

New partner appointed at Quintas

Quintas has announced the senior appointment of Paul O'Connell as partner with the firm. Paul joined Quintas from AIB in 2001 and held various positions at the firm before being appointed finance director in 2006 to oversee the expansion of Quintas. The UCC Bachelor of Business Studies graduate has amassed a wealth of experience in the financial services sector with his particular areas of expertise being financial advisory management and recruitment services. Paul is also a qualified accountant with the Institute of Certified Public Accountants and he holds professional membership of the Institute of Chartered Secretaries and Administrators as well as an Audit Practising Certificate.



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'X-Pert' advice on diabetes

A series of free education sessions for people with diabetes is planned for west Cork from next month. The award-winning X-PERT programme is being organised by HSE community dieticians Bernie Dennehy, Mary Murnane and Melissa Byrne in conjunction with local general practitioners. The aim of the programme is to educate

people affected by diabetes so that they can best manage their condition, improve their health and increase their control over their diabetes.

The programme consists of a two-and-a-half-hour education session each week, for six weeks. They will commence in Bantry and Castletownbere in February and in Clonakilty from March.

Minster launches Irish aid awards

Primary schools across Cork are being urged to help create a better future for the world's children. The ninth anniversary of the Our World Irish Aid Awards, which were established by Irish Aid in 2005 to help children in Ireland understand global issues, takes place this year and a

three-month programme will see primary school students between the ages of eight and 13 learn about the lives of children in developing countries.

They will undertake a creative project to express what they have learned under a given theme. Last year 129

schools in Cork took part in the programme, with five schools making it to the regional finals and Vearstown National School making it to the national finals.

Minister for Trade and Development Joe Costello encouraged pupils from across Ireland "to use their imagi-

nations to think of the differences between their lives and the lives of children in the developing world".

Registration for the programme is now open and the deadline for entries is Friday, March 21st. For more information see ourworldirishaid-awards.ie.

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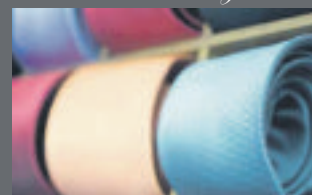
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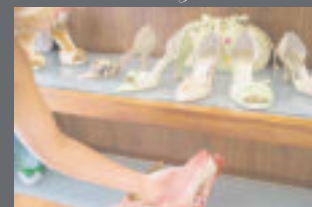
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