

**SPECIAL
POINTS OF IN-
TEREST:**

**DUHALLOW
BUSINESS
AWARDS**

**PENSION AND
BUDGET**

SEMINAR

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IRD Duhallow

Tel: 029-60633

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Web: www.irdduhallow.com

E-mail: duhallow@eircom.net

Enterprise Working Group

Duhallow Business Awards

The Duhallow Business Awards showcase the finest of Duhallow Businesses across 6 categories; **Best New Business, Best Established Business, Best Women Led Business, Best Customer Service, Best Social Enterprise and Best Creative Industry Award.** Tickets are available for the Awards Banquet for the Duhallow Business Awards, which is taking place on **Friday 14th of November** in the James O'Keeffe Institute. Book yours today with Louise on 029-60633 / email duhallow@eircom.net

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 Arenas

The Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) have re-opened and are available for hire for all equestrian related events at a rate of €20 per hour. Become a key-holder for €40 (November – 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 information contact Louise on 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**.

Youth & 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.**

Newmarket After Schools Service

The **After Schools Service** operates 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.**

Duhallow Angling Centre of Excellence

The Duhallow Angling Centre of Excellence will begin its winter programme of Fly Dressing Classes for children on **Saturday 8th November 2014**. Fly Dressing is the art of creating artificial flies for fly fishing and is a very important craft for any young angler. For further information and to book a place please contact Tom Ankettell at the Duhallow Angling Centre of Excellence Mobile No: 086-08227484 or email anglinginduhallow@gmail.com

SAOI Network

The SAOI Network would like to **congratulate** Sean Radley and Paddy Buckley on their recent achievements in the Google Silver Surfer Awards, which honour older people who have embraced technology.

The SAOI Network is taking **expressions of interest** in a Creative Writing Course. Register your interest today by contacting **Louise on 029-60633**.

PAL - Parenting Alone

The PAL group will be having a special pre Christmas cookery seminar learn how to make homemade brown bread, and sherry trifle and a number of niceties for the Christmas Season. The seminar will take place on Monday the 17th of November at 7.30pm in the James O'Keeffe Institute. **For further information and registration please contact Louise at 029-60633.**

The PAL group for representing one parent families will be having a special visit to Santa in December. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net.**

Duhallow Carers

The Duhallow Carers will be having a Mass in remembrance of Family Carers in Duhallow on **Tuesday 4th of November** in the James O'Keeffe Institute, Newmarket at 8pm. **For further information contact Louise at 029-60633.**

The Duhallow Carers Group are taking expressions of interest in **Patient Manual Handling Training** and **Basic First Aid and Defibrillator Training**. Register your interest today by contacting Louise on 029-60633.

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 Fruit and 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.

Hedgerow Workshops: The Environment Working Group are organising a number of workshops in relation to Hedgerow Planting, Hedgerow Maintenance and Hedgerow Aftercare over the coming months. The Workshops will be delivered by Mark McDowell of the Hedge Laying Association of Ireland. Places are limited to 6-8 people so booking is essential. The workshop will take place from 10am to 3.30pm for further information please contact Katie on 029-60633.

Farm Hazardous Waste Collection Day Thursday 20th November Kanturk Mart from 9.30am - 3.30pm This will give farmers the opportunity to bring their farm hazardous wastes where they will be collected and transported for disposal or recovery. All hazardous wastes will be charged at €2kg plus VAT at 13.5% waste oils, waste electronic/electrical equipment, and batteries will be accepted free of charge.

Focal Farmer programme: All farmers who are members of the Focal Farmer Programme must submit all AI and Milk Recording invoices on or before **14th November 2014**. If you have questions on your entitlements please contact Katie on 029-60633. Please note payments will not be guaranteed after this date.

GIY Duhallow meeting on **Tuesday 25th November** in the James O'Keeffe Institute, commencing at 7.30pm.

Equality Working Group

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.**

GROW's mission is to nurture mental health, personal growth, prevention of and full recovery from all kinds of mental illness. GROW has over one hundred groups throughout Ireland and locally, there are GROW groups in Kanturk, Mallow, Kilarney and Cork. GROW's principal strength is the support members give each other from their own experience in matters relating to mental health. GROW is anonymous, non-denominational and strictly confidential. Attendance at weekly group meetings is free of charge and open to all. No introductions are needed, just come along. **For information on a group in your local area see www.grow.ie or call GROW's information line 1890 474 474 or contact Caroline Crotty Area Coordinator for GROW on 086 4673239.**

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

Duhallow Women's Forum

Pension and Budget Changes Information Seminar Tuesday November 25th 7.30p.m in the James O'Keeffe Institute, Newmarket

The Duhallow Women's Forum will hold an Information Seminar on Pension entitlements and will highlight the changes that will take place in the budget for 2015 and how these may affect you. This seminar is free for everyone but we do ask that you register your interest by contacting Mary Creedon at 029-60633.

Community Development Working Group

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.**

The **Rural Social Scheme** was introduced to provide income support for low income farmers or fisherpersons in return for part-time community based work. Participants also experience new opportunities to use and develop their skills while being involved in valuable community work. Participants would work across the ranges of the Rural Social Scheme measures which include; The Warmer Homes Scheme, grass cutting, village maintenance, painting, landscaping, walkways, caretaking and meal delivery throughout the Duhallow region. The Rural Social Scheme is constantly updating its data base. To qualify for the RSS a person needs to be in receipt of a **social welfare payment, have use of a herd number and have a copy of their single farm payment application.** If you feel you meet the criteria or have any queries **please contact Sheila or Billy at 029-60633.**

To Communities: The Rural Social Scheme provides valuable work for communities. Any community groups, National Schools, Community Centres, Community Councils, Childcare facilities or Sports Halls wishing to have indoor or outdoor work completed by RSS participants should submit a **written request to the Manager of IRD Duhallow.** Communities or groups must cover cost of materials and of other work undertaken.

REVAMP - Furniture Restoration Project

We are grateful to people who have donated items of furniture to the REVAMP Furniture Restoration Programme. We are currently looking for donations of curtains and fabric to support the REVAMP 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 Gerard at 029-60633.**

Duhallow Care and 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 as having 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 029-60633.**

Christmas Market in Boherbue Hall at 2.00pm on Sunday 23rd November 2014. Stalls can be booked by contacting Mary c/o Philomena at 029-76003 or Bridget at 086-8040825.