

**SPECIAL
POINTS OF IN-
TEREST:**

LEADER
RALLY -
THANK YOU FOR
ATTENDING

TRAINING
COURSES

EQUALITY
WORKING
GROUP

INSIDE
THIS ISSUE:

IRD Duhallow

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Community Development Working Group

A big **thank you** to the people of Duhallow who travelled to Dublin on 9th July to attend the LEADER Rally in such large numbers. We congratulate Jack Roche who Chaired the Rally and Did us all proud. I am delighted to hear that the Taoiseach and Tanaiste have made the decision to return the LEADER Programme to the Dept of Agriculture where it will have its own junior Minister. This was what that Jack Roche called for at the Rally. While we still have an up hill battle we are going in the right direction. I firmly believe that we must be steadfast in our fight to retain local community control of our programmes, budgets and administration to settle for anything less would be a monumental betrayal of the communities that established IRD Duhallow in the first place and that we are in place to serve. This is not a done deal and we are prepared to stay in for the long haul. Your support in this on-going campaign nationally is greatly appreciated.

Maura Walsh, CEO IRD Duhallow

Day of the Regions

Here is a taste of what's on offer in Duhallow during August:

Sunday 3rd August, Boherbue will hold its Summer Festival in GAA Grounds with a great melody of local musical groups; pop, rock and country music, competitions, races, pony rides, puppet theatre, children's fancy dress etc

Saturday 9th August, Newmarket will hold its street museum 'Newmarket in the Rare Auld Times'. Showcasing its history and culture. Old photographs will be displayed throughout the town and on various windows. For further information please visit www.athtrasna.com

Saturday 16th August, Newmarket Community Development Association and CYMS Committee invite you to join them for the official opening of the newly refurbished LEADER Funded CYMS Hall at 8.00pm. While here experience a Vintage Style Tea Dance suitable for the family with live music, refreshments and an 'Alice in Wonderland' children's corner which will showcase the CYMS past, present and future. For further information please visit www.athtrasna.com

Duhallow Community Laundry

This new facility has been put in place to assist the elderly, low income households and carers with washing and drying clothes at home can become a difficult task especially with pressure on families to have supply of clean linen, towels and clothes. The Duhallow Community Laundry has been set up in the James O'Keeffe Institute, Newmarket to assist these people in keeping on top of things. 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 also arrange for laundry to be collected and brought back to households who may have transport difficulties. **For further information please contact Yvonne at 029-60633.**

Warmer Homes Scheme

Calling all Householders - Free Insulation Service

If you are in receipt of **one** of the following payments you will now be eligible to receive 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.

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Employment & Training Working Group

We are proposing to deliver the following **Workshops** :

Job Search Strategy & Skills which will enable participants to create a powerful targeted CV to win interviews and to write cover letters which will sell your CV to 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.

Career Decision Maker Programme will allow individuals to identify a range of career/employment/self-employment options that they are suited to and motivated towards. The programme will encourage people to consider training courses to maximise attractiveness to employers and broaden their skill base allowing participants to access new roles and opportunities. Each person will receive a detailed career report, will achieve career clarity and make confident and informed career decisions.

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.

Each workshop will be two days in duration from 10a.m. to 4p.m (dates to be confirmed).

We are proposing to deliver the following **Training Courses**:

FETAC Level 6 Accredited Supervisory Management Training Course

This accredited Supervisory Management Training Course is for people who are about to undertake a supervisory management position or for those who wish to seek employment at this level. This course will equip learners with essential knowledge to strengthen and develop their supervisory management skills and participants will learn how to promote good practice in planning, managing and delivering a quality service. The modules that will be covered include Analysis and Decision Making; Quality and Customer focus; Planning, Organising and Prioritising; Strategic Planning and lastly Change Management. Preferred entry level for this is Level 5 Certificate, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences.

Introduction to Accounts / Bookkeeping

A one day training programme aimed to introduce learners already familiar with a computerised bookkeeping/accounts software package to two alternative similar systems. The two packages outlined are **Sage Line 50** and **QuickBooks**. On completion of this course learners will be able to access the key functions involved in the Bookkeeping Process, namely Purchases, Sales and Cash/Bank. The course will focus on transferring the knowledge and practices from their existing software into the two new systems as well as obtaining financial reports from each package. This programme will include practical and computer exercises, case studies and group discussion.

Taxation for Beginners Training

A training programme designed to provide learners with a basic knowledge of the Irish Taxation System, and a practical knowledge of the working of Income Tax and VAT. This training will take place during the day time and will be completed once per day over a six week period (dates to be confirmed). Participants will gain an understanding and knowledge of the administration of Income Tax and VAT, Capital gains Tax and RCT. Complete Income Tax forms and VAT 3 and annual VAT returns. Explain the PAYE System and Self Assessment System. Participants will learn about Tax Credits, reliefs, deductions, cut off points and benefits in kind. They will have an ability to calculate employees tax computations, taxation of married couples; calculate self employed computations, investment & rental income to name but a few of the elements to be covered. Please note that Preferred Entry level is that Basic Keyboard Skills will be required.

Fast Forward to Work Programme to include - Accreditation in Bookkeeping and Payroll

This training programme will be delivered over a period of 8 weeks that will include Manual and Computerised Bookkeeping and Payroll whereby learners will be equipped with the necessary skills to operate an integrated accounts system for small to medium sized businesses. 2 days will also be spent offering an insight and guidance on what is required to achieve that job vacancy. A further 2 days will be spent learning how to use various Social Media platforms as a tool for Job Searching with a view to securing employment. Areas that will be covered will include LinkedIn, Facebook, Twitter and Networking. This course will take place during the day time and will take place over 12 days (dates to be confirmed). Please note that Preferred Entry level is that Basic Keyboard Skills will be required.

Computer Training for Beginners

We are trying to ensure that no one is left behind as the digital gap widens therefore we are taking names of people interested in participating in a beginners computer course. This course is designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media and how to shop and bank online. Two further hours will be available on Digital Photography and/or Skype. This training is open to everyone and will be delivered during the day or night time one session a week for five weeks.

Intermediate Computer Training

IRD Duhallow will provide training for people who may have completed a basic computer training course (or who are above the basic skills level) and who want to continue to upskill in this area. Participants will learn new skills related to file management, data entry/keyboard, Word Processing, printing using the Internet and File Management. 12 weeks.

Employment & Training Working Group continued....

Upcycling / Recycling Training

This course will run once a week for 10 weeks. The training will allow you to discover the sense of achievement in revamping or altering your once loved clothing whilst learning a new skill. Be provided with inspiration and ideas and how to develop your skill level on a domestic sewing machine. Learn how to upcycle using fabric, buttons, classic embroidery stitches, corsages and beads.

Personal Development Training Course

This course will commence in September and will include the following modules: Positive versus Negative Thinking, Saying No, Developing Self – Esteem, Rights and Responsibilities, Communication Skills, Conflict Resolution, Anger Management, Listening to your Intuition, Management of Feelings. The duration of this course will be once a week for eight weeks.

Basic Sign Language Classes

The classes will run for 6 weeks and will cover such topics as: *Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc.* The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. Please note that there is a course fee of €55 per person to take part in this course.

Please note places are limited on each of these workshops / training courses.

It is important to book your place early. If you are interested in taking part in any of these workshops or training courses please contact Sarah at 029-60633.

IRD Duhallow Social Protection CE Scheme is recruiting a Childcare Assistant for Banteer Creche, a Caretaker for Banteer Village and a Caretaker for Dromtariffe Community 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 22nd August 2014.**

Bursaries Available for Adult and Second Chance Education

IRD Duhallow has **4 bursaries** available to facilitate access and entry to further and higher level education and training opportunities for adults who may not have had the previous opportunity to continue or complete their education.

For further information or an application form please contact Sarah at 029-60633.

Equality Working Group

Bereavement 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 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 but a friendly and supportive listening service.** A trained volunteer currently meets in a one to one setting with a client at a time suitable to both parties. To make an appointment call **087-6279000**.

ALCOHOLICS ANONYMOUS - Closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday morning at 11.30am and Thursday night at 8.30pm.

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.

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**.

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. **Domestic Violence Support Helpline @ 087-7733337 from Monday to Saturday from 10am – 10pm.**

Emotional Support Service

IRD Duhallow is now offering a One to One Integrative Counselling service. This service is being offered by Masters Level Counselling Students and is free of charge.

If you would like to make an appointment or have any further enquiries please contact Kate or Aoife on 029-60633.

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

SAOI Network

Mobile Phone

Are you an older person who needs help using their mobile phone? IRD Duhallow can provide one to one support to get you started and teach you the basics of using your mobile phone. **For more information contact Louise on 029-60633.**

SAOI - Photography

Expressions of interest are currently being taken in basic and advanced photography classes. Register your interest today by contacting **Louise on 029-60633.**

Youth and Education Working Group

Duhallow Angling Centre of Excellence Summer Angling Camp for Children

This will be the third year of this very successful angling summer camp for children. The camp will include fly casting lessons/knots and leader make up/waterside safety instruction/waterside angling methods as well as angling on local rivers. All angling equipment as well as all safety equipment will be available to anyone who requires it. The camp will start on **Monday 25th August and will be a three day event.** Application forms can be obtained by contacting **Tom Ankettell** at the **Duhallow Angling Centre of Excellence on 086-0827484.**

Newmarket After Schools Service

The Newmarket After Schools will reopen in September. The **After Schools Service** will operate from 2pm - 6pm for children attending Newmarket and Lismire School. Currently transport is available from these two schools. A warm nutritious home cooked dinner is provided along with homework support daily. Children attending the **IRD Duhallow Literacy Programme** can also avail of this transport from school and receive dinner before starting their classes.

Please note IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. There is no requirement to book a place for a full week parents instead have the opportunity to be flexible and book a place only when they need to. **If you are interested in sending your child to the After Schools please contact Helen at 029-60633.**

Careers Exhibition

IRD Duhallow is organising a Careers Exhibition on **Tuesday 7th October, 2014 in the Edel Quinn Hall, Kanturk from 10am to 1.00pm.** Entry is free for students. Both local and national further institutes will be in attendance on the day. For further information or to book a place, please contact Yvonne Brosnan, on 029-60633.

Enterprise Working Group

Start Your Own Business Bootcamp

Expressions of interest are currently being taken in a Start Your Own Business Bootcamp for Start Up Businesses. Register your interest today by contacting **Louise at 029-60633.**

Agriculture Working Group

Hand Held Pesticide Application & Boom Sprayer Pesticide Application FETAC level 5

A National Action plan has been announced for the Sustainable Use of Pesticides in Ireland. The purpose of this regulation is to achieve a balance of safety between human and environmental factors within the farming and amenity sector. The regulation states that all professional users including operators, technicians, employers and self employed people will be required to be registered by 2015 with the Pesticide Control Service to apply pesticides authorised for use in Ireland. In order to register with them professional users will be required to complete a FETAC Level 5 programme **if you are interested in completing the training please contact Katie on 029 60633 for further information.**

Road Safety Training

IRD Duhallow is proposing to run a number of workshops on Road Safety in conjunction with the Road Safety Promotion Officer for Cork Joan Ann Kelleher. The workshops will cover all elements of road safety including speeding, road user impairment, unsafe behaviour towards vulnerable road users, pedestrian safety, cycle safety, safety belts, child restraints and the practicing of safe road behaviour in general. **If you are interested in participating in the training please contact Katie on 029 60633 as places are limited.**