www.tisltid.ie/>



Ireland's leading Passive Fire Protection Specialists you can trust!

Our team at T.I.S. Ltd are experienced in working across many sectors. This allows us to implement the recommended passive fire protection systems, meeting industry standards. T.I.S. Ltd operates in Cork, Munster & Nationwide. We approach every project with a dedication to gold-standard fireproofing, offering our clients an industry leading level of service. We invest in the best possible resources and technology, as well as an extensive range of quality products.



bolster
systems.com

www.tisltid.ie Derek: 085 288 3046 Thomas: 087 180 3956



Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

TOWER AUTO CENTRE

- Family Run Business Established 1984
- Located in Tower T23 FA37
- Contact 0862578807 E-mail edhealy58@gmail.com
- Over 40 Years Experience on all Makes & Models
- Full Workshop Facilities.
- OBD Diagnostics
- Pre N.C.T.
- Servicing
- Repairs
- Car Sales To Suit All Budgets
- Excellent After Sale Service



EDWARD HEALY &
DEIRDRE HOURIHAN HEALY

"Being a member of The Blarney & District Chamber of Commerce has helped us with our profile within the Business Community of Blarney."



Address: Model Village, Tower T23 FA37, Blarney

Phone: 086 2578807

Email: edhealy58@gmail.com

Facebook:

<https://www.facebook.com/edwardhealyandsonsgarage/>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

TOWER LAUNDERETTE

Tower Launderette is a family run Launderette and Dry cleaners based in Shournagh House in the heart of Tower.

Tower Launderette was fitted with brand new machines that are as eco-friendly as possible. The machines we installed use no harmful chemicals or solvents and are digitally monitored to ensure that they clean to HSE Guidelines.

Our services include:

- All Laundry services, including Dry Only
- Dry Cleaning
- Ironing services, Commercial and domestic
- Commercial Laundry services (B&B, Hairdressers, Child Care, Sports Teams, Restaurants)



LISA COSTELLO

Address: Shournagh House, Tower T23HP5C

Website: <https://www.towerlaunderette.com/>

Phone: 085 145 99 99

Email: lisa@towerlaunderette.com





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

TRIDENT INK

Trident Ink is a private tattoo studio based inside SBG Cork in Northpoint Business Park. Established in 2019 this father and son team seek to provide you with best and most professional tattoo experience we can possibly give you as a client.



KEVIN & DARREN O'SULLIVAN

Address: North Point Business Park,
Unit 31 New Mallow Rd, Cork, T23 HN76

Email: darren.osullivan97@gmail.com &
tridentink18@gmail.com

Trident Ink Instagram: [trident_ink](#)

Darren's Instagram: [darren_artwork](#)

Kevin's Instagram: [kevin.o.sullivan_](#)

Facebook:

<https://www.facebook.com/profile.php?id=100051148965942>





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

VICTOR DALY DECORATOR

Local, Reliable Painting & Decorators

At Victor Daly Painting & Decorating, we are highly skilled decorators with great attention to detail. We cater for all your needs including domestic, commercial and industrial work.

We specialise in all types of spraying, ranging from Kitchen units , interior houses, office blocks and fire-proofing. We also love to refurbish worn down floors, counter tops, furniture etc to bring them back to life. Fully insured and registered. Very competitive rates call any time for free quotation.



VICTOR DALY

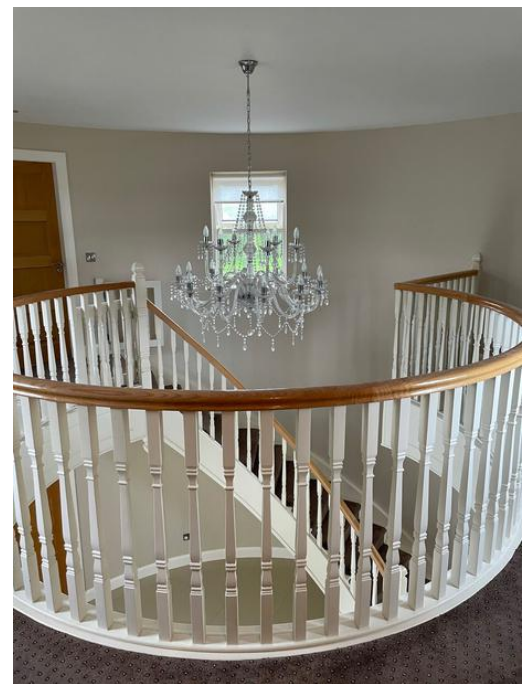
Address: Blarney

Phone: 085 1337217

Email: victordaly.decorator@gmail.com

Instagram:

<https://www.instagram.com/victordalydecorating/>





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

VISIONFITNESS360

Visionfitness360 is a Blarney based community/ group for women 30+ who are looking to make life lasting changes to their health and fitness.

We offer small group personal training sessions, large group training sessions and involvement in a community of like minded individuals.

We are one of only a few fitness groups that has access to both outdoor and indoor training facilities.

Our focus is getting you started on your health and fitness, if your a beginner, if you have not exercised in a while or want to get involved in something a little different from the regular gym then we have you covered!



TRISH DORGAN

Address: Blarney

Phone: 0861239137

Email: Visionfitness360@gmail.com

FB Visionfitness360

IG Visionfitness_360





Meet the Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

AJ WALSH TRAINING SERVICES LIMITED

We deliver Leadership & Management & Group Learning, Mentorships training for medium to large scale organisations.

Health & Safety Training. Manual Handling. VDU Assessor. Abrasive Wheels Instructor. First Aid Instructor.

We Promote Health & Wellbeing lifestyle, TY Program. Sport Psychology, Stress Management

Security Specialist services, Personal Security, Threat Assessment & Risk Analysis, Conflict resolution, Consultancy`



ALAN WALSH

Address: 31 Seanabothair, Killeens

Phone: 021 4/383497

Email: alanwalsh31@gmail.com





Meet The Members

BLARNEY & DISTRICT
CHAMBER OF COMMERCE

WINDY ACRE GARDEN DESIGNS



FIONNUALA CARROLL

Give a gift of a garden design consultation, great as a Christmas, Birthday or housewarming gift.

Contact
windyacredesigns@gmail.com.



Recent transformation from timber deck and lawn to a beautiful enclosed newly paved dining and lounge patio area. With the added enjoyment of a golf putting green.



"Business aside, I've made great friends by joining the Blarney & District Chamber of Commerce and would urge anyone, particularly those who tend to work alone like myself, to join.."



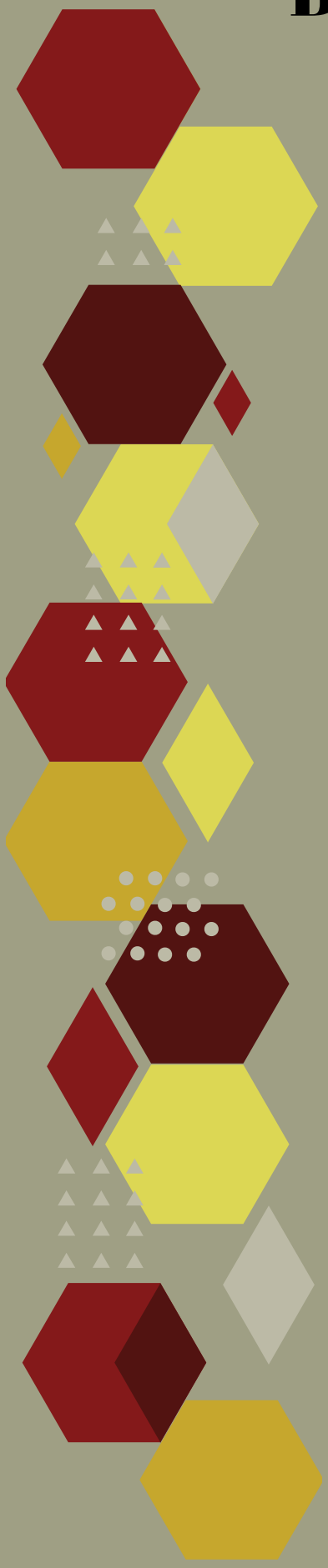
Address: Vicarstown, Co. Cork
Phone: 087 4021397
Email: windyacredesigns@gmail.com
Website: <https://windyacredesigns.com/>

Business Resources and Events

The Blarney & District Chamber of Commerce meets every Friday
at the Blarney Castle Hotel

9:00 - 10:00 am for networking and business support.

Tea/Coffee, scones and pastries are served for
€5 per person



Business Resources and Events

Enterprise Ireland

Enterprise Ireland is the government organisation responsible for the development and growth of Irish enterprises in world markets. We work in partnership with Irish enterprises to help them start, grow, innovate and win export sales in global markets

<https://www.enterprise-ireland.com/en/>

Local Enterprise Offices

The Local Enterprise Office is the First Stop Shop for anyone seeking information and support on starting or growing a business in Ireland.

The Local Enterprise Office provides advice, information and support to you in starting up or growing your business

<https://www.localenterprise.ie/>

SME On Line Tool Kit

There are over 170 different Government supports for Irish start-ups and small businesses. This Online Guide is to help Irish start-ups and small businesses navigate the range of Government supports to see which you could possibly apply

<https://supportingsmes.gov.ie/sme-search/>

Irish Small and Medium Enterprises Association (ISME)

ISME, the Irish Small and Medium Enterprises Association, is the only independent representative association for Small and Medium Enterprises and currently has in excess of 10,200 members nationwide. Uniquely in Ireland, ISME is independent of big business, big banks and government and gives voice to the issues facing SME owner-managers.

<https://isme.ie/>

Small Firms Association

The Small Firms Association (SFA) is the national organisation exclusively representing the needs of small enterprises (i.e. those employing less than 50 employees) in Ireland.

sfa.ie



Members

(alphabetically)

AD Quantity Surveyors
AIB Blarney
API Clinic
Beauty by Katrina
Bethaven Coaching
Bia Sasta
Blarney Caravan & Camping Park
Blarney Castle Estate Partnership
Blarney Castle Hotel
Blarney Osteopathic Clinic
Blarney Woollen Mills
Blizzard Sports
Brand Blarney
Byrne Planning Ltd.
Cinderella's Closet Ltd.
Coleman Property Ltd
Cork CPC Training
Cork Therapy Centre
Corrinne's Kitchen
Crimestoppers Security
EMF Lifting & Laughing
Findings
Guilty Hair and Beauty
JH Design
John Henchion & Co. Solicitors
JGD Safety
K&M Landscaping & Groundworks
Marie Keating Photography & Films
Kevin Condon Financial Brokers
Little Fingerprint Boutique
Martin Crowley Electrical
O'Connell Crash Repairs
Office Assist
Oriel House Hotel
Permanent TSB
Pharmacy First Plus
Science Direct Ltd.
Shane Sull Fitness Gym
sika cafe & wine bar
Straight Blast Gym of Cork City
TaxAssist Accountants Blarney & Blackpool
The Website Chef
T.I.S Fireproofing Ltd
Tower Auto Centre
Tower Laundrette
Trident Ink
Victor Daly Painting & Decorating
Vision Fitness 360
AJ Walsh Training Services Limited
Windy Acre Garden Designs
Youngstars Music School

Chamber Membership

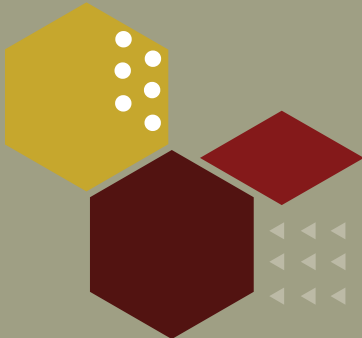


To join the Chamber:

<https://blarneychamber.com/membership/>

Annual Membership rates: 1 year €200

For more details about the Chamber visit our website at <https://blarneychamber.com/>



Together in Business

The Benefits of joining the chamber

Online Magazine Content

Listed On The Chamber Website

Facebook, Instagram & Twitter Platforms

Weekly Meetings

Networking Events

Business Development
& Growth

Social Events

Referrals From Members