

**SPECIAL
POINTS OF IN-
TEREST:**

EQUALITY FOR
WOMEN MEASURE

MULTI CULTURAL
CHRISTMAS EVENTS

THE CHALLENGES
OF DIARY & BEEF

HERD EXPANSION

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IRD Duhallow

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Enterprise Working Group

Note to all Computer Owners

We have seen an increase in the number of people who have received bogus phone calls about their computers. The caller said that they have identified a virus on the person's computer and they are calling from Microsoft. Beware, these callers are trying to gain access to your computer and your money. To find out more about these call and keeping yourself secure online see the Garda website at www.garda.ie/Documents/User/Computer%20Fraud%20Advice.pdf

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.**

Time Management

The Enterprise Development Working Group are taking expressions of interest in a one day Time Management Training Programme. Time management is an essential skill for everyone. Do you find truth in the statement-there aren't enough hours in the day? Time is a resource that we cannot find enough of and successful time management is crucial to succeed in business. This time management training course will give you clear and invaluable guidelines on how to successfully manage your time so the majority of it is spent on high-priority tasks. **Register your interest today by contacting Louise on 029-60633.**

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, which 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

*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.



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.**

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 phone **Yvonne at 029-60633.**

IRD Duhallow Community Employment Scheme is recruiting two childcare assistants for Boherbue Educare, one childcare assistant for Banteer Childcare Centre, one childcare assistant to cover maternity leave in Banteer Childcare Centre and one Caretaker for Kilcorney Village. 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 15th December 2014.**

Equality for Women Measure

IRD Duhallow is now taking names from women interested in the following training courses which are due to take place next spring 2015:

One Day Workshops:

Assertiveness Training - Build confidence & improve ability to deal with others.

Career Management – CV Preparation & Interview Skills Techniques

Effective Report Writing & Presentation Skills

Training Programmes:

Personal Development Training Course: This course 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.

Keyboard Skills: Women will have the opportunity to acquire the skills that will enable them to produce, accurately and speedily documents as required. The key locations on the entire keyboard will be covered with a focus on speed and accuracy. This is required in any work environment therefore the opportunity to practice should be embraced. The course will take place in Spring 2015 and will be one session a week for eight weeks.

Customer Service: Women will be able to undertake a training course that will provide them with excellent customer service skills within an organisation. The programme will equip participants with the knowledge, skills and competence to provide effective customer service within a work, social or voluntary environment, operating independently or under supervision. This course will provide a FETAC Component Certificate. It is envisaged that this training will take place one day per week for 6 weeks.

Frontline Skills for the Hospitality Industry: The aim of this programme is to prepare trainees for a career in the hospitality and customer service sector. It will provide participants with the skills and knowledge required to understand the issues and challenges associated with working in this sector. This programme will cover entry level bar skills, Hotel/reception skills and restaurant skills. Work Experience will also be included. It is envisaged that this training will take place one day per week for 3 weeks.

Occupational First Aid: This programme will cover First Aid in the Workplace; Patient Assessment; Respiratory Emergencies; Cardiac First Response; Wounds and Bleeding; Altered Levels of Consciousness; Musculoskeletal Injuries and Burns, scald, chemicals and electric shocks. This course will provide a FETAC Component Certificate. It is envisaged that this training will take place one day per week for 3 weeks.

Reception and Frontline Office Skills: Reception and Frontline Office Skills - the purpose of this programme will be to equip the learner with the knowledge, skill and competence required to carry out reception related tasks and operations as a front line representative in a range of organisations. This course will provide a FETAC Component Certificate. It is envisaged that this training will take place one day per week for 6 weeks.

The dates and times for each course will be developed once the public procurement process has been completed. Places will be limited for this programme and anyone interested is asked to contact Mary Creedon on 029 60633.

This project is funded under the Equality for Women Measure 2010-2013 with funding from the European Social Fund (ESF) through the Human Capital Investment Operational Programme 2007-2013 and the Department of Justice and Equality

Agriculture Working Group

Kanturk Farmers Market is situated at the rear of Twohig's Supervalu in Kanturk and is open every **Thursday and Saturday from 10am** you will find a large selection of **Home Baking, Fresh Vegetables, Herbs, Jams, Chutneys and Free Range Eggs.** **Orders are now being taken** for Christmas Baking including cakes, puddings and mince pies and Christmas Wreaths. Book your oven ready turkey for Christmas by contacting Michael on 087-2304376.

The Challenges of Dairy & Beef Herd Expansions

The Agricultural Working Group together with XL Vets are organising an information seminar on the Challenges of Dairy & Beef Expansion. Expansion is a big topic given milk quotas expire from April 1st next. It raises a lot of risks and challenges from a herd health perspective. This workshop will take place in the James O'Keeffe Institute, Newmarket. Date to be confirmed. **Registration is essential and to do so please contact Katie at 029-60633.**

Rural Social Scheme: The Rural Social Scheme is recruiting new participants. To qualify for the RSS a person needs to be in receipt of a means tested social welfare payment and have access to an active herd number, this means the person has to have a herd no. or have access to a herd no from his/her parents, brother or sister, provided this herd number is not already being used by an RSS participant. The farmer has to be actively farming and drawing Single Farm Payment. For further information please contact Sheila, Billy or Michael at 029-60633.

GIY Duhallow - are organising a Day Trip Outing for its regular members on **Tue 16th December** a bus will depart the James O'Keeffe Institute **at 10.15am** and return again at approximately 3.30pm if interested in attending please contact Katie on 029 60633 **places are limited so early booking essential.**

Equality Working Group

Multi Cultural Christmas Communities Events

This year IRD Duhallow is holding three Multi-Cultural Christmas Community Events across Duhallow:

Monday 8th December in Millstreet Community Hall from 6.00p.m. to 7.30p.m.

Wednesday 10th December in Teach Iosagain, Rathmore from 6.00p.m. to 7.30p.m.

Tuesday 16th December in the Trade Union Hall, Kanturk from 6.00p.m. to 7.30p.m.

These events will give local children & adults the opportunity to meet new friends, have some festive refreshments and sing Christmas carols. Santa and Mrs Claus will be in attendance. The events are free of charge and everybody is welcome. It is important that people register for this event beforehand and you can do so by contacting **Mary on 029-60633.**

Towards Occupation Programme

Are you experiencing emotional and/or mental health challenges? Are you out of work for a long period of time and looking for direction? Would you like to boost your confidence and self esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? If you answered **YES** to any of the above questions than maybe the Towards Occupation Programme is for you. **The Towards Occupation Programme is a flexible part time programme including training opportunities in:** Personal Development, Life Skills, Computers, Craft Skills – Sewing and Upholstery, Furniture Recycling, Horticulture, Cookery etc. **The training is tailored to suit the interests and needs of the group and new courses are always coming on stream! For more details or to register please contact Triona at 029 60633.**

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 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 at a time suitable to both parties. To make an appointment please 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.**

Emotional Support Service

IRD Duhallow is 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 087-1179990.

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

IRD Duhallow LIFE + Project

This project is supported by the LIFE Financial Instrument of the European Community

The weather has been mild over the last few months, making working conditions for the LIFE project good. A number of exciting initiatives have been developed and these are reaching national attention on account of their innovations and most importantly, the strong community involvement and support.

Agri-Environment Scheme

Intensive work has been ongoing on this initiative to try and develop a practical hands on Agri-Environment scheme for the River Allow. We were asked by landowners to develop a REPS type scheme for the River Allow catchment (i.e., catchment = land that the river drains) that might be funded under the new CAP programme (RDP 2014-2020). The whole idea is to come up with measures to be funded, in partnership with farmers, so that they are practical and effective. We have made the argument to the Department of Agriculture that local knowledge of farming and the environment is key to the success of any new programme. We would like to thank all of the farmers and landowners who have been so supportive and taken part in the process. The proposal will be presented to the Department of Agriculture shortly with our collaborator partner (INTERREG IV TRAP Project) and will be one of the first detailed Community Local Led Agri-Environment proposals in the country. Let us hope that all of our efforts will be successful.

River Allow Catchment Management

Key interest groups have been identified and now are working together to roll out an agreed plan for the river. This process is open, non binding and flexible as it takes a practical approach to meet the issues affecting the river. Already the programme has facilitated information sharing, which has allowed us to resolve a planning issue affecting one of our river bank works. Other immediate benefits include the commencement of work to address tree blockages in the river. A pollution incident was also addressed quickly. The key aim is to make real progress on the ground for everybody by putting people and the river first. When the process is fully bedded down, it is anticipated that more difficult issues can be tackled to everyone's benefit.

Conferences

Raptor LIFE project: IRD Duhallow Management and the LIFE team presented to the EU Commission in London (UK/ROI LIFE 15 kickoff meeting) on the new Raptor LIFE project, which was awarded to IRD Duhallow and due to commence in 2015.

Invasive Species workshop: In collaboration with the Cork Branch of the Irish Wildlife Trust, a hands on workshop on the best ways to manage Invasive plant species was organised. This was very well attended and subsequent to the meeting, we were delighted to learn that stands of Japanese knotweed highlighted by the meeting along a roadside, were now being treated by Cork County Council. **Integrated Catchment Management Workshop:** The LIFE project presented at this conference to outline IRD Duhallow's community participation model to manage water and the countryside for benefit of the whole community.

Trees in the River - Trees are important as they provide lots of beneficial uses from providing timber, the oxygen that we breathe to habitat for birds and other animals and even plants. But what happens when trees fall into the river and start to block up river channels. Depending on your point of view, and how close to the river you live, fallen trees in the river can be seen as beneficial or a problematic. Trees and logs can provide cover for fish and animals and also are important in regulating water particularly in flood time when they can slow water down. But conversely this slowing down of water may cause localised flooding and this can impact on adjacent farmers land. Fallen trees are particularly common on the River Blackwater and the River Allow, and there is no plan for their management. The LIFE project has been asked to look at this problem and we are working to try and find satisfactory solutions for affected landowners. We are also of the view that where blockages by trees help reduce flooding downstream, then affected landowners should be compensated.

River Bank Restoration - This work had been held up by planning and bureaucracy. However once the planning permission was finally received, the LIFE project worked flat out with Rural Social Scheme participants and other staff at IRD Duhallow to complete the work. We had only a few days to complete the work before the next Environmental Window for working closed (due to the closed season to protect spawning fish). But we got the work done and have been able to show it as an example of "best practice" when addressing severe river bank erosion and siltation. We collected water samples throughout the work, to demonstrate to the relevant statutory authorities that this work did not cause any pollution or disturbance to the river.

The IRD Duhallow LIFE Project would like to thank all of the landowners, supporters and volunteers for their assistance to date. If you would like further information or participation as a volunteer please contact 029-60633 or check out www.duhallowLIFE.com



*Beannachtaí
na Nollag
agus
Athbhliain
faoi mhaise*

**IRD Duhallow Offices will
re-open at 9.00am on Monday
5th January 2015.**

