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IRD Duhallow Community News

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Community Development Working Group

LEADER Rural Development Programme

As part of the LEADER Rural Development Programme the Community Development Working Group would encourage all communities to look at possible projects that they would like to undertake under the "Village & Countryside Enhancement Measure" and the "Preservation of Rural Heritage Measure". Grant aid to a maximum of 75% is available to communities for eligible projects. For further information please **contact Helen or Triona at 029-60633.**



Domestic Violence Support Helpline

IRD Duhallow's Domestic Violence Support Helpline is operated by trained volunteers and provides support and information on their options and rights to those affected by domestic violence. This service is for both men and women and volunteers are available to provide a supportive and listening ear to all. Family members and friends who are concerned for a loved one can also contact this helpline for information. The Domestic Violence Support Helpline is **087-7733337** and operates from **Monday to Saturday from 10am – 10pm.**

Trained Volunteers are also available to give **informative presentations to groups** on domestic violence. If you are a member of a group such as a community group, youth club, women's groups, men's groups, sports club, GAA group etc and would be interested in learning more about domestic violence and the supports available, IRD Duhallow would be delighted to facilitate such a presentation. **For further information please contact Helen at 029-60633.**

As part of the **16 Days of Action Against Domestic Violence**, volunteers held a raffle to raise funds for the service. Congratulations to Eily Buckley Millstreet who won this hamper of products and special thanks to Denis O'Brien and Kanturk Motor Spares for donating the hamper.



Bereavement & Loss Support

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a **free confidential listening service** to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. **This is not a counselling service.**

A trained volunteer can meet on a one to one setting with a client at a time suitable to both parties.

For information on this service please contact Helen at 029-60633 or to **make an appointment with a trained volunteer please ring the Bereavement Support Helpline on 087-6279000. Please note that this service is free of charge.**



Rainbows for Children

IRD Duhallow is planning to run a Rainbows Programme to assist children and youths who are grieving a death, separation or other painful transition in their family. **The**

Rainbows Programme provides a safe setting for children

and youths to share their feelings, emotions and struggles with others who have similar experiences. They are supported through this process by a trained facilitator. This programme is free of charge. If you are interested in sending your son or daughter to take part in this programme **please contact Helen at 029-60633.**



Cancer Support Group

IRD Duhallow is seeking interest from people who are living with cancer who would be interested in meeting with others in a similar situation to themselves in a group setting.

At these meetings former cancer sufferers and people who are currently experiencing cancer will have the opportunity to share their experiences and communicate with one another over a cup of tea in a comfortable environment. **For further information please contact Helen at 029-60633.**

PAL Group for Lone Parents

Are you Parenting Alone? Feel like you could do with some support and friendship?

PAL will hold their next meeting on **19th of January at 7.30pm** in the **James O'Keefe Institute, Newmarket.** **Donie O'Mahony** from MABS will attend the meeting. New members always welcome. **Enquiries to Noreen at 029-60633.**

Duhallow Carers Group

Please note the Duhallow Carers' Group will not be meeting in January, but their **next meeting is scheduled for Thursday 2nd of February 2012 at 8.00pm** in the **James O'Keefe Institute, Newmarket.**

The Duhallow Carers Group in association with Caring for Carers will be running a **computer course for part and full time voluntary carers** commencing in February covering practical use of internet and email. This will be run over 6 weeks and the cost is €20. To register please contact **Louise at 029-60633.**

Celebration of the Life of St. Brigid

On Wednesday 1st of February at 8.00pm in the James O'Keefe Institute, Newmarket, Sr. Maureen Cahill will facilitate a celebration of the life of St. Brigid. Enjoy an informative, prayerful, ritual honouring St. Brigid as a role model for Irish women. Learn and pray about the life of St. Brigid and the symbols associated with her. Registration is essential, **contact Louise at 029-60633.**

Duhallow Care and Repair Programme

Care Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly or Daily Phone Call Service to ensure that they have regular contact with someone.** The purpose of this service is for older people to receive a phone call from trained volunteers to check in with them to ensure that they are safe and well as well as having a friendly chat and give them information on services and

activities that they can avail of in the locality. IRD Duhallow is inviting individuals as well as actively retired groups, day care centres and family members to contact IRD Duhallow regarding this new service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further details contact Helen at 029-60633.**

Repair Programme

Are you 65+ years of age? Do you live in the Duhallow area? Have you a small repair job which you would like to have done for you? Care and Repair Duhallow uses a pool of trustworthy volunteers and handypersons to carry out minor repairs for older people. The service is free to those who cannot afford it; you only pay for the materials used. However, a small contribution to defray costs payable to Duhallow Care and Repair Programme would be welcome. The programme is run by IRD Duhallow in association with Age Action Ireland. For more information **please contact 029-60633.**

Do you have a Smoke Alarm in your Home?

IRD Duhallow is compiling a database of Older People, households in receipt of the Fuel Allowance or other long term social welfare payments, **in need of Smoke Alarms** in the **Kerry region of Duhallow.** These Alarms will be supplied and fitted *free of charge* to those who qualify. For further details please **contact Colm at 029-60633.**

Warmer Homes Scheme

The Warmer Homes Scheme promotes and improves home heating for the elderly and disadvantaged in the Duhallow region. The services provided include upgrading attic insulation, cavity wall insulation, draught proofing windows and doors, fitting lagging jackets on cold and hot water tanks and providing low energy light bulbs. Homes must be owner occupied and constructed before 2002.

People in **receipt of the fuel allowance** will receive the service **free of charge.** Please contact, **Denise or Colm at 029-60633.**

We are no longer allowed to provide the service to people who are not in receipt of Free Fuel Allowance.

To qualify for the **Free Fuel Allowance** a person must be in receipt of a **qualifying payment** from the HSE or the Dept. of Social Protection, satisfy the condition that they are unable to provide for their own heating needs and satisfy a means test.

If you wish to **apply or check your eligibility** for the Free Fuel Allowance please contact the **Department of Social Protection, Newmarket at 029-22110.**

Youth and Education Working Group

IRD Duhallow After Schools Facility – is open Monday to Friday from 2-6pm during term time.

The Newmarket After Schools is looking for parents from the Lismire, Newmarket and Kanturk area who are interested in sending their children to our afterschools to make contact for information on the availability of reduced fees for attending this facility. Currently transport is available from Lismire and Newmarket Schools. A route can also be piloted from Kanturk Schools if there is sufficient demand from families. Please note IRD Duhallow offers a tiered pricing system for families in receipt of a social welfare.

If you are interested in sending your child to the Afterschools please contact Helen at 029-60633.



Primary School Public Speaking Finals

The Youth and Education Working Group wish to congratulate the team from Cullen N.S. consisting of team members Colin O'Leary, Kayla O'Riordan, Aoife O'Riordan and Ciara O'Connor on their outstanding victory in the IRD Duhallow Public Speaking Competition which was held in the Glen Theatre, Banteer. Their winning topic was *'The Old days were the better days....'*. Coming close in the runner up slot was the team from St. Colman's N.S. who discussed the topic *'Irish – It's a dead waste of time to learn a dead language,'* and their team was made up of Dara O'Keeffe, Diarmuid O'Sullivan, Conor O'Donoghue and Jack Murphy. Congratulations also to Dara O'Keeffe on being awarded the Best Speaker prize.



Duhallow's Youth Forum

IRD Duhallow's Youth and Education working group emphasise that young people's views, priorities and needs should be encouraged, listened to and acted upon. IRD Duhallow plans to develop a youth forum in Duhallow as a structure for young advocates to influence change and have a meaningful say on issues affecting young people. **If you are interested in getting involved please contact Triona on 029 60633.**



Duhallow Boxing Club

Make good on those new year's resolutions, and join the Duhallow Boxing Club. See the IRD Duhallow website www.irdduhallow.com/community-supports/duhallow-boxing-club to download application forms.

Annual membership is €20 and weekly training fee is €6 per week. Boxers must be aged 10 years and over.

For further information please contact Jim 087-8122405. (correct)

Enterprise Working Group

Thinking of Starting Up or Expanding a Business?

Grant aid is available for new business creation and existing business expansion, but applicants must fulfill specific criteria. Pick up the phone today to see can we help you! **Contact Louise at 029-60633.**



Mentoring Programme

IRD Duhallow is pleased to announce details of our new mentoring programme which is open to businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Through an initial consultation a number of key areas will be identified which need addressing in your business. From there an appropriate programme will be devised to ensure that you will receive support in the high priority areas for your company. This process will set out a plan for 5 two hour sessions of one to one business support mentoring time.

The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. The hours can be used in whatever manner is most beneficial to your business. E.g. for businesses most concerned about finance, the mentor apportionment will be weighted to reflect this need. Between sessions participants will carry out project work to implement agreed solutions. For further information visit the website:

www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise on 029-60633.**



Eco Tourism Seminar

The Enterprise Working Group is pleased to announce that on **Wednesday 25th January 2012 at 7.30pm in the James O'Keeffe Institute**, Mary Mulvey from Greenbox.ie as well as David Griffin from Eco Pods will host a seminar on eco tourism globally and in Ireland. If your business is related to tourism in any way, from accommodation to tourist attractions, then this seminar will be of interest to you!

Learn about eco tourism's policies and practices, how it has developed in Ireland and opportunities in the market. Learn how you can develop an ecotourism business in Duhallow in 2012 and receive world wide accreditation.

Details of an upcoming eco tourism training course will be provided on the night. For further details on this course, visit the **IRD Duhallow website** www.irdduhallow.com/tourism/ecotourism

To register for the seminar please contact **Louise on 029-60633**.



Start Your Own Business Course

IRD Duhallow is presently taking registrations for a one day boot camp in starting your own business. The day will equip you with the skills to set up and establish your own business, learn the basics of finance, marketing and practical advice. The venue will be the James O'Keeffe Newmarket, and the course will run in early Feb (date to be confirmed). To enrol please **contact Louise at 029-60633**.

Employment & Training Working Group

IRD Duhallow's Job Centre continues to be a core element of our service to the unemployed and to other job seekers and local businesses. The job centre provides the following services to those seeking employment: **CV assistance and compilation, Interview guidance and preparation, access to training and educational opportunities.**

The 'Pathfinder' programme is now also available on appointment. This is a psychometric tool designed to aid career decision-making. Career Pathfinder can be used by anyone who wants a clearer picture of the possible career directions and the skills and competencies required to perform in their chosen field.

Employers can avail of an effective local recruitment service whereby you can advertise your current vacancies with us. From our database of candidates we will select applicants that have the job specific criteria and forward their Curriculum Vitae to you. For further information or to register with the Job Centre please contact **Yvonne at 029-60633**.



It's Never Too Late to Learn!

Life Long Learning changes the lives of many older people enabling them to gain new insights and experiences and by improving self confidence and motivation to learn. IRD Duhallow will be facilitating and supporting older learners (60years+) in Duhallow to access new training opportunities including: Basic Computers; Internet and email; Photography and Heritage Activity.

These courses and workshops will be dependent on the level of interest. If you are interested in any of the above or would like to discuss other types of training which maybe suitable for your needs **please contact Triona at 029 60633**.



Equality Working Group

Equality For Women Measure 2010-2013

"Duhallow Rural Action For Women"

Interested in accessing Certified Training Courses?

IRD Duhallow will deliver the following Workshops and Training Courses for Women who are or will be seeking employment.

Job Search Strategy & Skills Workshop which will enable women to Learn to Tap into the hidden Jobs Market; Develop Techniques for Effective Networking; Telephone Techniques to secure an in Interview; Source suitable Potential Employers. Additionally participants will be shown the smart way to job hunt in today's fast moving environment and develop methods for researching employers.

Interview Skills Workshop which will help participants learn how to prepare for meeting with prospective employers. Participants will learn techniques for reducing pre-interview nerves; identify Interview Checklist of Dos and Don'ts and also learn about grooming and Dress Guidelines.

Work Life Balance Training Course - Cooking on a budget, Preparation of Healthy Meals considering time constraints and Healthy Eating. This course will take place over six weeks and will begin in the New Year.

Computer Training for Women - A twelve week training course in computers will take place in the New Year for women seeking to develop their computer skills. Learners are required to have Level 3 Certificate, Junior Certificate or equivalent. The aim of this programme will be to provide participants with an understanding of the computer and its environment. The syllabus includes basic terminology associated with computer hardware and software. It provides practical experience in data entry skills, word processing, file management and the use of the internet.

To book your place or find out more about any of the above workshops / training courses please contact Mary at 029- 60633.



Mental Health and Well being

The Towards Occupation Programme strives to provide and deliver a meaningful and holistic combination of training, guidance and support to people with mental ill health in their own community. TO targets those feeling isolated, lacking confidence and those who are long term unemployed for whatever reason. Participants explore a range of new skills and are supported to set achievable goals. If you would like to get involved or require more information, **please contact Triona at 029 60633**.

Agriculture Working Group

IRD Duhallow FARMERS MARKET will re-open on Thursday 12th January 2012 - We thank all our customers for your custom in 2011 and we look forward to serving you all in 2012.

The Market takes place each Thursday and Saturday from 10.30am until 2.30pm located at the rear of Twohigs Supervalu, Kanturk. A wide variety of locally produced products are available including: Oven Ready Chickens (Sat only), Homemade Bread and Cakes, Seasonal Vegetables, Free Range Eggs, Vegetable & Fruit Plants, Home Made Jams, Duhallow Honey (Sat Only), Fresh herbs and garden plants are available at the market. **New Stallholders are welcome for further information please ring Katie at 029-60633.**