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karyn@gormangraphicsmedia.com

www.gormangraphicsmedia.com

Portfolio.

GG MEDIA

SOCIAL MEDIA MANAGEMENT | GRAPHIC DESIGN | VIRTUAL ASSISTANT

About Me.

I am a hard-working and ambitious individual with strong organisational, communication and time management skills. Creative and reliable, I thrive both independently and in team settings, consistently delivering high-quality results.

As the owner of Gorman Graphics, I offer a wide range of services across social media management, graphic design and virtual assistance. On the marketing and design side, I manage accounts for brands like Re-Gen Waste and Versaffix, creating tailored content strategies, consistent branding, and high-performing campaigns. Services include social media management, content creation, graphic design, brand development and campaign planning - all designed to boost visibility and engagement.

With virtual assistance, I support businesses with everything from daily admin tasks such as inbox and calendar management, scheduling, data entry, research, document formatting and client communications to professional-level business support like content management, podcast & video management and digital product support.

I'm also passionate about giving back, providing voluntary design and marketing support to the Caring Coins Association, helping grow their outreach through creative digital content.

Proficient in Canva, Microsoft Office, and a range of digital tools, I combine creative design with strategic thinking. I regularly analyse performance, apply SEO and marketing insights, and stay current with digital trends to deliver meaningful results for every client.



Experience.

Leadership & Mentorship

- Mentored and delegated tasks to junior team members
- Provided coaching and support for summer placement students
- Represented the team as SRC Apprentice Ambassador and class representative
- Led industry event participation and internal corporate initiatives
- Delivered training in Microsoft Office, publishing software, and videography

Strategic & Analytical Thinking

- Developed and managed a £100K marketing budget to support brand growth
- Measured campaign performance and generated reports for senior leadership
- Conducted digital innovation research and strategy implementation
- Created and presented board-level marketing performance reports

Public Relations & Communications

- Handled media inquiries and coordinated with external PR teams
- Managed editorial content, article writing, and sponsorship opportunities
- Engaged weekly with journalists and magazine representatives
- Wrote award-winning articles featured in major publications
- Conducted media monitoring and crisis response planning

Event & Campaign Management

- Planned and executed corporate events (e.g., Breast Cancer Awareness Day, Men's Day, Women's Day)
- Organised school outreach programs and community education initiatives
- Developed and led award submissions — won 5 out of 7 in 2024
- Created and rolled out multi-media campaigns for consultations and internal projects
- Managed government-related events and stakeholder communications

Achievements & Recognition

- Created and grew Re-Gen's TikTok to 5,000+ followers and over 8M views
- Doubled company social media following across platforms
- Led several award-winning PR and social media campaigns
- Shortlisted for National MRW Campaign of the Year and NI Social Media Awards
- Featured in Irish News and Belfast Telegraph for digital content success

Marketing Capabilities.

Marketing & Branding

- Brand plan / strategy development and positioning
- Creation of brand voice, tone and messaging guidelines
- Competitor research and audience profiling
- Campaign strategy and launch planning
- Marketing calendar and promotional planning
- Sales funnel mapping and lead generation support

Social Media Management

- Brand plan / strategy development and positioning
- Creation of brand voice, tone and messaging guidelines
- Competitor research and audience profiling
- Campaign strategy and launch planning
- Marketing calendar and promotional planning
- Sales funnel mapping and lead generation support
-

Graphic Design & Creative Services

- Logo design and complete brand identity packages
- Branded templates for Canva, PowerPoint, social media, etc.
- Print and digital design: brochures, flyers, menus, signage & packaging
- Pitch decks, investor presentations and branded reports
- Branded podcast or YouTube covers, thumbnails, and intros/outros
- Consistent visual branding across all digital touchpoints

Content Creation & Media Production

- Product photography / videography and editing
- Reels, TikToks, and Shorts creation with transitions and captions etc
- Branded content assets (intros, outros, overlays, templates)
- Behind-the-scenes and lifestyle content
- Stock photo sourcing and visual curation
- Podcast editing and production: design, edit, upload, show notes & timestamps
- Promotional content for episodes (graphics, reels, captions)

Web & Email Marketing

- Website design & updates (Wix, WordPress, Shopify)
- Blog writing, formatting and SEO optimisation
- Email marketing setup and campaigns (Mailchimp)
- Newsletter design and automation flows
- Lead magnet creation and delivery setup
- Landing page and opt-in form design

Analytics & Reporting

- Engagement and growth tracking
- Conversion insights and KPI analysis
- Strategy adjustments based on performance data

VA: Creative Capabilities.

Content Support

- Repurpose blog posts, podcasts, or videos into social content
- Format and schedule posts across platforms
- Create branded graphics & templates
- Organise content libraries and build content calendars
- Write captions, blog posts or newsletter content

Podcast & Video Management

- Schedule and communicate with guests
- Design, edit and upload / format episodes or videos
- Write show notes, SEO-friendly titles and timestamps

Community Management

- Moderate groups (Facebook etc)
- Welcome new members and maintain engagement
- Schedule prompts, polls and content themes
- Organise virtual events, challenges or co-working sessions
- Track engagement and group growth

Digital Product Support

- Upload products to Etsy & Shopify etc
- Design printables, eBooks and mockups
- Set up automated delivery emails
- Handle customer queries and product updates
- Analyse product performance and reviews

Course & Membership Support

- Upload and format lessons
- Design workbooks, slides or handouts
- Set up automations and email sequences
- Manage student support and community access

Launch & Event Support

- Plan and manage digital launches or live events
- Build timelines, checklists and promo materials
- Create sign-up pages, lead magnets and email funnels
- Monitor progress and manage backend tools
- Track results and prepare launch summaries

VA: General Capabilities.

Business & Project Support

- Workflow optimisation & system setup
- SOP documentation
- Project management
- Client onboarding and offboarding support
- Invoicing and light bookkeeping
- Proposal and presentation creation
- KPI tracking and monthly reporting
- Vendor coordination and relationship management
- Recruitment support (job postings & interview scheduling)

Administrative & Executive Support

- Email management & inbox zero strategies
- Calendar management & meeting scheduling
- Appointment booking and reminders
- Travel planning & itinerary creation
- Research (product, market, competitor, travel, etc.)
- Data entry and database management
- CRM updates and lead tracking
- Document creation, formatting & file organisation
- Personal assistant tasks (e.g., online shopping & reservations)

E-Commerce & Online Business Support

- Product listings and updates (Shopify & Etsy)
- Order processing and fulfilment communication
- Inventory spreadsheet creation and management
- Customer support for order queries
- Basic website product updates
- Affiliate tracking and reporting

Customer Service & Client Relations

- Responding to customer/client emails
- Chat support and response scripting
- Handling FAQs and product/service inquiries
- Testimonial collection and feedback follow-ups
- Client welcome packs and email sequences


Tech & Tools Assistance

- Setting up new tools or accounts
- Connecting software via Zapier or integrations
- Managing Google Workspace, Dropbox, Canva, etc
- Training videos or mini how-to guides for your team
- Password management setup (Bitwarden)

Branding & Social Media.

Branding.

Gorman Graphics Media Branding Pack



Colours

- Turquoise #169398
- Pink #a28089
- White #FFFFFF

Fonts

- Title - London
- Main Text - Cabin

Emerald Nutrition Branding Pack 2024



Colours

- Green #60941a
- Blue #368abb
- Grey #a6a6a6

Fonts

- Title - Celtic Plain
- Subtitle - Recoleta Alt Bold / Regular
- Main Body - Josefin Sans Regular

Crooked Lake Arts Collective 2023




Colours

- Teal #49809F
- Light Pink #FFF2FC
- White #FFFFFF

Fonts

- Title - South Korea Script
- Main Text - Glacial Indifference

Crafts by D Kirk brand pack 2023




Colours

- Purple #d5b5e6
- Aqua Blue #cfdfff
- Gray #abaaaa

Fonts

- Crafts (logo) - Amalfi Coast
- Title - Quicksand Medium
- Main Text - Quicksand

Changing Cycles 2024




Colours

- Purple #380772
- Pink #BC3989
- White #FFFFFF

Fonts

- Title: Garet Bold
- Main Body: Garet Regular

Marty's School Of Motoring Branding Pack 2024



Colours

- Black #000000
- Red #ED2C2D
- Grey #A6A6A6

Fonts

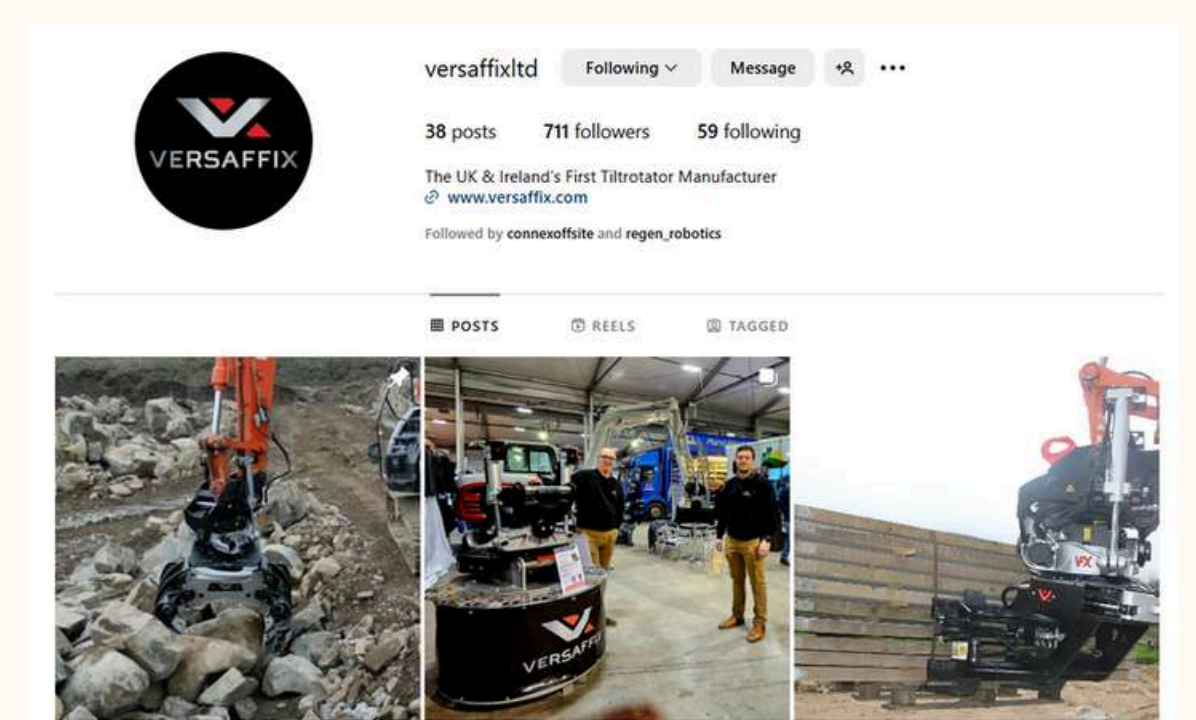
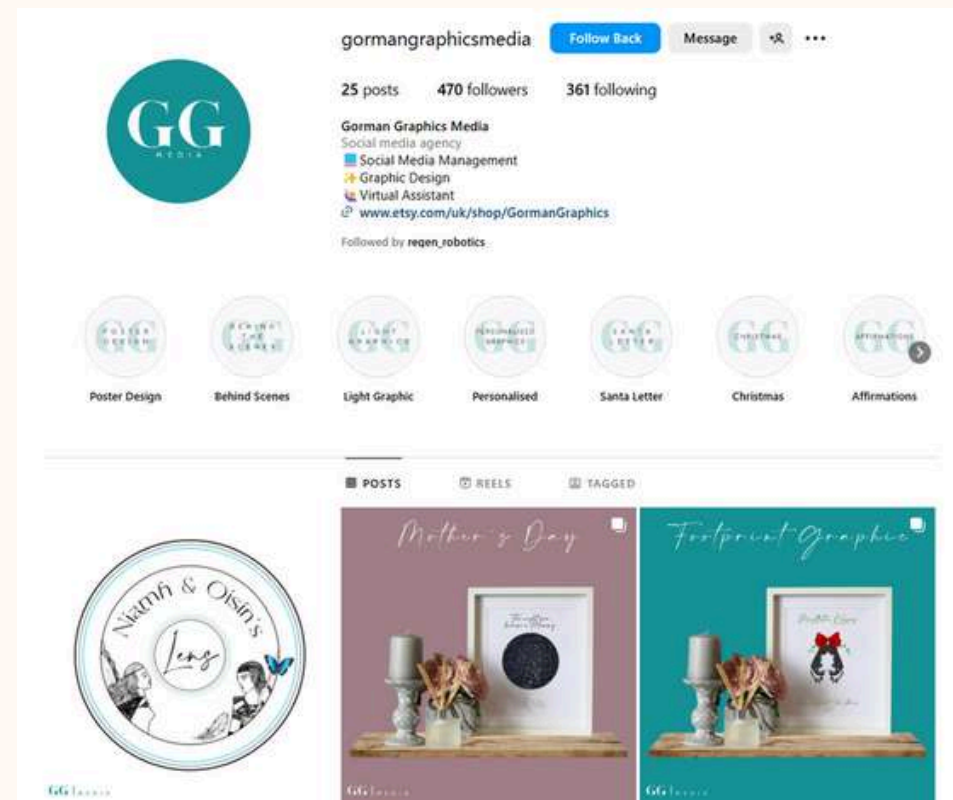
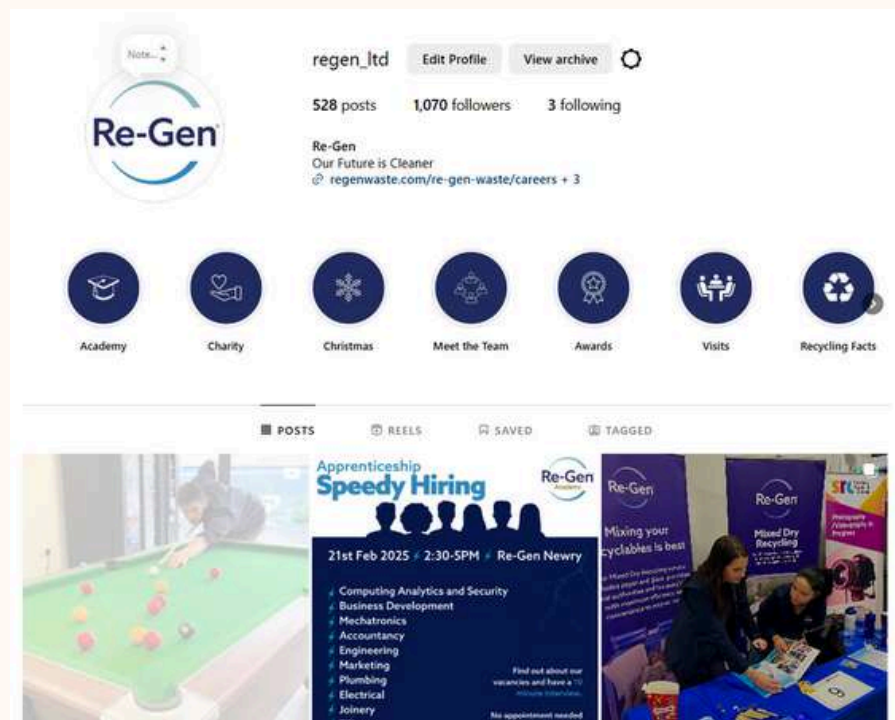
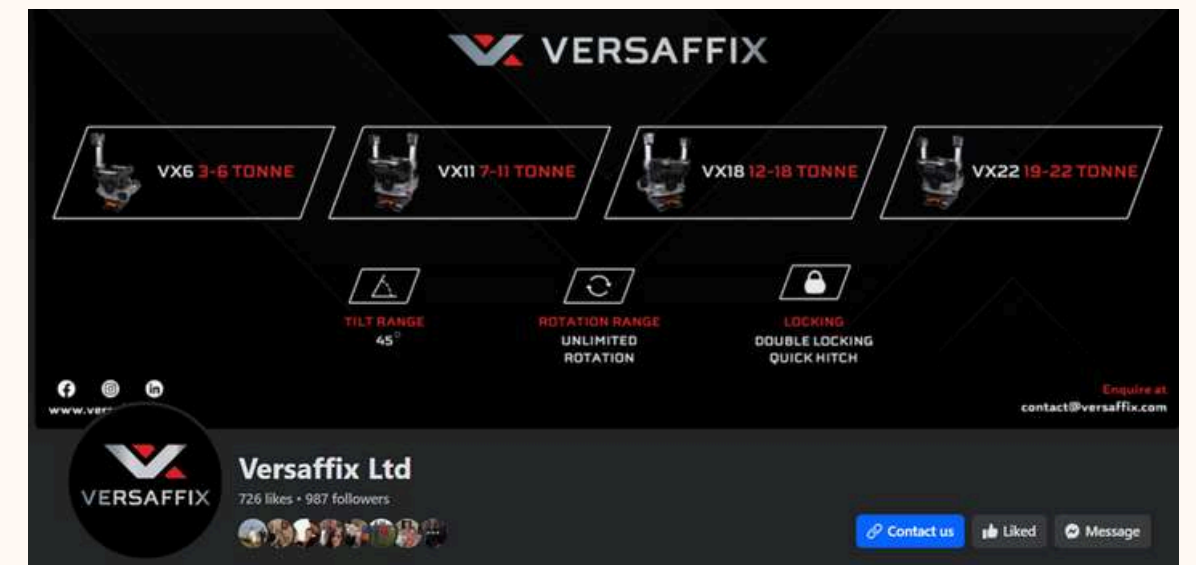
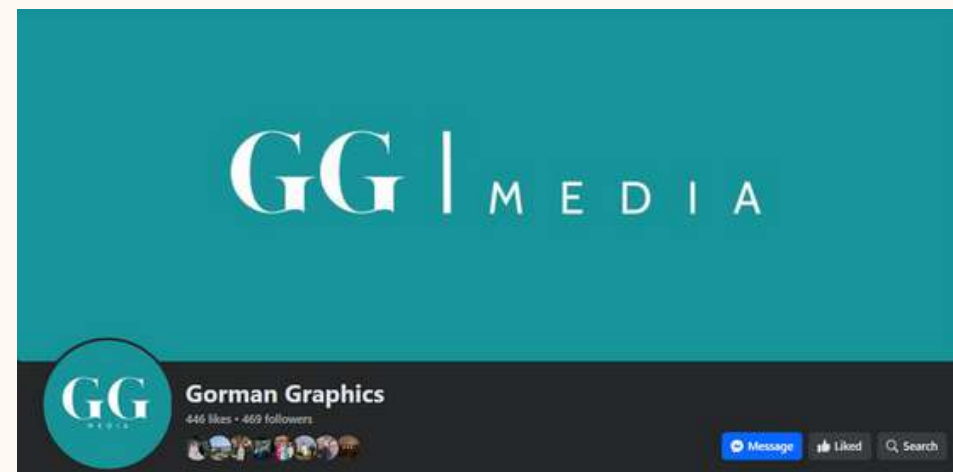
- Title - ??
- Subtitle - Avenir Bold
- Main Body - Avenir

Designing distinctive and memorable logos that capture each brands unique image.



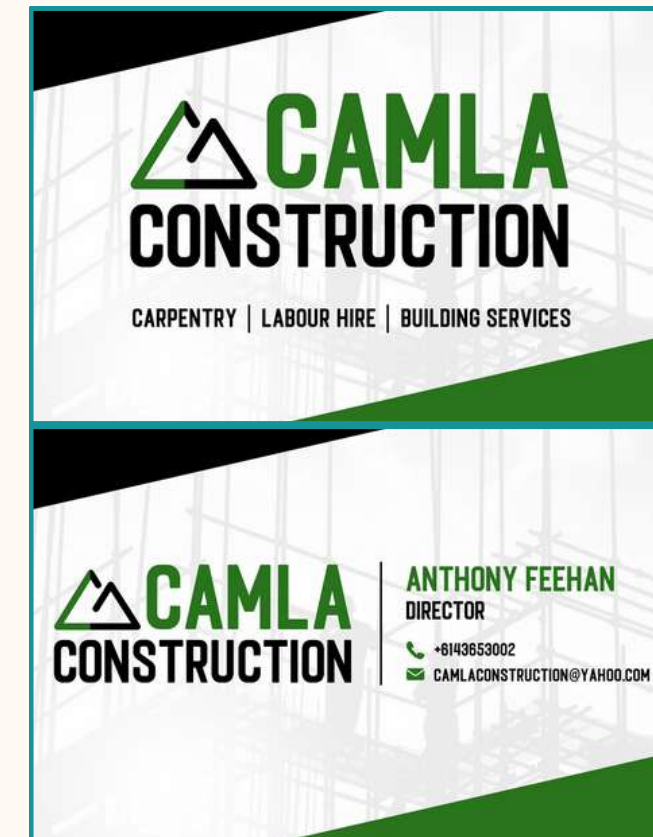
Social Media.

Social media channels I manage.



Business Cards.

Designed professional and eye-catching business cards that have left a lasting impression and enhanced brand identities.



**Companies I
Have Worked
with.**

Re-Gen.

Driving impactful marketing and design for Re-Gen Waste, a leader in waste management.



Re-Gen

Watch our recycling process here - see what happens after your rubbish hits the bin!



Scan QR code or visit: <https://www.regenwaste.com/recyclingprocess>

Re-Gen Academy **Big Apprenticeship Event**
Southern Regional College

We offer careers in:

- Accountancy
- Marketing
- Mechanics
- Welding & Fabrication
- Heavy Goods Vehicle Maintenance
- Computing
- Engineering
- Business Development

Tues 4th Feb 5 - 7pm
SRC Newry Campus

Thurs 6th Feb 5 - 7pm
Craigavon Civic Centre

Visit our Careers page on [regenwaste.com](https://www.regenwaste.com)

Current VACANCIES!

Industrial Building Electrician

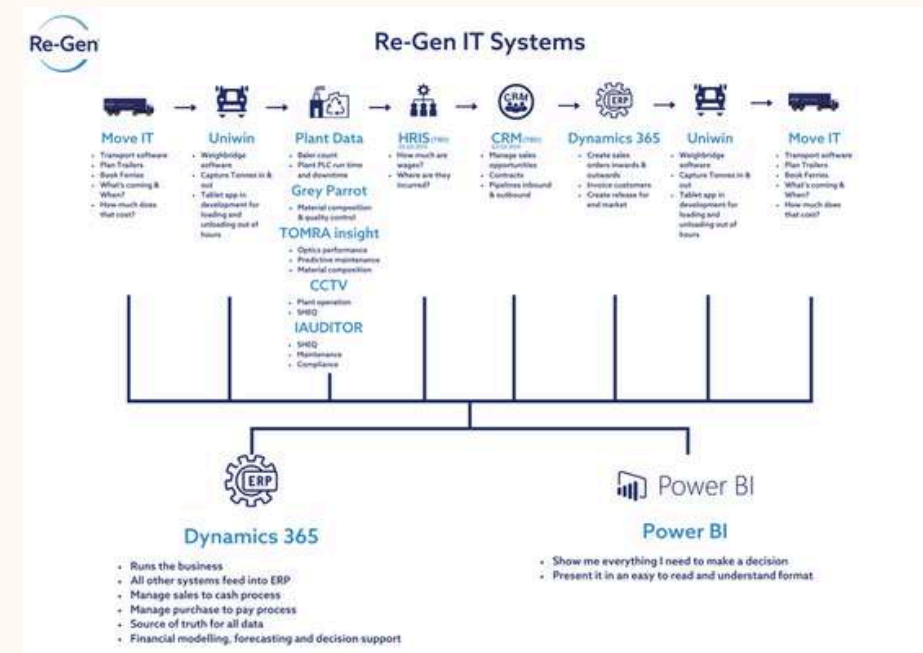
Yard Traffic Controller

Construction Coordinator

Benefits: Free Life Assurance, Company Pension Scheme, Healthcare Plan, Paid holidays, Employee Perks Card, Free On-site car parking, Canteen Facilities, Career Development Opportunities, On-site Gym, Private Medical Cover

For more information and to apply email recruitment@regenwaste.com or contact our HR team on 028 3026 5432

Re-Gen IT Systems



Move IT

- Transport software
- Plan Trainers
- Book Trainers
- What's coming & when?
- How much does that cost?

Uniwinn

- Weightbridge software
- Capture Tonnage in & out
- Fabric app in development for loading and unloading out of hours

Plant Data

- Order count
- Plant PLC run time and downtime

Grey Parrot

- Planned competition & quality control
- TOMRA insight
- Optics performance
- Production maintenance
- Material composition

HRIS

- How much are wages?
- Where are they recruited?

CRM

- Manage sales opportunities
- Contracts
- Partners onboard & offboard

Dynamics 365

- Create sales orders, invoices & contracts
- Invoice customers
- Create release for end market

Uniwinn

- Weightbridge software
- Capture Tonnage in & out
- Fabric app in development for loading and unloading out of hours

Move IT

- Transport software
- Plan Trainers
- Book Trainers
- What's coming & when?
- How much does that cost?

ERP

- Plant operation
- SPQ
- IAUDITOR
- SPQ
- Maintenance
- Compliance

Power BI

- Show me everything I need to make a decision
- Present it in an easy to read and understand format

Dynamics 365

- Runs the business
- All other systems feed into ERP
- Manage sales to cash process
- Manage purchase to pay process
- Source of truth for all data
- Financial modelling, forecasting and decision support

Re-Gen

Decarbonisation is our mission

As one of the UK's leading materials recovery facilities, we focus on developing the most effective solutions for decarbonisation




www.regenwaste.com

Re-Gen

Householder puts recyclables into bin

Bin lorry picks recyclables up

What happens next? Find out by scanning the QR code



Scan QR code or visit: <https://www.regenwaste.com/recyclingprocess>

Re-Gen **Summer jobs at Re-Gen**

- Paid holidays & Employee Perks Card
- Full Time Permanent
- Monday - Friday (Weekend Availability)

For more information: recruitment@regenwaste.com
028 3026 5432

Re-Gen Academy **When We Work Together Our Future is Cleaner**

Katerina Poutsis
Digital Marketing Apprentice

Application and first impressions

"The application process challenged me but also gave me a glimpse into the values and culture of Re-Gen, shaping my perception positively from the start."

My journey so far

Throughout my time here, I've been fortunate to have access to hands-on experiences, which have significantly contributed to my studies and personal development. The support and guidance from my colleagues has been great. I feel encouraged to take risks and learn from both successes and setbacks, which has played a vital role in my growth, both personally and professionally. Reflecting on my accomplishments, I am most proud of my contributions to various projects within Re-Gen. Whether it was collaborating with teams or taking the lead, each achievement has been very educational and has allowed me to gain a better understanding of my strengths and weaknesses.

My future plans

Looking ahead, my experience as an apprentice has solidified my future career goals and aspirations. I am excited to use the knowledge and skills I have developed at Re-Gen to make a meaningful impact in my field, contributing positively to the organisation and broader community."

Visit our Careers page on [regenwaste.com](https://www.regenwaste.com)

Re-Gen **Past, Present and Future for IT**

2018	2025	2027
140k tonnes	500k tonnes	1Mk tonnes
<ul style="list-style-type: none"> Manual Transport No Targets Access Database Sage Cyber Security 	<ul style="list-style-type: none"> Move IT Uniwinn BC AI Cyber Security 	<ul style="list-style-type: none"> CRM system Systemise processes to increase tonne to 1m whilst reducing CPT to £40 and overheads to £22
CPT and OH	How the future looks	
Current CPT is £28 with below overheads: <ul style="list-style-type: none"> £10: CS £8: Insurance £4: Legal & Consultancy £1: IT & Marketing 	Team numbers stay the same, whilst the following changes, with the help of IT systems being improved and implemented:	
	2025	2027
	✓ Tonnes Increase	✓ CPT Reduces
		✓ OH Reduces

Re-Gen

Named Recycling Business of the Year and Paper Recycling Business of the Year 2024

Our Mixed Dry Recycling service includes paper and glass, providing local authorities and householders with maximum efficiency and convenience to recycle more.



www.regenwaste.com

Re-Gen Values.

I designed and implemented the new welfare building values for Re-Gen.



Mockup.



Finished design.

Re-Gen Branding.

Implemented the branding for Re-Gen's new welfare building.



Recycle NI.

I designed an informative and visually engaging leaflet for Recycle NI, the leading trade body representing businesses in the waste, recycling and resource sector in Northern Ireland, to educate and inspire positive recycling practices.

Recycle NI
Supporting Local Waste Organisations

Recycle NI Members

Waste Management
cwalsh@slrconsulting.com
www.recycleni.co.uk

2023 Conference
Joint conference with CIWM NI on 25th May 2023 in the Titanic Centre in Belfast. See www.wasteconference.org for details.

Our Vision for the Sector
To support a waste and resource management sector in Northern Ireland that plays a central role in developing and operating infrastructure that supports our economy's drive towards a net-zero future while creating and supporting jobs and investment.

Aims and Objectives

- To promote and communicate the aims and positive work of NI's waste management organisations to political representatives, policy makers and to the media and other stakeholders.
- To be an effective voice for our members at all levels of government and with decision makers who impact upon the waste management sector.
- To educate the whole supply chain on the value of recovered material quality and how they can play their part in improving it.
- To work collaboratively with relevant bodies to eliminate waste crime.
- To support the Circular Economy and to move the treatment of waste up the waste hierarchy.
- To develop best practice in the waste management industry by promoting legal and regulatory compliance.
- To ensure a level-playing field for organisations of all sizes within our sector across Northern Ireland.
- To build more co-ordinated, supportive and consultative relationships with the NIEA and local councils.
- To ensure that waste generators understand their responsibilities under legislation.
- To reduce the waste sector's carbon emissions in the wider context of Climate Change legislation.

Additional Comments on Waste Management

Job Creation
Additional reprocessing facilities for recyclables would be particularly welcomed by the waste industry in Northern Ireland, as we currently rely on some export markets that are volatile and somewhat unpredictable (paper and plastic in particular). We recommend that the waste strategy considers all options to enable this capacity to be utilised and increased, including all-Island co-operation to open up a larger market for feedstock to reprocessing facilities and also considers incentives to encourage the development of re-processing infrastructure by the private sector in Northern Ireland.

Collection services
We recommend that greater consideration be given to contracting out waste collection services in Northern Ireland. UK and International experience have proven greater efficiencies in franchised private sector waste collection services, compared with local authority in-house services.

The secretariat of Recycle NI is managed by SLR Consulting. The secretary is Conor Walsh who can be contacted at cwalsh@slrconsulting.com

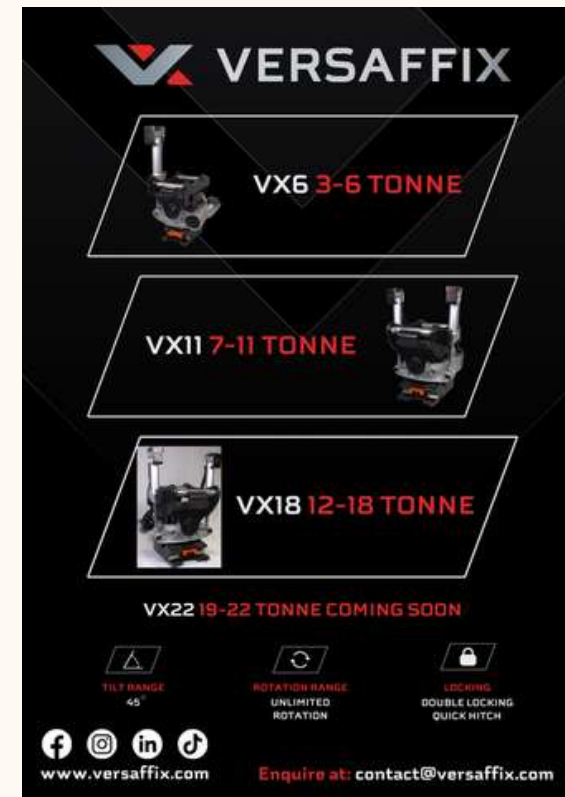
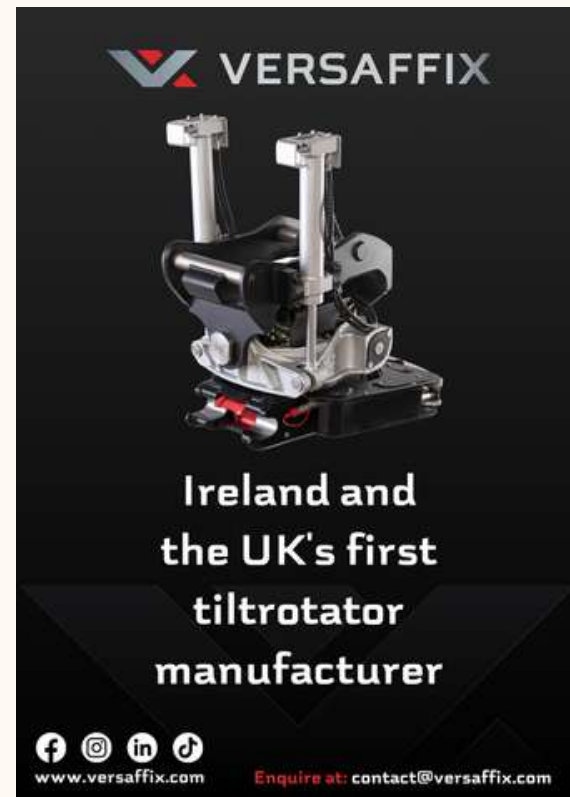
Our website is www.recycleni.co.uk

Chairman:
Darragh McConville
Vice Chair:
Ronan McQuillan

Board members:
Michael Cunningham
Joseph Doherty
Paddy McBride

Versaffix.

Designed a strong visual identity for Versaffix - the UK and Ireland's first tiltrotator manufacturer.



Caring Coins.

I have worked with Caring Coins Association, a dedicated charity, on both paid and voluntary projects, creating impactful designs that support their mission.

MUMMY and Me

14th February

4C Cafe, Newry

6.30 to 8.00pm

Please PM the page to book your places

Places are limited

This is a discretionary donation based event

GG MEDIA

February Dates

1st	7pm	Ladies night in
4th	10-4pm	Cafe reopening, Tues - Sat
5th	2-4pm	Busy bees, over 60s craft club
9th	7pm	Conor's Call walking group
9th	7-8.30pm	Conor's Call Bingo
9th	7-9pm	Menopause cafe
12th	2-4pm	Busy bees, over 60s craft club
12th	7pm	Conor's Call walking group
14th	6.30-8pm	Mummy and Me
18th	10-4pm	Hopeful handbags handbag drive
19th	2-4pm	Busy bees, over 60s craft club
19th	7pm	Conor's Call walking group
20th	7-8.30pm	Conor's Call Bingo
24th	9.30-11.30am	Mum's in Business networking event with GoSucceed
26th	2-4pm	Busy bees, over 60s craft club
28th	7pm	Conor's Call walking group

please PM the page to book your place for any of this months listed events

07491825523

10 Upper Edward Street, Newry

Design sponsored by GG

CHRISTMAS Fayre

NOV 24 2024

2-6PM 4C CAFE

PM Caring Coins Association to book your place (£20 a table)

4C CAFE

The Saturday Breakfast Club

EVERY SATURDAY 10-12PM

POWERED AND SPONSORED BY

O'Reillys O'REILLY'S WHOLESALE THE MDT SOCIAL WORK TEAM CLARIE MEDICAL PRACTICE

CONOR'S Call BINGO Night

Conors Call bingo night every 2nd Monday (Minimum donation of £3)

10th Feb

4C Cafe, Newry

7-8.30 PM

GG MEDIA

CLOTHES Bonanza

Preloved clothing bonanza and Santa at 4C Cafe, Newry

7th December | 10-4pm | All items 50p

YOU ARE INVITED TO SANTA SUNDAY

Join us for a discretionary donation-based event featuring storytelling, Santa letters, colouring activities, and much more!

15th December | Trainors at Dans | 2-6pm

Caring Coins Community Cafe is a safe place for all.

With the school year starting, we're here to support students in any way we can. Here's how our café can help:

- ✓ A warm, safe place to wait if you miss the bus
- ✓ Access to a phone if you need to make a call
- ✓ Emergency assistance when needed
- ✓ A welcoming space to relax after school

10 Upper Edward Street, Newry Tuesday - Saturday 10.00-17.00 07491825523

HALLOWEEN Crochet

Come and pick your pumpkins crochet style!

27th October

12-3pm

Felons Garden, Barcroft Community Centre

Caring Coins Association invites you to celebrate the spooky season with us!

- Explore Newry's newest pumpkin patch and pick your perfect pumpkin.
- Enjoy exciting activities, including face painting.
- Entry: £5 per person

Crafts BY DKIRK

Promoting Wellbeing DIVISION HSC Southern Health and Social Care Trust Quality Care - for you, with you NHS CHARITIES TOGETHER verve

4C Cafe.

Designed and implemented all branding for 4C Cafe.



Open Tuesday - Saturday
10:00-17:00

**Caring Coins
Community Cafe**

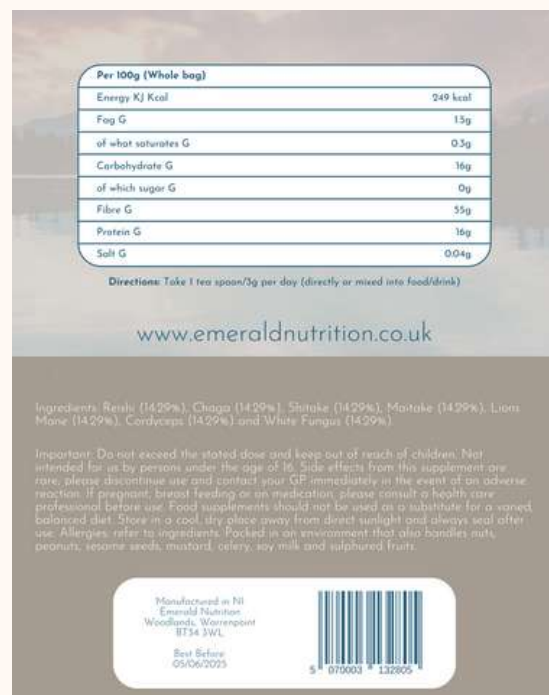
Menu

Sandwich/Toasties		Tea	
Sandwich/Toasties	£3.00	Pot of Tea	£1.20
<small>Choice of any fillings: Chicken/Ham/Tuna/Cheese/Sweetcorn/ Onion/Spring Onion/Tomato/Lettuce/Egg</small>		Flavoured Teas	£1.50
2 Slices of toast and beans	£2.00	Pot of Instant Coffee	£1.70
2 slices of toast or Heel with butter and jam or marmalade	£1.50	<small>Nescafe Gold Blend</small>	
Ham & Cheese Croissant	£3.00	Koffy	
Crisp Sandwich	£1.50		<small>Small Medium</small>
All Crisps	£1.00	Americano	£1.50 £1.70
<small>Selection may vary</small>		Flat White	£2.00 £2.30
Cereal	£1.00	Latte	£2.00 £2.30
<small>Coco Pops, Rice Krispies Multigrain shapes, Corn Flakes & Rice Krispies (Varieties may vary)</small>		Cappuccino	£2.00 £2.30
Pancake/Scone		Hot Chocolate	£2.50
Plain Jumbo Pancakes	£2.20	<small>Marshmallows & Cream</small>	
Pancake Plater	£2.20	Soft Drinks	
<small>2 plain or choc chip pancakes served with Nutella, marshmallows, sprinkles & jam</small>		Still Water	£1.00
Plain or raspberry & white chocolate Scone	£1.50	Flavoured Sparkling Water	£1.20
<small>Served with jam & cream</small>		Fruit Juices	£1.20
A Snack		Flavoured Juice Box	£1.00
Croissant	£1.50	<small>Orange or Blackcurrant</small>	
Sausage Roll	£1.50	Kids Still/Flavoured Water	80p
Desert		Jug of Dilute	£1.00
Pixie Ice Cream	£2.35	<small>Orange & Mango/Orange/Summer Fruits</small>	
<small>2 scoops of vanilla with a choice of 1 sauce and 2 toppings</small>		Traybakes	
Mini Pixie Ice Cream	£1.50	15s, Caramel Square, Iced bun, Muffins or Long Viennese Cream	£1.50
<small>1 scoop of vanilla with a choice of sauce and 1 topping</small>		Chocolate Bars	£1.00
		<small>Selection may vary</small>	
		Health Bars	£1.00
		<small>Selection may vary</small>	
		Variety of Biscuits	£1.00
		<small>Snack (purple)/Tea- cake/Water/Rocky (Caramel)</small>	



Emerald Nutrition.

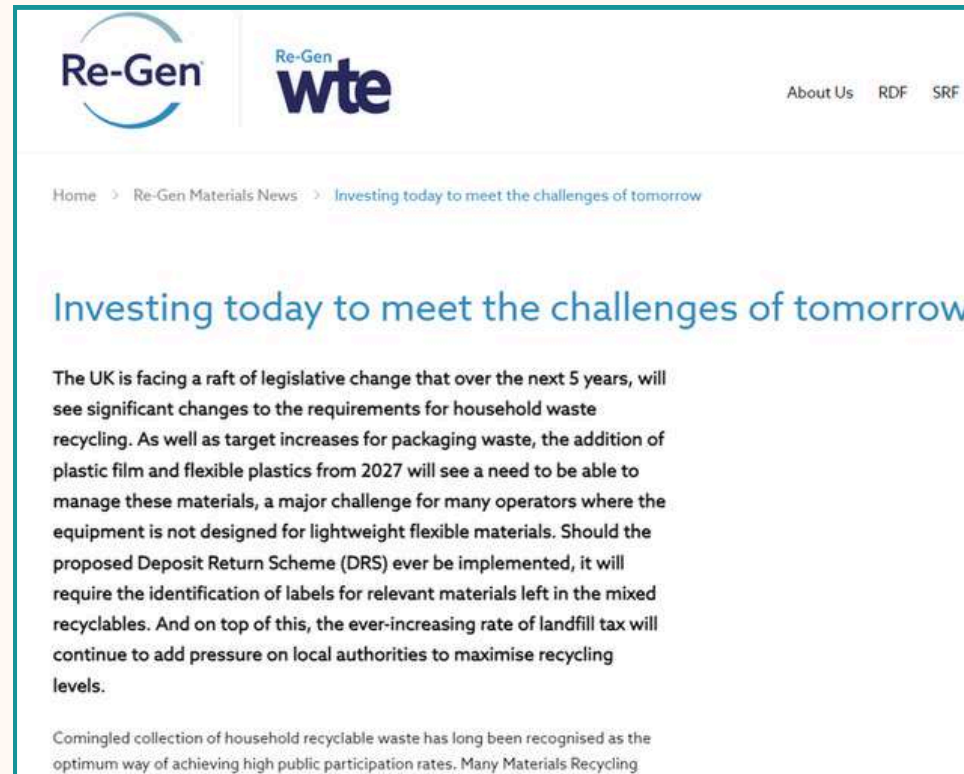
Designed Emerald Nutrition's logo and branding.



Other Work.

News Articles.

I lead the writing and distribution of industry-related articles, securing monthly publications through industry contacts in Let's Recycle, CIWM, MRW, News Letter, The Irish News and many others.



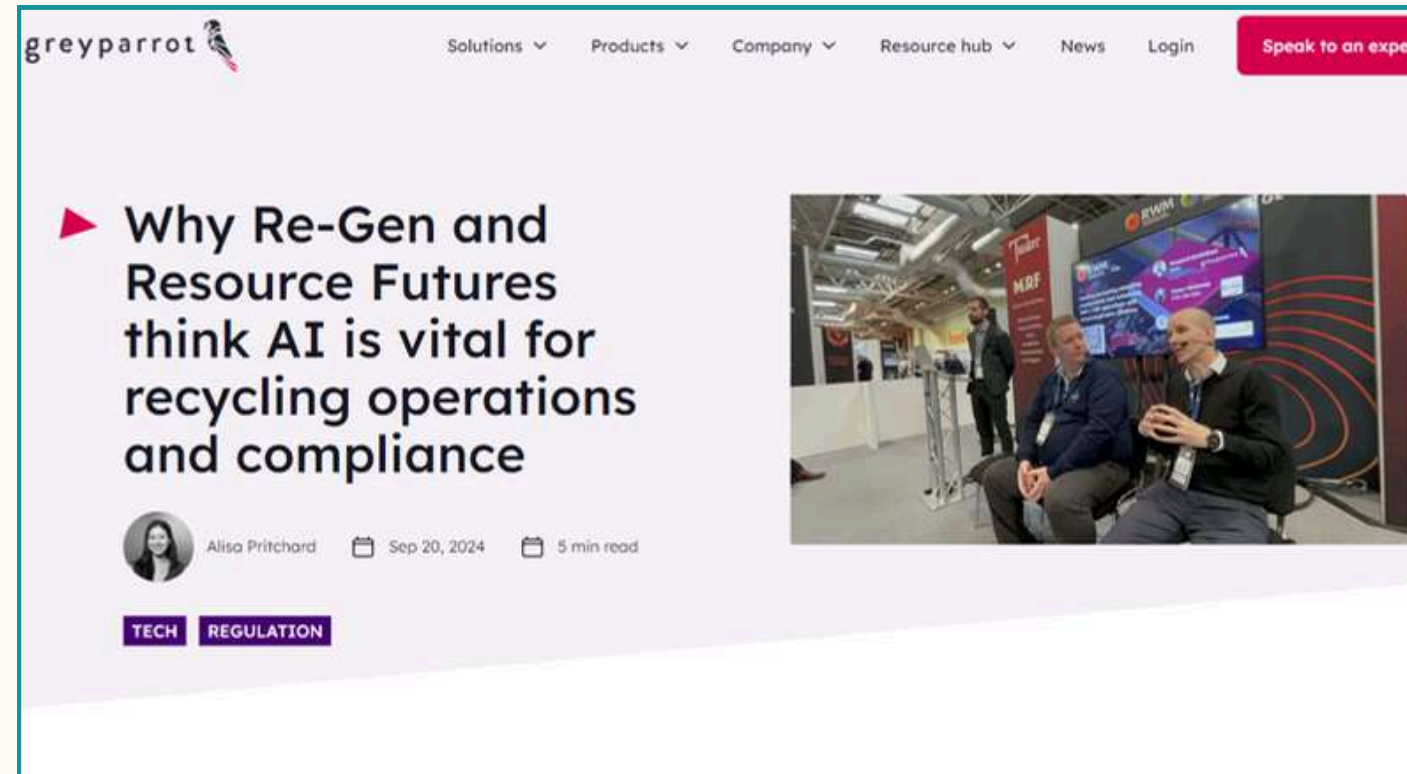
Re-Gen wte About Us RDF SRF

Home > Re-Gen Materials News > Investing today to meet the challenges of tomorrow

Investing today to meet the challenges of tomorrow

The UK is facing a raft of legislative change that over the next 5 years, will see significant changes to the requirements for household waste recycling. As well as target increases for packaging waste, the addition of plastic film and flexible plastics from 2027 will see a need to be able to manage these materials, a major challenge for many operators where the equipment is not designed for lightweight flexible materials. Should the proposed Deposit Return Scheme (DRS) ever be implemented, it will require the identification of labels for relevant materials left in the mixed recyclables. And on top of this, the ever-increasing rate of landfill tax will continue to add pressure on local authorities to maximise recycling levels.

Comingled collection of household recyclable waste has long been recognised as the optimum way of achieving high public participation rates. Many Materials Recycling

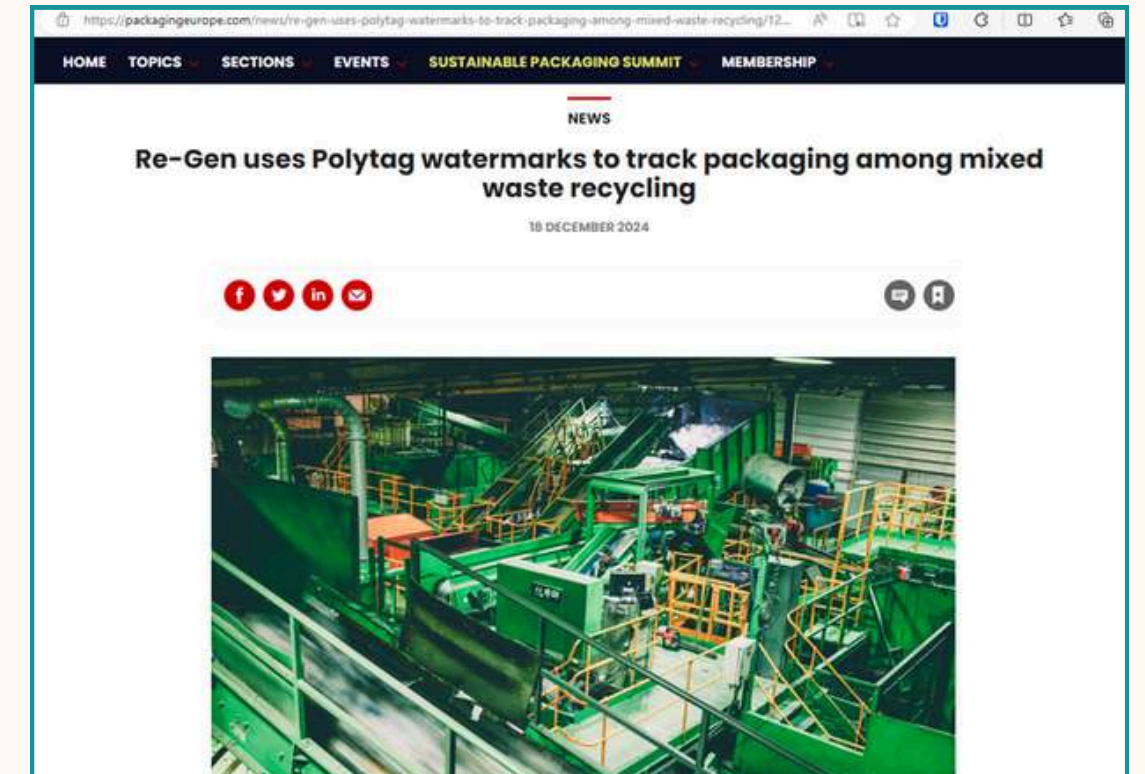


greyparrot Solutions Products Company Resource hub News Login [Speak to an expert](#)

Why Re-Gen and Resource Futures think AI is vital for recycling operations and compliance

Aliso Pritchard Sep 20, 2024 5 min read


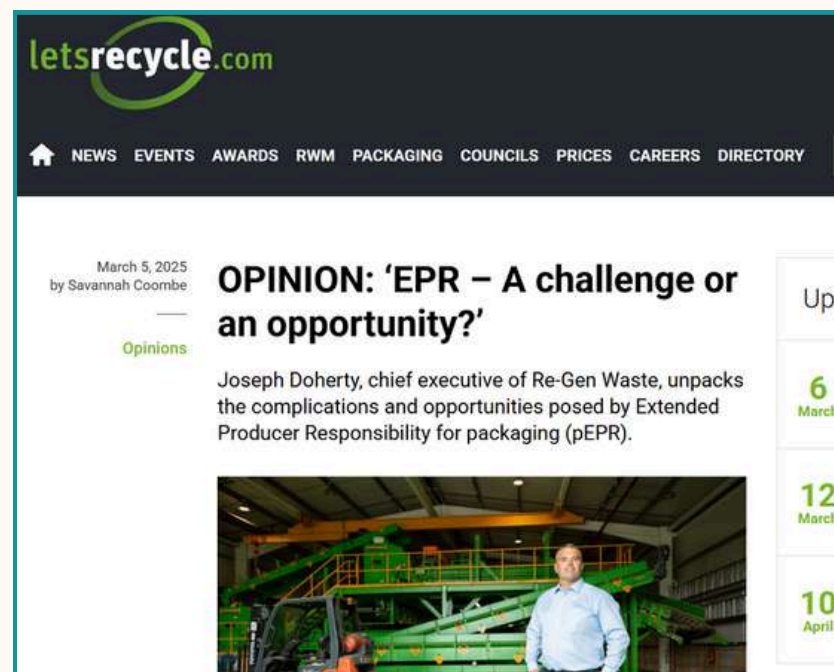
TECH REGULATION



NEWS

Re-Gen uses Polytag watermarks to track packaging among mixed waste recycling

18 DECEMBER 2024


letsrecycle.com NEWS EVENTS AWARDS RWM PACKAGING COUNCILS PRICES CAREERS DIRECTORY

March 5, 2025 by Savannah Coombe

OPINION: 'EPR – A challenge or an opportunity?'

Opinions

Joseph Doherty, chief executive of Re-Gen Waste, unpacks the complications and opportunities posed by Extended Producer Responsibility for packaging (pEPR).



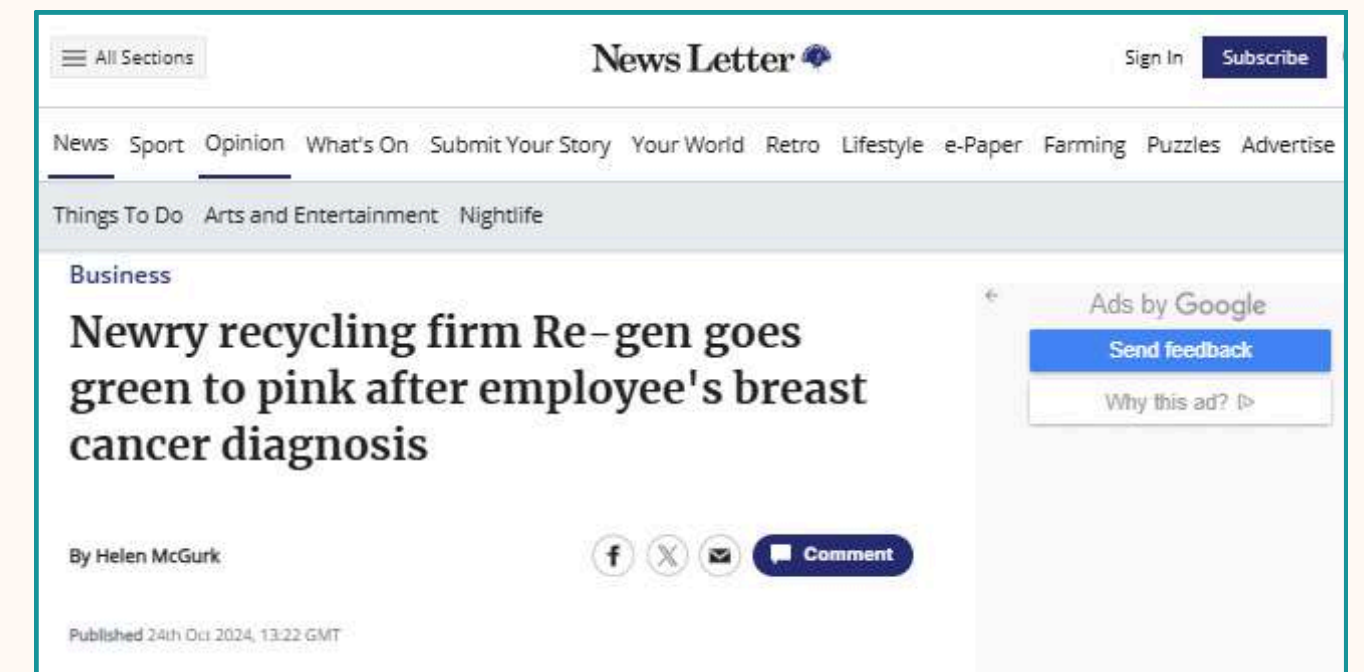

Re-Gen wte

Home > Re-Gen Materials News > Challenging the Taboo: Why Exporting Waste Can Work in Certain Conditions

Challenging the Taboo: Why Exporting Waste Can Work in Certain Conditions

For years, the phrase “exporting waste is bad” has echoed in political, academic, and public discourse. While well-intentioned, this blanket statement oversimplifies a complex issue. A mature, fact-based discussion is needed to address both the valid concerns about waste exports and the circumstances where exports are not only necessary but beneficial – particularly in achieving Net Zero goals.

Why is Waste Export Viewed Negatively?



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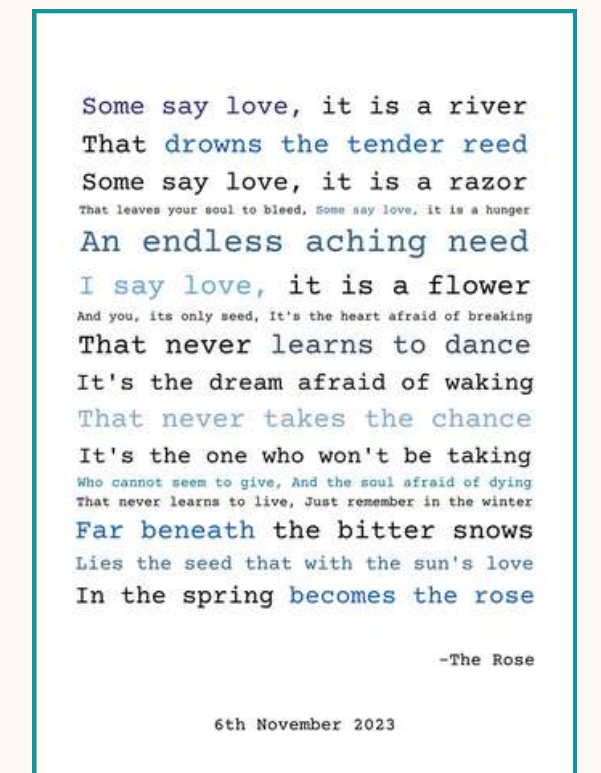
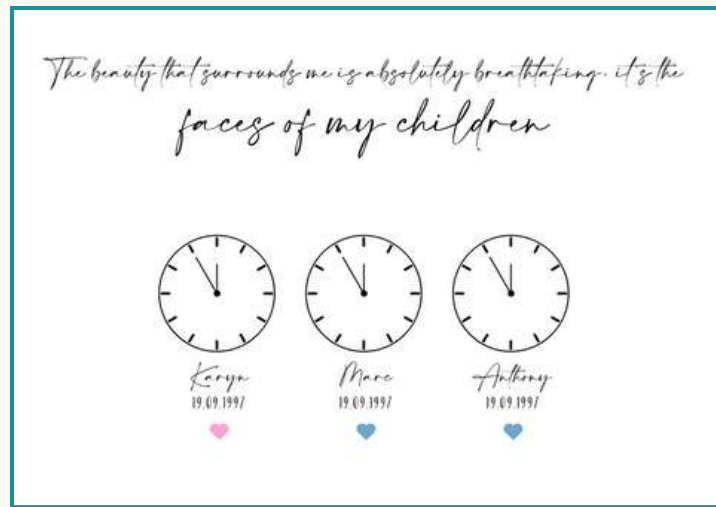
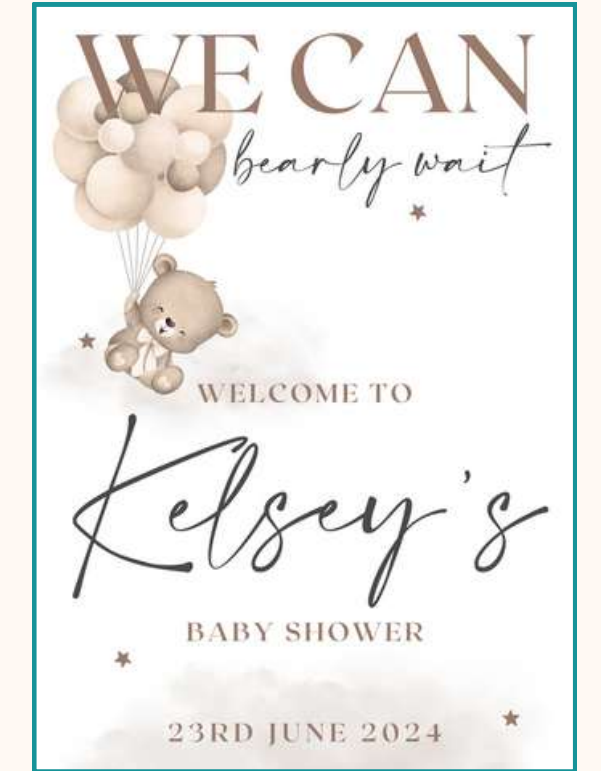
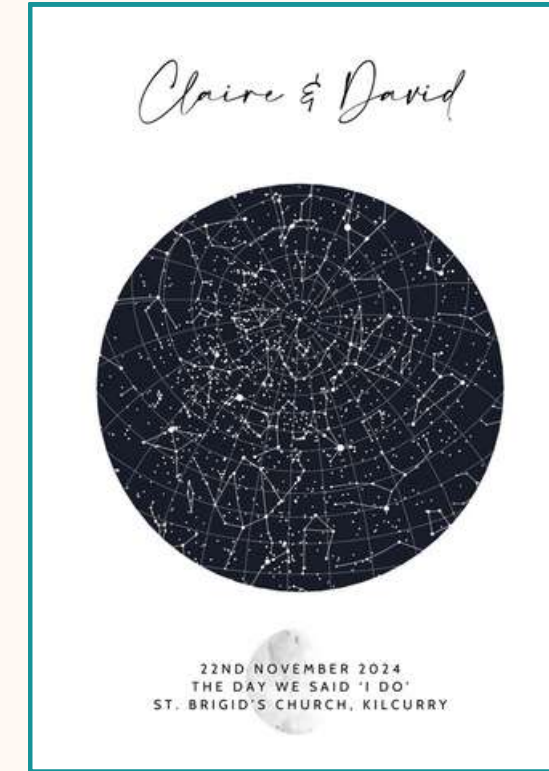
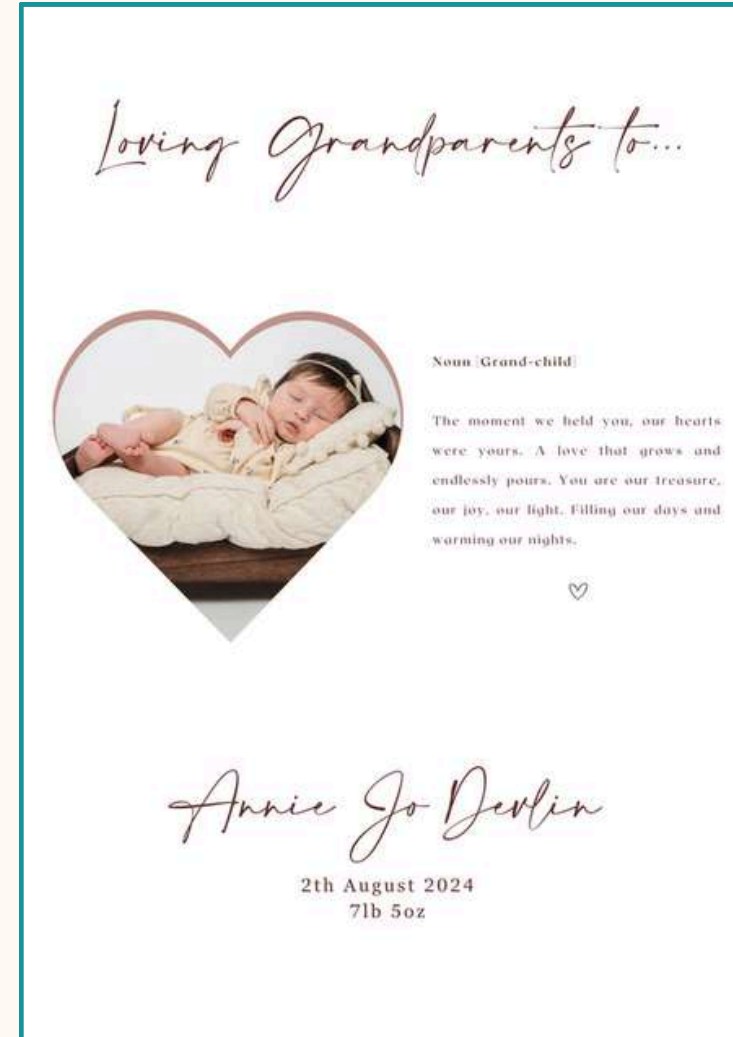
Business

Newry recycling firm Re-gen goes green to pink after employee's breast cancer diagnosis

By Helen McGurk

Published 24th Oct 2024, 13:22 GMT


Personal Graphics.



Wedding Designs.


WELCOME TO THE WEDDING OF

REBECCA REID
and
STUART FEE



SATURDAY 8TH JUNE, 2024, 1PM

MAGHERADROLL PARISH CHURCH
BALLYNAHINCH



DESIGNED BY GORMAN GRAPHICS MEDIA

TOGETHER WITH THEIR FAMILIES

REBECCA
and
STUART

INVITE YOU TO CELEBRATE THEIR WEDDING

JUNE
SATURDAY 8 AT 1 PM
2024

MAGHERADROLL PARISH CHURCH, BALLYNAHINCH | HINCH DISTILLERY

Timeline

1:00 PM WEDDING CEREMONY

2:30 PM DRINKS RECEPTION & CANAPES

3:00 PM FIRST DANCE

4:00 PM CAKE CUTTING

4:45 PM CALL TO DINNER

5:00 PM SPEECHES & DINNER

9:30 PM BUFFET

10:00 PM DJ & PHOTOBOOTH

12.30 AM LAST ORDER WITH BAR

Gifts

IF YOU ARE THINKING OF GIFTING US TO HELP US ON OUR WAY, WE HAVE A WEDDING LIST REGISTERED AT J.A LYTTLE, BANBRIDGE.

The Wedding Party

OFFICIATED BY
REVERENT GLOFF WILSON

MAID OF HONOUR SARAH REID	THE BEST MAN AARON SPENCE
BRIDESMAID JUDITH KIRK	GROOMSMEN ROSS ADAIR WILLIAM MCCLUSKEY
FLOWER GIRL SOPHIA ROSE KIRK	PAGE BOY BOBBY JAMES GREER
	USHERS DEREK FEE JAMES FEE

Music Arrangement

VOCALIST - LANA DEL RICH
ORGANIST - GILLIAN BRYSOY

Opening Hymn
All things bright and beautiful,
All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

The Acclamations
Blessed are you, heavenly Father,
you give joy to the bridegroom and the bride.

The Prayers
Closing Hymn
In Christ Alone My Hope is Found

The Introduction
Bible Readings
Alice & William Kitzke
1 Corinthians Chapter 13
Bark 138

The Address
The Marriage

The Affirmation by the People
Will you the family and friends of Stuart and Rebecca support and encourage them in their marriage?
We will.

The Blessing



DESIGNED BY GORMAN GRAPHICS MEDIA

Menu

CANAPES ON ARRIVAL

Starter

POTATO AND LEEK SOUP WITH FRESHLY BAKED BREADS AND LOCALLY CHURNED BUTTER

Main Course

SLOW COOKED BEEF OR CHICKEN WITH CREAMY MASH, MIXED ROOT VEG AND RED WINE GRAVY (VEGETARIAN/VEGAN: RED LENTIL & CHICKPEA DAHL)

Desserts

SEASONAL BERRY PAVLOVA AND VANILLA BEAN CREAM

Menu

KINDLY RSVP AND SEND MAIN COURSE FOOD ORDER BY 17TH MAY 2024

REBECCA 07450347768

*With love,
Rebecca &
Stuart*

Menu

CANAPES ON ARRIVAL

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*With love,
Rebecca &
Stuart*

Pop Ups.

Mixed recycling works best. 

- ✓ Lower carbon emissions
- ✓ Highest recycling rates
- ✓ Lower cost
- ✓ Householder convenience



www.regenwaste.com



COMMUNITY SUPPORT GROUP. 

- ♥ **Weekly Walking Club:** Every Wednesday at 7PM.
- ♥ **Events:** Keep an eye on our social media for upcoming events aimed at bringing the community together and supporting those in need.


CONOR'S CALL OFFERS SUPPORT FOR ALL 




For more details, visit the **Conor's Call Facebook page** or call us on 07491825523

Supported and located at **Caring Coins, 10 Upper Edward Street, Newry**


www.caringcoins.co.uk | NIC: 108464 



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The first Zone 0 EX certified, remote controlled, no man entry robotic tank cleaning in the UK & Europe

Safer, faster & smarter

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- 🌐 www.regenrobotics.com



Santa puts all his recyclables in the blue bin. Be like Santa!





Thinking of an apprenticeship? We offer careers in:

- Technical Design and Manufacture
- Digital Construction
- Computing Analytics and Security
- Quantity Surveying
- Business Development
- Health & Safety
- Human Resources



www.regenwaste.com

Other Work.

Charity BBQ

NETWORK WITH BUSINESS PROFESSIONALS, BUILD VALUABLE CONNECTIONS AND GIVE BACK TO THE COMMUNITY BY SUPPORTING LOCAL CHARITIES

THE GROWTH NETWORK NEWRY

CRISIS CARE

Come on Armagh!

The Doherty family would like to wish Kieran & the Armagh team good luck!

Re-Gen

6 Weeks for £69

- » No contracts
- » Unlimited access
- » Ladies only
- » 30 min full body workout
- » No joining/service fee
- » Safe & fun

Curves

Caring Coins Community Cafe is a safe place for all.

With the school year starting, we're here to support students in any way we can. Here's how our cafe can help:

- ✓ A warm, safe place to wait if you miss the bus
- ✓ Access to a phone if you need to make a call
- ✓ Emergency assistance when needed
- ✓ A welcoming space to relax after school

Open Edward Street Newry | Tuesday - Saturday 10:00 - 7:00 | 0749025503

Charity BBQ

JOIN US FOR A SOCIAL NETWORKING CHARITY BBQ AT THE OLIVER RESTAURANT!

CALLING ALL BUSINESS PROFESSIONALS

Network with fellow professionals, build valuable connections, and give back to the community by supporting Caring Coins and the Crisis Cafe, along with other local charities doing fantastic work!

Open to Members and Non-Members

Live Music - Special Drinks - Delicious BBQ Menu
Raffle Prizes - Vegetarian Options - Free Parking

5th of July FROM 6PM ONWARDS

THE OLIVER RESTAURANT
82-84 HILL STREET, NEWRY BT24 1AJ

TICKETS: £20 PP
SCAN TO BUY TICKETS

CONTACT US AT 07399803555 OR MAILING@THEGROWTHCOMPANY.IE FOR MORE INFORMATION

GRAPHIC DESIGN & PHONE PHOTOGRAPHY Summer Camp

ONCE A WEEK THE MONTH OF JULY

- WEEK 1** BASICS OF GRAPHIC DESIGN WITH CANVA
INTRODUCTION TO CANVA, UNDERSTANDING DESIGN PRINCIPLES, CREATING SIMPLE PROJECTS.
- WEEK 2** ADVANCED GRAPHIC DESIGN TECHNIQUES
LAYERING, TEXT EFFECTS, CREATING COMPLEX DESIGNS.
- WEEK 3** PHONE PHOTOGRAPHY MASTERY
PHOTOGRAPHY BASICS, COMPOSITION, LIGHTING, EDITING PHOTOS ON CANVA.
- WEEK 4** INTEGRATING DESIGN AND PHOTOGRAPHY
SHOWCASE YOUR CREATIVITY BY COMBINING YOUR GRAPHIC DESIGN SKILLS AND PHOTOGRAPHY IN A FINAL DESIGN PIECE TO BE PRESENTED AT THE END OF THE CAMP.

ALL AGES WELCOME - 45 MIN CLASS PER WEEK - £80 TOTAL
CAMLOUGH BASED - LAPTOP PROVIDED DURING CLASS

TO BOOK A SLOT DM OR MESSAGE KARYN ON 07599741801

CARING COINS LADIES NIGHT
80'S THEMED

GIRLS Just want to Have fun

SATURDAY, 9TH MARCH
CARING COINS COMMUNITY CAFE

SESSION 1 BREATHING & MINDFULNESS	SESSION 2 HAND MASSAGE MASTERCLASS	SESSION 3 ART MINDFULNESS
---------------------------------------------	----------------------------------------------	-------------------------------------

6.30PM: PROCESSO ON ARRIVAL
7.00PM: START SESSIONS
8.00PM: PIZZA, CHIPS & BYO
9.00PM: 80'S THEMED DISCO

TICKETS £15

PIANO Mindfulness

WITH KARYN FEEHAN

4 WEEK SUMMER SCHEME

- ♪ BASIC PIANO SKILLS
- ♪ SONGWRITING SKILLS
- ♪ MINDFULNESS (IMPROVISATION)
- ♪ MEDITATION (MUSICAL BREATHING)

THE SCHEME INCLUDES A PRIVATE 45 MINUTE LESSON ONCE A WEEK FOR THE MONTH OF JULY, AT THE TOTAL COST OF £100. THE PRICE ALSO INCLUDES A STARTER PACK (PIANO BOOK, NOTEBOOK, BREATHING EXERCISES & FOLDER)

TO BOOK A SLOT DM OR MESSAGE KARYN ON 07599741801

BACHELOR OF ARTS (HONS) IN COMMERCIAL MODERN MUSIC FROM BIMM UNIVERSITY DUBLIN
GRADE 8 VOCALIST / GRADE 8 PIANIST

malmac construction

Certificate of achievement
ANTON LANDMN

MANUAL HANDLING

Course Content:

- ✓ Manual Handling Operations and Regulations
- ✓ The Principles of Safe Lifting Technique
- ✓ Practical Manual Handling
- ✓ Practical Assessment and Evaluations

Provided by: Malmac Construction
Trainer: David Havern (Training Manager)

Date of completion: **01/02/25**
Expires 1st February 2028
MH00034

Campaigns.

Campaigns Cover Letter.

During my tenure at Re-Gen Group, I led the planning and execution of high-impact campaigns that elevated brand awareness, engaged communities, and delivered measurable results. As Social Media & Brand Manager, I developed and rolled out multi-media campaigns for consultations and internal projects, ensuring cohesive messaging and effective audience engagement. I successfully planned and executed corporate events, including Breast Cancer Awareness Day, Men's Day, and Women's Day, encouraging meaningful conversations and visibility for important causes.

One of my standout initiatives was the Christmas Recycling Campaign in Newry, designed to increase local recycling rates. With a budget of £2,500, I strategically deployed digital and print advertisements, secured radio placements, and distributed promotional posters across 15 councils in Ireland, Northern Ireland, Scotland, and Wales. Reaching 28,000 people, the campaign successfully boosted Newry's recycling rate by 15.5% in December.

For Breast Cancer Awareness Day, I spearheaded a deeply personal and visually striking campaign to honor a colleague who overcame breast cancer. I orchestrated a company-wide initiative, wrapping RDF residual waste bales in pink baling to symbolize solidarity and awareness. Through a coordinated company photo shoot and strategic media outreach, I secured publication in The Newsletter, Newry.ie, and MSN, amplifying our message across multiple platforms.

Additionally, I managed government-related events and stakeholder communications, ensuring seamless collaboration and impactful messaging. My work in public relations included writing and distributing industry articles and leading award submissions, securing five wins out of seven applications in 2024, including Recycling Business of the Year.

My ability to craft compelling campaigns, manage corporate events, and engage stakeholders has equipped me with the expertise to drive impactful initiatives that resonate with audiences and achieve tangible results.

Campaigns.

Re-Gen recycle at Christmas campaign:

A Christmas recycling campaign in Newry aimed to increase recycling rates by directly targeting and engaging with householders. With a total cost of £2,330, the campaign featured one digital panel, four print panels in Newry and a £600 radio ad on Q Radio. Promotional posters were also distributed to 15 different councils across Ireland, Northern Ireland, Scotland and Wales. Reaching 28,000 people, the initiative successfully increased Newry's recycling rate by 15.5% in December.



Campaigns.

For Breast Cancer Awareness Day, I organised a campaign to honour a colleague who overcame breast cancer. We wrapped RDF residual waste bales in pink baling as a powerful show of support and awareness. To mark the occasion, I coordinated a company photo shoot, sharing the images on social media and with newspapers to celebrate our colleague's journey and highlight Re-Gen's commitment to the cause. I also wrote a news article to accompany the photo, which was published in The Newsletter, Newry.ie and MSN, further amplifying the message of support and awareness.



Storyboard.



Final photo.

Campaigns.


See below the news article I wrote, which was published.

NEWRY.IE

HOME ARTICLES EVENTS PHOTOS VIDEO NOTICES ADVERTISE ABOUT CONTACT US

Re-Gen goes pink for Breast Cancer

Write a comment



Re-Gen's Avril Harrison, Lukasz Karpel and Celine Grant

Like 21 Share 0 Retweet 0

Recycling company Re-Gen recently wrapped its bales in pink to raise awareness of Breast Cancer on Breast Cancer Awareness Day to mark its commitment to the health of its staff.

The company said it also hoped the move would serve as a visual reminder of its support for those with breast cancer.

Employee Avril Harrison, whose life has been touched by the illness, said she wanted to share her story to help those who've just received a diagnosis or are currently undergoing treatment.

"Going through breast cancer was one of the toughest challenges I've ever faced," said Avril, who was diagnosed in 2023.

"The support I received from my family, friends, colleagues, medical team and organisations like Macmillan Cancer Support and Action Cancer made all the difference.

"Early detection is essential, but just as important is having the right support system in place.

"No one should face this journey alone."

Avril, who remained incredibly strong throughout her treatment, continues to inspire her Re-Gen colleagues.

Breast cancer is one of the most common cancers in the UK, with around 55,000 new cases each year, including over 1,400 in Northern Ireland.

Celine Grant, Commercial Director at Re-Gen, said supporting staff with their health was a top priority for the company.

"We will continue to stand by our team, not only during October which is Breast Cancer Awareness Month, but throughout the year," she said.

"At Re-Gen, we believe in the power of raising awareness.

"By sharing stories like Avril's and supporting Breast Cancer Awareness Month, we hope to inspire others to take action, book mammograms, support loved ones and spread awareness."

The NHS offers breast screening services, and organisations like Macmillan Cancer Support, Breast Cancer Now, Action Cancer and Friends of the Cancer Centre provide essential emotional, practical, and financial assistance.

For more information about early detection and support services, visit Macmillan Cancer Support at macmillan.org.uk or Breast Cancer Now at breastcancer.org.

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Business

Newry recycling firm Re-gen goes green to pink after employee's breast cancer diagnosis

By Helen McGurk

Published 24th Oct 2024, 13:22 GMT

Re-Gen recently wrapped its bales in pink to raise awareness of the illness on **Breast Cancer** Awareness Day and to mark its commitment to the health of its staff.



Re-Gen's Avril Harrison, Lukasz Karpel and Celine Grant

The company said it also hoped the move would serve as a visual reminder of its support for those with breast cancer.

Enhance Financial Resilience

Learn how benchmarking can future-proof your finance function and enhance resilience.



Testimonials.

Testimonials.

“

I've had the pleasure of working with Karyn for the past three years, and during that time, she has been a standout member of the Re-Gen Marketing Team. From day one, she brought a unique combination of creativity, energy and enthusiasm that has been invaluable to our marketing efforts. Her bright, bubbly personality not only made her a joy to work with but also infused the entire team with a sense of excitement and positivity.

Karyn is very skilled in her field and has a broad marketing skillset including digital media and content, copy-writing, event and project management. She is a strong team player with excellent written and verbal skills.

She has formed strong relationships throughout the business, always willing to lend a hand whenever needed. Whether she was working on creative campaigns or offering fresh ideas, her contributions were consistently impactful and innovative. This made her an integral part of the team and she was an important part of our continued success. She is calm under pressure and this attribute showed when she was faced with tight deadlines and difficult tasks.

While it's bittersweet to see her move on as she embarks on an exciting new chapter in Canada, I know that her drive, creativity and vibrant energy will continue to serve her well in whatever she pursues. She will be greatly missed, but I have no doubt she will thrive in her future endeavours.

”

Joseph Doherty
CEO Re-Gen Waste

“

I have been working with Karyn since June 2024 at Re-Gen. During that time Karyn has demonstrated her broad marketing skill set, including digital content development, copywriting and fully integrated campaign media planning and development. This included an impactful Blue Bin Northern Irish Consultation campaign that included public relations, press, radio and social media content development.

A key highlight for Karyn was the writing and winning of the 2025 Let's Recycle Recycling Business of the Year award (UK), this represented a huge accolade for Re-Gen and confirmed their status as one of the UK's most technologically advanced recycling sites.

Karyn is respected by all with whom she works with. At all times she demonstrates a professional manner and is dedicated to every project that she works on, ensuring it is executed on time and to the highest standard. Karyn will be an asset to any client or company that she engages with in the future.

”

Candida Brown
Marketing Manager Re-Gen Waste

“

I am delighted to provide a reference for Karyn Feehan having known and worked with her over many years in both my political role as a Councillor and as Mayor of Newry, Mourne and Down District Council. Karyn played a crucial role in both my Council and Westminster election campaign teams in 2023 and 2024 respectively, where she specifically handled videography for our social media platforms. Karyn played a critical role in capturing and creating engaging video content that helped convey our campaign message to the public.

Throughout the campaign, Karyn demonstrated exceptional skill in videography, from filming events to editing compelling videos that resonated with our audience. Her technical abilities were matched by her creativity, as she ensured that each video was not only professional but also aligned with the campaign's vision and tone.

Karyn's ability to work under tight deadlines while maintaining high standards of quality was impressive. She was also highly adaptable, capturing footage in fast-paced environments and working seamlessly with the team to ensure timely and impactful content distribution. In my role as Mayor of Newry, Mourne, and Down, Karyn has been instrumental in helping me connect with various business and community groups across the region, facilitating crucial relationships that have contributed to the success of my initiatives. Karyn has played a pivotal role in securing thousands of pounds of donations from local business to support the most vulnerable people within our community through my Mayors charities, focusing on promoting inclusion and diversity. I highly recommend Karyn for any role that requires creativity, technical expertise, and a strong sense of professionalism. Her contributions to our campaigns were invaluable, but more importantly, her contribution to our community has been immense. It has been a privilege to work with someone so professional, committed and caring. I am confident she would be an asset to any team.

”

Pete Byrne
Mayor of Newry Mourne &
Down District Council

Testimonials.

Councillor Pete Byrne
6 Pinewood Glen
Crossmaglen
BT35 9BF
E-mail: pete.byrne@nmandd.org
Tel: (028) 30 868 491
Mobile: 073 8790 9954



To Whom It May Concern,

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Please feel free to contact me if you need any further information.

Sincerely,

Clr Pete Byrne
Mayor of Newry, Mourne and Down District Council



February 2025

To whom it may concern

Testimonial for Karyn Feehan

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Joseph Doherty
Chief Executive

Unit 7, Shepherds Drive, Carnbane Industrial Estate, Newry BT35 6JQ O T: +44(0)28 3026 5432



Our Future is Cleaner

Thank You.

Thank you for taking the time to explore my portfolio. Whether it's branding, marketing strategy, content creation, design or virtual assistance, I'm passionate about delivering impactful results. If you're interested in working together, you can contact me via:

 +447599741801

 karyn@gormangraphicsmedia.com

 www.gormangraphicsmedia.com