

**SPECIAL
POINTS OF IN-
TEREST:**

NEWMARKET

**PITCH AND
PUTT**

**HERITAGE
WEEK 2015**

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IRD Duhallow

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APRIL 2015

Enterprise Working Group

Micro Finance Loans

Micro Finance has announced a new loans initiative in conjunction with Local Development Companies for **small enterprise** loans from €1- €5k. These have an easier application process and quick turn around. Loans may be used for working capital, set up costs, equipment or vehicle purchase. Repayment terms from 1 to 3 years, fixed monthly repayments at 8.8% APR. These loans are aimed at people who have been refused from the banks or other lending institutions. For more information **contact Louise on 029-60633.**

Mentoring Programme

Thinking of starting up a business? Then why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. The programme is open to start up or existing businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Businesses can receive up to 10 hours one to one mentoring time with an experienced advisor and its entirely free!!! The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. 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 at 029-60633.**

Presentation Skills

Ever wanted to improve your presentation skills to make that killer pitch? Then this course is for you! On the 7th and 8th of April IRD Duhallow is organising a presentation skills training programme from 10am – 5pm. Topics covered will include delivering a word perfect presentation focusing on: Layout, Overcoming Nerves, Getting Your Audiences Attention and Keeping It, Hand Gestures, Tone, Stance and Handling Q&A. The second day will focus on using Power Point to Enhance a Presentation. The cost is €75, to register please **contact Louise on 029-60633.**

Digital Marketing

A well used phrase of the modern era says that 'Ignoring online marketing is like opening up a business and not telling anyone!' More and more businesses are going online with their marketing. IRD Duhallow is helping businesses move into the digital age by running an online marketing course covering; twitter, facebook, youtube, web development, SEO, email marketing, linked in and blogging. To express an interest please **contact Louise on 029-60633.**

Duhallow Community Laundry

This facility has been put in place to assist the elderly, low income households and carers with washing and drying clothes, linen and towels. Duhallow Community Laundry has been set up in the James O'Keeffe Institute, Newmarket. This project was the brainchild of our Active Retired SAOI Network. Laundry can be dropped into Duhallow Community Laundry, Monday to Friday from 9.00am to 5.30pm. We can arrange for laundry to be collected and brought back to households who may have transport difficulties. **For further details please contact Yvonne at 029-60633.**

Warmer Homes Scheme

If you are in receipt of **one** of the following payments you will now be eligible to receive the insulation services **free of charge** :

Fuel Allowance **Or** Family Income Supplement **Or** Job Seekers Allowance (for more than 6 months and have children under 7 years of age).

Houses must be owner occupied and constructed before 2006.

Contact IRD Duhallow Warmer Homes at 029-60633.



Community Development Working Group

Duhallow Arenas

Become a keyholder of the Duhallow Arenas (situated adjacent to the James O’Keeffe Institute, in Newmarket) for €135 (April – December), which will allow full access to the arenas. Family Discounts available. **For further information or details contact Louise on 029-60633.**

Newmarket Pitch & Putt Course

Newmarket Pitch & Putt Course located on the grounds of the James O’Keeffe Institute is now open. Come and enjoy a round of pitch and putt on this newly renovated 18 hole course on scenic surrounds, redesigned to USGA standards making it more challenging and interesting for families, groups and single players alike. It guarantees a thoroughly enjoyable experience for young and old. **Membership is now open and for further information on prices and opening times please contact Gerald at 029-60633** or log onto the Newmarket Pitch & Putt Course.

Sliabh Luachra Music & Culture invites you to visit their new website www.sliabhluachra.com. This website explores the music, history and the culture of the Sliabh Luachra Region.

Heritage Week 2015

Heritage Week 2015 will run from **August 22nd – August 30th 2015**. The theme of this year’s Heritage Week is **‘Ireland’s Industrial and Design Heritage’** and will be run in 23 of Europe’s 40 countries which participate annually as part of European Heritage Days. As agriculture was the dominant industry in the area - agricultural machinery and memorabilia which reflect rural life, industry and design will be on display. IRD Duhallow is seeking expressions of interest from community groups and individuals to participate in this event. Should you require further information please contact **James on 029-60633**.

Community Archives

Community Archives at IRD Duhallow would like to welcome you to share material of local interest for communities in Duhallow through our digitisation programme. IRD Duhallow is developing a Community Archive which will be open for people in Duhallow and surrounding regions. If you would like any information on the planned community archive, or if you would like any information or advice on digitising, storing or accessing of documentary information – i.e. photographs, documents, correspondence or genealogical information, please contact **James on 029-60633**.

Did You Know?

APRIL 1915: Hannah Sheehy-Skeffington was prevented by the British Government from attending the international women’s peace conference in The Hague, Netherlands.

26th APRIL 1915: Michael Desmond, Millstreet fell on the WWI Battlefield of Gallipoli.

APRIL 1915: The Kerry County Final replay (Mitchells V Crokes) was fixed for ‘The Lawn’, in Rathmore for May 17th 1915.

Youth & Education Working Group

IRD Duhallow Literacy support programme

IRD Duhallow offers a literacy support programme for children with Dyslexia and Dyspraxia. Two strands: Literacy Workshops and TTRS. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net.**

Eggtastic Easter Camp

IRD Duhallow will be running its **‘Eggtastic Easter Camp’** from **Monday 30th March to Thursday 2nd April** and from **Tuesday 7th to Friday 10th April** from **9am-2pm** each day for Primary School children of all ages. These four days will be fun filled with activities such as Arts & Crafts, Baking, Easter Egg Hunt, Eggsperiments, Nature Trail, Fancy Dress Disco, Computers, Potting Plants & lots more fun and games. This year the children will be given an opportunity to play on the all new Newmarket Pitch & Putt Course. IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. Places for this camp are limited and due to the success of the camp in 2014, early booking is advisable. **For further information or to book a place please contact Helen at 029-60633.**

The Duhallow Angling Centre of Excellence will run **fly fishing classes for children during the Easter school holidays**. All angling equipment will be supplied for those that require it, booking is essential.

For further information please contact Tom Ankettell at the Duhallow Angling Centre of Excellence on 086-0827484 or e-mail: anglinginduhallow@gmail.com.

Employment & Training Working Group

IRD Duhallow Community Employment Scheme is recruiting two childcare assistants for Banteer Childcare Centre. If you are in receipt of a social welfare payment, over 25 years of age, unemployed 12 months or more, or on a disability payment 6 months or more, you may be interested in applying. You must be registered with the Employment Services Officer. Please note the successful applicants will need to obtain Garda Clearance. To apply for these positions please forward your CV together with your PPS number to Paddy O'Connor, IRD Duhallow, James O'Keeffe Institute, Newmarket. **Closing date for applications is 13th April 2015.**

CV Preparation & Interview Skills Techniques Workshop

This two day workshop will commence on Tuesday 14th of April and will conclude on Tuesday 21st of April. It will take place in the James O' Keeffe Institute, Newmarket from 9.30a.m. to 4p.m.

The following will be covered:

CV Preparation; Interview Techniques; Job Hunting; Creating your Career Plan; Career Skills.

For more information or to register your place, please contact Mary Creedon on 029 60633.

Assertiveness Workshop

This one day workshop will take place in the James O' Keeffe Institute, Newmarket on **Thursday 16th of April.**

On completion of this one day workshop participants will be able to:

Build confidence and improve your ability to deal with others.

Manage emotions & extremes – hostility, passiveness, conflict

Explain the importance of assertiveness to both themselves and others

Deal with aggressive behaviour in a variety of settings

Effectively get their point across whilst building an understanding of others

Distinguish assertive behaviour from aggressive and submissive behaviour

For more information or to register your place, please contact Mary Creedon on 029 60633.

Photo Editing Course: IRD Duhallow is currently taking expressions of interest in a photo editing course. What will be covered will include: Saving your images to your computer, Crop and straighten images, Adding adjustments to improve the quality of the image - contrast, brightness, saturation etc., Adding creative adjustments - black and white etc., preparing your images for viewing and print. The cost will be approx. €80 for 4 weeks. To express an interest, please **contact Louise on 029-60633.**

Life Skills- Programmes to help you deal with Life's Challenges

IRD Duhallow in conjunction with Aware are seeking to run a six week programme which is aimed at individuals who are experiencing mild to moderate forms of stress, anxiety or depression. At each life skills session, participants can learn how to manage their feelings when they are stressed, worried or depressed, and learn simple and practical skills to help them cope with life's challenges. This programme is **scheduled to commence on Thursday 16th of April** and will run for six weeks on the same night each week in the James O' Keeffe Institute, Newmarket. The start time is 7.30p.m.

Places are limited but we do need a minimum number for the training to proceed. The course is free and open to men and women. Registration is essential. To register your interest or for further details please contact Mary on 029-60633.

Equality Working Group

Domestic Violence Support Helpline - IRD Duhallow's Domestic Violence Support Helpline is operated locally by trained volunteers and provides support and information to people experiencing domestic violence. This service is for both men and women who are sufferers of domestic violence and volunteers are available to provide a supportive and listening ear. **One to One sessions** are also available with a trained volunteer at a time suitable to the individual. Family members and Friends who are concerned for a loved one can also contact this helpline for information.

For information please contact the **Helpline @ 087-7733337** from **Monday to Saturday from 10am – 10pm.**

We also invite you to like our 'Duhallow Domestic Violence' page on Facebook.

AI ANON If you are affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Thursday night at 8.30pm or to the Health Centre in Millstreet on Sunday nights 6pm winter time and 7.30pm Summer time as per change of clock.

MABS An Outreach Clinic is available in the James O'Keeffe Institute, Newmarket. Contact the MABS Mallow Office to arrange an appointment **Tel. No: 076-1072440.**

Emotional Support Service

IRD Duhallow is offering a One to One Integrative Counselling service. This service is being offered by two pre-accredited counsellors and is free of charge.

If you would like to make an appointment or have any further enquiries please contact Kate or Aoife on 087-1179990.

"A Journey of a thousand miles begins with a single step"

-Confucius

Duhallow Carers

The Duhallow Carers Support Group will be meeting on Thursday the 9th of April at 8pm in the James O’Keeffe Institute. Meet with other family and voluntary carers and enjoy a confidential chat and support. For further interest contact Louise on 029-60633.

Agriculture Working Group

KANTURK FARMERS MARKET, which is located at the rear of Twohig’s Supervalu in Kanturk and is open every Thursday and Saturday from 10.00am you will find a selection of Home Baking, Jams, Chutneys, Free Range Eggs, Honey, Herbs, Pants, Potatoes and Seasonable Vegetables. New Stallholders Welcome, for further information please contact Sheila at 029-60633.

Basic Payment Scheme On-line application facility for both the Basic Payment Scheme (BPS) and the Greening Payment Scheme is now open. These Schemes, together with the Young Farmers Scheme (top-up), have replaced the Single Payment Scheme in 2015. The Minister for Agriculture Simon Coveney has also confirmed the closing date for receipt of Basic Payment Scheme applications is the 15th May 2015.

Young Farmers Scheme A fund of over €24million will be available to the Young Farmers Scheme for each of the years 2015 to 2019. The Scheme will be used to provide an additional payment to any person who qualifies as a ‘young farmer’. It is available to successful applicants for a maximum period of five years. The aim of the Scheme is to assist young farmers in the initial stages of establishing a farming enterprise in their own name. The closing date for receipt of applications under the Young Farmer scheme is 15th May 2015.

The Application Process All applications to the National Reserve and Young Farmers Scheme must be submitted using the online facility made available at <http://www.agfood.ie/>. The full Terms and Conditions of both schemes is available on the Department’s website at <http://www.agriculture.gov.ie/nationalreserveandyfs/>. The Department’s National Reserve/Young Farmers Scheme section may be contacted at 0761 064 446 or by email at NationalReserveYFS@agriculture.gov.ie

Seek Help

If you feel things are getting on top of you, then call one of the following helpline numbers;

The Samaritans 1850 609 090
Rural Stress Helpline 1800 742 645 Open daily from 6.00pm to 10.00pm
iLife 1800 247 100
Mental Health Ireland 01- 2841 166

GIY Duhallow - The April meeting of GIY Duhallow will take place on Tuesday 28th April at 7.30pm in the James O’Keeffe Institute, Newmarket. Please contact Sheila at 029-6 0633 for further information.

Environmental Working Group

Important Notice - Under Section 40 of the Wildlife Act 1976, as amended by the Wildlife (Amendment) Act, 2000, landowners are prohibited from burning growing vegetation on land not yet cultivated, between 1st March and 31st August.

Attention all Photographic Enthusiasts

Are you a keen photographer with a good eye for wildlife and the environment?

We are now looking for contributions for our 2016 IRD Duhallow Environmental Calendar. A selection of photographs, which may include pictures of the wildlife, nature or the landscapes in Duhallow will be picked to feature on this calendar. Photos of daily life on the farm would also be welcome. The closing date for receipt of photographs is 1st September.

For information ring Nuala at 029- 60633.

IRD Duhallow Dawn Chorus

Date for your Diary - IRD Duhallow Dawn Chorus will take place on Sunday 17th May 2015.

For further information and to register for this event please contact Sheila at 029-60633.