

**SPECIAL
POINTS OF IN-
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EQUALITY FOR
WOMEN MEAS-
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INTERNET SAFE-
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DIGITISING
DUHALLOW'S
HERITAGE

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IRD Duhallow

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JANUARY 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**.

Start Your Own Business Programme

Expressions of interest are currently being taken in a Start Your Own Business Programme for people looking at going into business. For more information **contact Louise on 029-60633**.

Duhallow Arenas

The Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) are available for hire for all equestrian related events at a rate of €20 per hour. Become a keyholder for €180 (January – December), which will allow full access to the arenas. A full set of showjumps can also be made available. The Grass Arenas will be opened weather dependent throughout the summer months. **For further details or information 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. The 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 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.



Ireland's EU Structural Funds
Programmes 2007 - 2013

Co-funded by the Irish Government
and the European Union



EUROPEAN SOCIAL FUND



government supporting communities



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DEPARTMENT OF JUSTICE AND EQUALITY

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**.

Equality for Women Measure

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

Full 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

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.

Environmental Working Group

Hedge Laying Working in association with the HLAI

Hedge laying is a method of rejuvenating a hedge. Rejuvenation through coppicing (cutting back) or laying takes advantage of the broadleaf tree species ability to make new growth after being cut back. Hedge laying is the art of cutting hedgerow stems partly through near ground level so that they will bend without breaking and will continue to grow. The laid stems are arranged to form a stock proof barrier. New growth comes from the cut stump rejuvenating the hedge and thickening up the base. This and much more will be discussed at the workshop. If interested in taking part please contact Katie on 029 60633

January GIY Meeting

GIY Duhallow will meet in the James O'Keeffe Institute on Tue the 27th Jan commencing at 7.30pm

Equality Working Group

REVAMP

Our Furniture and Restoration Project Revamp which runs here in the James O'Keeffe Institute is having its first **Furniture Sale on Friday 30th and Saturday 31st of January from 12.00pm to 6.00pm.** Items which have been kindly donated by the public and have been restored by our staff are now on sale at a reduced price to deserving homes. This service is primarily aimed at low income families, elderly etc. **If you have furniture or fabric suitable for upholstery that you wish to donate please contact Yvonne at 029-60633.**

PAL Group

The PAL group is a group of lone parents who come together for a friendly chat and advice and support. Join us on **Monday the 26th of January at 7.30pm.** For more information **contact Louise 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 Mal-low 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

Youth and Education Working Group

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 or email duhallow@eircom.net**

Ipad & Apps Course for Parents / Teachers of Children with Dyslexia

The Youth & Education Working Group is organising an ipad & apps course on **January 15th from 6.30pm – 10.00pm**. This course is specifically aimed at supporting parents of children with literacy difficulties. The course content will include: understanding how to use the iPad (installing apps, parental controls etc.), provide a working knowledge of recommended literacy and numeracy apps, gain a toolkit of online resources. Course participants must bring with them their own ipad / tablet. Registration is essential as spaces are limited. To book now, contact **Louise at 029-60633**.

Internet Safety Seminar

IRD Duhallow will hold an information seminar on **Thursday 12th February on Internet Safety @ 7.30pm** for parents, teachers, guardians etc. This seminar will help parents to educate their children on how to behave safely while online. Dr Maureen Griffen of MGMS Training has vast experience in speaking to parents, teachers and students about internet safety and advocates that the best parental control when it comes to internet usage is parental involvement as many software programmes will only block certain unsuitable websites but does not educate children on how best to behave online. **To book a place at this seminar please contact Helen at 029-60633.**

Community Development Working Group

Historic Graves Surveying

IRD Duhallow is seeking to train communities in historic graveyard recording and publication. We are calling on all communities from the following areas to get involved because only with the help of volunteers will we be able to tell, record and publish local stories of people and place. If you can take a photograph you can learn the survey system. **Please look at the dates below and if you think you will be able to come along please give Mary Creedon a ring on 029 60633.**

Old Kilcorney: Friday 6th and Saturday 7th of February

Taur: Friday 27th and Saturday 28th February

Lismire: Friday 13th and Saturday 14th of March

Kiskeam: Friday 27th and Saturday 28th of March

Drishane: Friday 13th and Saturday 14th of February

Lyre: Friday 6th and Saturday 7th of March

Dromtariffe: Friday 20th and Saturday 21st March

Rockchapel: Friday 3rd and Saturday 4th of April

Digitising Duhallow's Heritage

The Community Archive Initiative at IRD Duhallow would like to welcome individuals, communities, and local historical societies to submit articles of historic interest from Duhallow communities and / or surrounding regions for the creation of the **IRD Duhallow Community Archive**. Historical photos, booklets, documents, letters and other such items of interest are examples of materials which may be digitised. **For further details or to book an appointment to digitise please contact James at 029-60633.**



The North & East Cork County Citizens Information Service Board of Directors is looking for volunteers

CIS Boards of Directors are an integral part of the structure of Citizens Information provision nationwide having responsibility for the overall management of Citizens Information Services. Membership on a CIS Board of directors can provide a real opportunity to be involved in the heart of CIS, enabling it to deliver a quality service to the community.

Boards of Directors are responsible for ensuring that the CIS delivers its aims and objectives, using its available resources to best effect. The day to day running of the service is delegated to the Development Manager who along with the team of paid staff, volunteers and supported employment workers delivers the information service to the public.

The North & East Cork County Citizens Information Service is lead and managed by an active Board of Directors, which collectively ensures delivery of the objectives for which the CIS Company was established, sets its strategic direction and upholds its values. **If you are interested in being part of the team please send your expression of interest to the Chairperson, Sharon Griffin, c/o Fermoy Citizens Information Centre, 66 Lower Patrick Street, Fermoy, Co. Cork.**

Duhallow Community Walks Start Up on 13th January 2015

The Duhallow Walking Group is starting up again for 6 weeks. The walking group leader, Dave welcomes adults of all fitness levels, from Newmarket and surrounding areas to come along and join the walking group. The group plan's to meet on Tuesday morning, the 13th January at the Gates of St. Mary's Church, Newmarket. This meeting place will vary for subsequent walks. To join the group, just turn up that morning; there is no join-up fee. **Those interested are asked to arrive at 10.15am to register and the walk will commence at 10.30am.** Suitable walking shoes should be worn and appropriate clothing for the weather. Contact Dave at 087-0667053 if you have any further queries about the group.