

**SPECIAL POINTS  
OF INTEREST:**

MINDFUL  
LIVING  
SEMINAR

NEWMARKET  
PITCH & PUTT

THE AMAZING  
SWIFT

**INSIDE  
THIS ISSUE:**

Enterprise Working Group	1
Community Development Working Group	2
Youth & Education Working Group	3
Equality Working Group	3
Services	3
Agriculture Working Group	4
LIFE Meeting	4

# IRD Duhallow

Tel: 029-60633

**MARCH 2015**

Web: [www.irdduhallow.com](http://www.irdduhallow.com)

E-mail: [duhallow@eircom.net](mailto:duhallow@eircom.net)

## 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](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or **contact Louise at 029-60633**.

### Presentation Skills

IRD Duhallow is currently taking expressions of interest in a presentation skills workshop. Learn the fundamentals of powerpoint, and how to make that all successful, deal clinching sales pitch. To register your interest, please **contact Louise on 029-60633**.

### Surveying the Needs of Duhallow Businesses

The enterprise working group are currently developing a training network for local business owners and their employees, which will offer cross sector tailored training in a localised setting in Duhallow. We are now undertaking a Training Needs Analysis for the Duhallow Region to determine the training gaps for you as business owner and in order to make an informed decision about the direction of the proposed Network. This quick survey only takes 5 minutes to fill in, so please ensure the voice of your industry is heard and take the time to fill in this form. It could be the most valuable 5 minutes you'll spend all day! Visit [www.irdduhallow.com](http://www.irdduhallow.com) or contact Louise on 029-60633 to express your views.

### 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

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 €150 (March – December), which will allow full access to the arenas. Family Discounts available. **For further details or information contact Louise on 029-60633.**

### Newmarket Pitch & Putt Course

located on the grounds of the James O’Keeffe Institute **will be open to the public in early March.** 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 if you are feeling lucky why not log onto Facebook and like and share the Newmarket Pitch & Putt page to be in with a chance of winning a prize of free membership for 12 months. **The official opening of the course will take place on Sunday 22nd March** so watch out on facebook for further information on this. All are welcome.

### Seminar on “Mindful Living” .....Skills to manage stress in an increasingly demanding world

The Duhallow Women’s Forum will hold an information seminar **on “Mindful Living” .....Skills to manage stress in an increasingly demanding world** in the James O’ Keeffe Institute, Newmarket, **on Monday 9<sup>th</sup> of March** at 7.30pm to mark International Women’s Day.

#### **This seminar will cover:**

Good mood food, Decluttering you life internally and externally, Importance of effective communications and learning to say no, Setting realistic achievable schedules and working within an effective time management frame and Mediation.

The seminar will be delivered by Susan Fitzgerald who is an international well being coach, motivation speaker, yoga teacher and author. This seminar is open to women and men and is free. **To register for this seminar please contact Mary at 029-60633.**

### Community Archives

The archive department at IRD Duhallow would like to welcome members of the community who wish to scan material of historic value to communities in Duhallow. It is hoped that in time, a hub of archival material for people in Duhallow and surrounding regions to access, research and use as a resource will be formed. 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.**

### Heritage Week 2015

Heritage Week 2015 will run from August 22<sup>nd</sup> – August 30<sup>th</sup> 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. In Duhallow, it is hoped individuals, community groups and other interest groups will participate in this week long programme. If you would like to get involved or require further information please contact **James on 029-60633.**

## SAOI Network

### Social Afternoon

The SAOI Network will be hosting afternoon tea for senior citizens in the new Community Dining Area at the James O’Keeffe Institute on **Tuesday the 3rd of March at 2.00pm.** Enjoy a relaxing chat in a friendly atmosphere. **Please note booking is**

**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.**

### Bealtaine 2015

The SAOI Network is looking to hear from groups who wish to organise events as part of Bealtaine 2015 which is a month long festival throughout the month of May and aims to celebrate Actively Ageing. Contact **Louise on 029-60633 for further information.**

## Employment & Training Working Group

**IRD Duhallow Community Employment Scheme** is recruiting two childcare assistants for Boherbue Educare and 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 March 2015.**

**Computer training for beginners or those seeking to improve their skills** - 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 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. 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. **Places are limited for more information please contact Mary at 029-60633.**

IRD Duhallow is seeking to run **computer training for improvers**. This course is designed for people who have basic computer skills and would like to improve upon their skills. Some of the topics covered in this course will include: booking a holiday, Shopping on line, using the internet safely, social networking using facebook, you tube, Gmail and Microsoft Word. This training is open to everyone and will be delivered during the day or night time one session a week for five weeks. We are taking names of people interested in participating. **It is important to book your place early as places are limited or for more information please contact Mary at 029-60633.**

### Grow Your Own Training Course

A six week **Training course on how to Grow Your Own** Fruit and Vegetables will commence on the **18<sup>th</sup> of March** from 10a.m. to 12noon. This programme will be open to men and women who are interested in growing their own fruit and vegetables and it will give participants the information and knowledge needed to grow successfully – what to grow, when and how to grow it. Modules will include planning a kitchen garden, crop rotation, sowing seeds and manuring, growing under cover, weed control etc. **If you are interested in this course and would like to register please contact Mary at 029-60633.** Please note places are limited.

## Equality Working Group

### 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 16<sup>th</sup> 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.**

### 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.

**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 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*

## 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 details and registration please contact Louise at 029-60633 / email [duhallow@eircom.net](mailto:duhallow@eircom.net).

### Congratulations to BT Young Scientist Winners of 2015

The Board, Management and Staff of IRD Duhallow congratulate **Eimear Murphy, Newmarket** and **Ian O'Sullivan, Castlemagner** on their overall win of the BT Young Scientist Competition. Their project, '**Does the apple fall far from the tree?**' which studied the links between the drinking habits of parents and their teenage children was the overall winning project. Eimear and Ian are students at Colaiste Treasa Kanturk. We also congratulate John Murphy, Principal of Colaiste Treasa and their science teacher Derry O'Donovan on this wonderful achievement. We wish Eimear and Ian continued success in their endeavours as they go forward to represent Ireland at the EU Young Scientist competition in Milan, in September.

**The Duhallow Angling Centre** of Excellence will run **flyfishing 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 e-mail: [anglinginduhallow@gmail.com](mailto:anglinginduhallow@gmail.com).

## Agriculture Working Group

### Celebrating National Tree Week in Duhallow on Thursday 19<sup>th</sup> March

National Tree Week, organised by the Tree Council of Ireland since 1985 is a week long programme of events to celebrate trees. The launch of this year's **Tree Week** will take place in Castletown House, County Kildare on Sunday 1st March 2015. IRD Duhallow is organising a **Wood Turning Demonstration** in conjunction with Jeremiah Dennehy of Brogeen Crafts, Banteer Road, Kanturk on **Thursday 19<sup>th</sup> March** commencing at **7.30pm** the event will incorporate an educational talk on "**Ireland's Native Trees**" Numbers are limited to **15 places** so booking early is essential to avoid disappointment for further information or to book your place **contact Katie on 029-60633**.

### Beekeeping in Duhallow

IRD Duhallow in association with The Duhallow Beekeepers are organising a series of lectures during the month of March each seminar will commence at **8.00pm** in the **James O'Keeffe Institute Newmarket**.

**Wednes. 4th March** Guest Speaker: Eleanor Attridge, Cork Co. Beekeepers. Topic: Taking Advantage of Swarming.

**Wednes. 11th March** Guest Speaker: Dr. Padriag Whelan, Duhallow Beekeepers. Topic: Pests & Diseases

**Wednes. 18th March** Guest Speaker: Andrew Bourke, Duhallow Beekeepers. Topic: My System of Bee Keeping

**Wednes. 25th March** Guest Speaker: Irene Power South Tipperary Bee keepers. Topic: How to increase your Bee Colony

**Wednes. 1st April** AGM Duhallow Beekeepers Association. Topic: AGM. **For details contact Katie on 029-60633**.

**Duhallow Birdwatchers** are organising an information Seminar on **Thursday 5<sup>th</sup> March at 7.30pm in the James O'Keeffe Institute, Newmarket** entitled "**The Amazing Swift**" with guest Speaker **Lynda Huxley**. The Swift is an enigmatic bird that comes to our towns and villages from May –August. They are truly amazing birds as they fly for most of their lives, only landing to breed. When a fledgling swift leaves its nest it will fly for two years non-stop before it lands again. Swifts breed in old buildings mostly behind fascia boards and gutters. In the past 15 years the population has declined by 46% in Ireland. For the past three years Lynda has been working to try to reverse the declining population by installing and promoting the use of nest boxes, raising awareness etc. To find out more about The Amazing Swift why not come along on this educational lecture. For further information contact Katie on 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.

**Derogation Deadline 31<sup>st</sup> March 2015** - Farmers and their agents can now submit 2015 derogation applications using the Department's on-line facilities. The Nitrates Derogation provides farmers an opportunity to farm at higher stocking rates, subject to certain conditions. The closing date for applications is **31<sup>st</sup> March 2015**. Derogation documentation is available on the Department's website at <http://www.agriculture.gov.ie/ruralenvironment/environmentalobligations/nitrates/nitratesderogationinformation/2015derogationforms/>

### LIFE+ Public Talk

**"From Hens to Fish: Mink and their Management"** on **Wednesday 18th March 2015** at 7.30pm in The James O'Keeffe Institute, IRD Duhallow. Scientist and expert on mammals, **Dr. Paddy Sleeman** of University College Cork will give a topical public lecture on one of Ireland's most destructive pest species. Originally introduced into Ireland for fur farming, mink have become established all over the Irish countryside, causing mayhem for both farmers and conservationists alike. Dr. Paddy Sleeman, one of the world's leading authorities on mink will give a presentation on mink, their ecology and on how best to manage them. To register your interest in attending please ring Kieran or Travis at 029-60633.