

**SPECIAL
POINTS OF IN-
TEREST:**

**SUMMER
CAMPS**

**HERITAGE
WEEK 2015**

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IRD Duhallow

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JUNE 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.**

Duhallow Skillnets

Duhallow Skillnets is delighted to announce that we have attained Skillnets funding for training in 2015-2016. This fund focuses primarily on providing training and upskilling for businesses within the Duhallow Region. We are currently taking expressions of interest in the following courses which will be run over the coming months:

- | | |
|----------------------------------|--------------------------------|
| Intermediate Computer Technology | Chainsaw Training |
| Occupational First Aid | CRM and Business Practices |
| Digital Marketing | Confined Space Operations |
| Care of the Elderly | Forklift Training |
| Primary Food Safety | Reception & Front Line Skills. |

For further information and to express your interest, please contact Louise on 029-60633 / email duhallow@eircom.net

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 Helen 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 €100 (June – 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 087-3733181** or log onto the Newmarket Pitch & Putt Course.

Duhallow Cycling Sportive

Pedal Power comes to the roads of Duhallow on **Saturday 25th July** as part of the Skoda National Cycle Series. Together IRD Duhallow and the Corkman have organised this event to offer you the freedom of the open road.

There are 3 routes to choose from on the day: 110km, 70km and a 40km.

For further details and to register please log onto www.fitmagazine.ie or contact 029-60633. Entry fee of €35.

Heritage Week 2015

Heritage Week 2015 will run from **August 22nd – August 30th 2015**. As part of this, IRD Duhallow will facilitate a number of activities and events. To open heritage week, in partnership with the Millstreet Monuments Committee there will be an unveiling of a plaque to Pádraig Pearse in Millstreet, who gave an oration at a Feis outside the town on 22nd August 1915. It is appropriate that this should open both Heritage Week and the 1916 commemorative season of events. Following that, there shall be street recording and architectural surveying in local communities by local communities. An open day for the new Agri-Museum here at the James O’ Keeffe Institute will showcase traditional agricultural machinery on the grounds of the James O’Keeffe Institute. Community involvement is paramount in Heritage Week and we would like to encourage people to get involved – for further information please contact James on 029-60633.

1916 Commemorations

There have been two meetings held of the 1916 commemorative committee at IRD Duhallow with discussions surrounding monuments upkeep and suitable ways to commemorate locally topics of discussion. The meetings are open for all to attend. If you would like further information, or have ideas or suggestions to contribute for community events in Duhallow, please **contact James on 029-60633.**

Youth & Education Working Group

Summer Camps

Newmarket Afterschools will hold its annual summer camps for primary school aged children during July and August. Our popular **Little Chefs Camps** will run from the **6th July – 10th July** from 9am-2.30pm. Activities will include, baking, arts and crafts, potting plants, games and lots of fun.

After great success last year the **‘Duhallow Nature Detectives’** will run again this year from the **13th – 17th July** from 9am-2.30pm and will be of interest to kids who like the outdoors as it includes pond dipping, hunting for bugs butterflies and beetles and taking part in tracking games etc.

Our annual **Laugh & Learn Camp** will run from the **20th – 24th July**. The camp is aimed at Primary School Children with learning difficulties and children will spend part of each day with an experienced literacy tutor, engaging with the TTRS (Touch Type Read and Spell Programme) as well as enjoying fun activities such as baking, art and sports. **For Further information please contact Louise at 029-60633.**

Our **Little Chefs & Little Gardeners Camp** which will run from the **27th-31st July** from **9am-2.30pm** where activities will focus on potting plants, planting in our polytunnel and baking little treats daily.

Our New and final camp is for future **Pitch & Putt** enthusiasts where children from 5th & 6th class will learn the proper technique required for playing, the rules of the game, and take part in a mini tournament at the end of the camp. Places are limited on this course. This camp runs from the **4th – 7th August. Time 9-1pm.**

Discounts for all camps apply for families who are receipt of a social welfare payment and/or the medical card. For more information, please contact Stephanie on 029-60633.

Duhallow Carers Group

National Carers Week

To mark National Carers Week, the Duhallow Carers Group will be organising a **Coffee Morning on Friday 12th June in Duhallow Community Food Services from 10.30am - 12.30pm.**

All proceeds are being divided between the **Holy Family School, Charleville and St. Joseph's Foundation.** Enquiries to Louise 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.

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 with a client at a time suitable to both parties. To make an appointment please call **087-6279000.**

Duhallow Care & Repair Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly 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 but also to have 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 service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further information please contact Helen at 029-60633.**

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 Colm or Eileen at 029-60633.**

REVAMP - Furniture Restoration Project

We are grateful to people who have donated items of furniture to the REVAMP Furniture Restoration Programme. Tús and Towards Occupation Participants have done an excellent job in revamping items. We now have many pieces of furniture, for example, tables, kitchen chairs, wardrobes, armchairs, and couches **available to low income households and the elderly.** For further information on **donating unwanted items or purchasing items of furniture please contact Gerald at 029-60633.**

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

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** offers a selection of Home Baking, Jams, Chutneys, Free Range Eggs, Honey, Herbs, Plants and Seasonable Vegetables. New Stallholders are welcome, **for further information please contact Sheila at 029-60633.**

GIY Group - The June meeting of the GIY Group will incorporate a site visit to one of our group member's garden. This will take place on **Tuesday 30th June** at 7.30pm to register or for directions please **contact Sheila or Rachel at 029-60633.**

Environmental Working Group

LIFE: We wish to thank everybody for their co-operation with the IRD Duhallow LIFE project which finishes on 23rd June. We have had a tremendous achievement but there is still lots to do. We have a commitment to continue the work and activities. We would encourage people to support the project, especially the control of the Himalayan Balsam and its eradication from our rivers.

The new Raptor LIFE project is at an early stage and we will continue to give updates as the project progresses.

The **EPA research project** is currently interviewing stake holders with an interest in Water Management, if you are interested **please call Fran or Kieran at 029-60633.**

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.

Duhallow Angling Centre of Excellence

The Trout Anglers Federation of Ireland (T.A. F.I.) who are the national governing body for trout angling in the thirty two counties of Ireland have recently announced the setting up of an angling coaching hub in each of the four provinces. In a recent statement T.A.F.A.I. stated "that the setting up of the coaching hubs was inspired by the success of the Duhallow Angling Centre of Excellence since its foundation in 2012 and would be using the experience of the Duhallow Angling Centre of Excellence to set up their coaching hubs in other locations around the country". T.A.F.I. are delighted that the Duhallow Angling Centre of Excellence has agreed to be the main coaching hub for the Federation in Munster.

The Duhallow Angling Centre of Excellence will be running a number of **coaching programmes** during the Summer months. These will involve classes for beginners of all ages as well as master classes for the experienced angler who wishes to learn new angling techniques. As always angling equipment is available.

The Five Nations International Fly Fishing Championship will be held in the region from Monday 13th July to Saturday 18th July. Anglers from Ireland, England, Scotland, Belgium and France will be competing on the river competition session, and official practice sessions will be held in Duhallow. The activities will be launched with an opening Ceremony. There will be further details in the July newsletter.

For all angling queries contact Tom Ankettell Duhallow Angling Centre on 086-0827484
e-mail: anglinginduhallow@gmail.com