

**SPECIAL POINTS  
OF INTEREST:**

ALDWORTH  
EXHIBITION

EMPLOYMENT  
& TRAINING

MODERN  
METHODS OF  
SUPPORTING  
CHILDREN WITH  
DYSLEXIA

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# IRD Duhallow

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OCTOBER 2014

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## Community Working Group

### ALDWORTH EXHIBITION

Duhallow Ancestry will launch 'The Aldworth Family of Newmarket' at the James O'Keeffe Institute on **Friday 17<sup>th</sup> October at 7.30 p.m.** The exhibition will run from launch night, 17<sup>th</sup> October to Wednesday 22<sup>nd</sup> October. An in-depth window into the history of the house, the Demesne and of Newmarket and greater Duhallow region will be revealed through a collection of papers donated by Aldworth descendents and research undertaken by members of Duhallow Ancestry.

If anybody in Newmarket or surrounding regions has any information on the Newmarket Court prior to the Sisters of St. Joseph such as (a) items from the original house, (b) stories or (c) family experiences passed down through the generations, we would be delighted to hear from you. Please contact James at 029-60633.

**IRD Community Archives:** IRD Duhallow is currently in the process of developing a Community Archive for the region and is interested in meeting with locals who may have old photos, documents, newspaper articles, letters, books etc that may be of public interest and which IRD Duhallow could record and take a digital copy of. **For further details please contact James at 029-60633.**

**Celebrating Cork Past Exhibition:** The Celebrating Cork Past Exhibition will take place on 3<sup>rd</sup> October at Millennium Hall / Lecture Hall, City Hall, Cork City from 10 a.m. to 7 p.m. IRD Duhallow will represent Duhallow at this event and it is open to the public. **Contact James at 029-60633 for more details.**

### 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

**Careers Exhibition** - IRD Duhallow is organising a Careers Exhibition on **Tuesday 7th October in the Edel Quinn Hall, Kanturk from 10am to 1.00pm**. Entry is free for students. Both local and national further institutes will be in attendance on the day. For further information or to book a place, please contact Yvonne Brosnan at 029-60633.

**IRD Duhallow Community Employment Scheme** is recruiting two childcare assistants in Banteer Creche, a Green Attendant for Banteer Village and there will be vacancies for two childcare care assistants in Boherbue Educare in November. 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 24th October 2014.**

The Employment and Training Working Group is proposing to deliver **the following workshop and Training Course:**

**Job Search Strategy & Skills** which will enable participants to create a powerful targeted CV to win interviews and to write cover letters which will sell your CV to potential employers. Additionally participants will be shown the smart way to job hunt in today's fast moving environment and develop methods for researching employers. The workshop will take place over two full days and additionally a one hour coaching session will be delivered. **For more information please contact Mary Creedon at 029-60633.**

### **“FAST FORWARD TO WORK” PROGRAMME TO INCLUDE - ACCREDITATION IN BOOKKEEPING AND PAYROLL**

This training programme will be delivered over a period of 6 weeks that will include Manual and Computerised Bookkeeping and Payroll whereby learners will be equipped with the necessary skills to operate an integrated accounts system for small to medium sized businesses. 2 days will also be spent offering an insight and guidance on what is required to achieve that job vacancy. This course will take place during the day time and will take place over 12 days. Please note that Preferred Entry level is that Basic Keyboard Skills will be required. **Places are limited, for more information contact Mary at 029-60633.**

IRD Duhallow has applied for funding through the **Equality for Women Measure** and if successful we hope to deliver the following training programmes for Women this Autumn: Personal Development Training, FETAC Level 5 Occupational First Aid Course, Customer Service Course, Frontline Skills in Hospitality, Reception and Front line Office Skills, Key Board Skills, Assertiveness Workshop, Career Management Workshop and Effective Report Writing and Presentation Skills Workshop. **If you are interested in participating in any of these proposed courses contact Mary Creedon at 029-60633.**

## Duhallow Women's Forum

IRD Duhallow Women's Forum is seeking to deliver a workshop on First Aid. We recognise that accidents happen all the time and they are not exclusive to childcare, Adults fall, get burnt or can start to feel unwell. It is proposed to deliver a tailor made workshop to cover some of the relevant incidents that you may encounter in the home with the aim of ensuring that you remain confident in coping with emergencies. The course will take place on **Wednesday 15th October** from 7.00pm to 9.30pm. **Places are limited for this workshop therefore if you are interested please contact Mary at 029-60633.**

## SAOI Network

To highlight Positive Ageing Week, the SAOI Network is hosting an information seminar on **Hip and Knee Replace on Thursday 9th October at 7.30pm** in the James O'Keeffe Institute, Newmarket. Register with Louise on 029-60633.

### **Creative Writing**

The SAOI Network is taking expressions of interest in a **Creative Writing Course** commencing in November 2014. Register your interest today by contacting Louise on 029-60633.

## Duhallow Carers

The Duhallow Carers will be having a meeting on **Thursday 2nd October in the James O'Keeffe Institute, Newmarket at 8.00pm**. Meet with other who are in a caring role and enjoy a friendly cup of tea and a chat. For further information contact Louise at 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. Please join with us on **Thursday 16th October** to Celebrate World Food Day.

### Women in Agriculture Conference

To celebrate *The International Year of Family Farming* IRD Duhallow is organising an outing to the Annual Women in Agriculture Conference. This year's conference is taking place **on Wednesday 22nd October in Knightsbrook Hotel, Trim, Co Meath.** We have a number of subsidised tickets available so if interested in attending please contact Katie Crowley immediately as tickets are limited.

**National Dairy Show** will take place in the Green Glens Arena on **Saturday 18th October.**

**Hedgerow Workshops:** The Environment Working Group are organising a number of workshops in relation to Hedgerow Laying, Hedgerow Maintenance and Hedgerow Aftercare over the coming months. The Workshops will be delivered by Mark McDowell of the Hedge Laying Association of Ireland. The First of three workshops will take place on **Thursday 30<sup>th</sup> October** 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.

**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 at 029-60633.

**The Bird Watch Group** are organising a field trip to Coolwood Wildlife Park on **Thursday 9<sup>th</sup> October** a bus will leave the James O'Keeffe at 11am. Coolwood Wildlife Park near Killarney is situated on 50 acres, 10 acres of which are the Wildlife Park and the remaining 40 acres functioning as a Wildlife Sanctuary. It's a strong hold for Red Squirrel, Sparrow Hawks, Dippers and more native species. You can also see Monkeys, Lemurs, Meerkats, Raccoons, Prairie Dogs, Agouties, Arctic Foxes, Mountjac Deer, Alpacas and Pygmy Goats. **To book your place please contact Katie Crowley on 029-60633.**

**GIY Duhallow** meeting on **Tuesday 28th October** in the James O'Keeffe Institute, commencing at 7.30pm.

## IRD Duhallow Literacy Support Programme

IRD Duhallow offers a literacy support programme for children with Dyslexia and Dyspraxia. Two strands; **Literacy Workshops and TTRS.** For further details or registration please contact Louise at 029-60633 /email duhallow@eircom.net

### Modern Methods of Supporting Children with Dyslexia

Having recently won a successful pitch on RTE's Dragon's Den, James Northbridge will be hosting a seminar entitled **'Modern Ways to Support Your Child with Dyslexia'**. James experiences the challenges that come with dyslexia on a daily basis and knows its impact on education and life all too well. Having struggled during school and ending up dropping out of University, he turned it around when a second shot of college came his way. James is now passionate about helping and inspiring others to overcome the challenges they face, by using assistive technology. Why not come along and find out more about assistive technology and how it would help your son / daughter or student in the classroom? **The seminar will take place in the James O'Keeffe Institute on Tuesday 14th October at 7.30pm. Register with Louise on 029-60633.**

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**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 029-60633.**

*"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

Summer 2014 has been particularly good for a range of wildlife species. Even the invasive plant the Himalayan balsam is doing particularly well in places outside the reach of the LIFE project.

### Visit by European Commission gives the thumbs up for the LIFE project

The LIFE project and IRD Duhallow experienced its own stress testing in June, in the form of a rigorous inspection of the LIFE project, by desk officers from the European Commission. All aspects of the project were inspected, ranging from conservation actions on the ground, to financing and compliance with EU Regulations. The EC were particularly pleased with the extent of public engagement and as always the support, participation and involvement of the local farming community. This is a particularly important aspect of the project and we are grateful for their continued support. The inspection included visits to three different farms to look at a range of works, from fencing, otter and bird breeding box placement, pasture pumps and solar panel pumps for cattle troughs, silt traps, tree pruning and planting, river bank restoration and removal of the invasive plant Himalayan balsam. A managed cattle river crossing was also carried out, to demonstrate that if livestock are driven across the river, all in one go rather than allowed to stray and wander, soiling of the water can be dramatically reduced. We would like to thank all involved in making this visit a great success and especially the landowners who facilitated the site visits, the Kanturk Trout Angling Club and Duhallow Angling Centre of Excellence who provided fishing demonstrations, local accommodation and service providers, volunteers and the staff of IRD Duhallow.

### Project modification and extension approved

Following the successful EC visit in June, the EU have agreed to extend the duration of the LIFE project until June of next year. This is a very welcome development as it allows us to continue with the project work, some of which has been delayed due to planning restrictions.

### Himalayan Balsam

Our work on the removal of the Himalayan balsam continued throughout the summer and there have been noticeable year on year decreases in the range and extent of the plant along the project target areas (River Allow catchment). A large previously unknown but established stand of the plant was recently discovered by the LIFE project along the Brogeen River and this is currently being eradicated.

### Biodiversity Summer Camp

IRD Duhallow ran a Biodiversity Camp for children. This was hugely popular. LIFE Project scientist, Kieran Murphy was on hand, to lend his expertise. The camp ran a range of fun activities, with a particular emphasis on the aquatic environment.

### New Ponds come to life

Last year the LIFE project assisted in the development of ponds, at the new Pitch and Putt course in Newmarket. The main aim of these ponds is to remove phosphorous runoff, should it occur, from the greens during rainy weather. Volunteers helped plant wild water plants along the pond edges and we are delighted to report that nature has been busy doing the rest. Until recently the ponds were full of tadpoles, as frogs became the first colonisers of the ponds along with Greater Diving Beetles. Now a myriad of aquatic life can be observed from the small black Whirligig Beetles, which zip and dance along the surface of the pond in circular motions to aerobatic Swallows swooping down to catch and feed on insect life emerging from the ponds. To everyone's delight the pond has been colonised by the beautiful Azure Damselfly. This delicate damselfly is blue in colour with black banding across its body, and is a relation of the larger Dragonfly. Yes, Dragonflies have also taken up residence in the ponds, both red and green varieties (which have yet to be identified) were spotted laying eggs along the ponds margins.

### Agri-Environment Scheme

At our recent meeting with landowners along the River Allow, the LIFE project was asked to investigate the possibility of getting farmers along the River Allow priority access to one of the new Agri-Environment schemes (under CAP) recently announced by the Minister for Agriculture. Therefore we are endeavouring to progress this idea and with our partner INTER-REG IV TRAP programme, have engaged an Agricultural scientist to facilitate this work. Although there is no guarantee that the proposal will meet with success with the Department, it is broadly agreed that an Agri-Environment scheme designed and developed with and by the landowners, with good scientific input and support, will achieve the best possible outcome. A number of meetings have been held with a range of agencies, including the Department of Agriculture and it is planned to develop the scheme by individual meetings with small groups of farmers over the coming months. Such a scheme will not only be beneficial in financial terms to participating farmers, but should also utilise the infrastructure already put in place by the LIFE project, maximising the benefits to all concerned. This kind of joined up approach was praised by the EC during their recent visit and we hope that the relevant Irish statutory agencies also lend it their full support.

### River Allow Catchment Management

This initiative is ongoing and the second meeting was held in August. It is important that all private and public sectors engage in this initiative, if we are to see long term improvements in the water quality of the River Allow. The initiative has been praised by both the EPA and the Department of the Environment. It is hoped that real change can be made to improve water quality from human and animal health perspectives, as well as wildlife, angling, recreation and tourism.

The IRD Duhallow LIFE Project would like to acknowledge and thank all of the landowners, supporters and volunteers for their assistance with the project to date. If you would like more details or would like to participate

as a volunteer please contact 029-60633 or check us out at

[www.duhallowLIFE.com](http://www.duhallowLIFE.com).

