

SPECIAL POINTS OF INTEREST:

IRD Duhallow

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AUGUST 2015

DUHALLOW

SKILLNETS

HERITAGE
WEEK 2015
EVENTS

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Enterprise Working Group

Start Your Own Business Course

A Start Your Own Business Course will be held on Tues 15th, 22nd, 29th September and 6th & 13th of October from 9.30am – 1.30pm each day. Learn what's involved in getting started with your own business, including writing business plans, the fundamentals of sales, marketing and book keeping. Cost is €20. Registration is essential, contact **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**.

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 turnaround. 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**.

Digital Marketing

A well used phrase of the modern era says that 'Ignoring online marketing is like opening up a business and not telling anyone!' More and more businesses are going online with their marketing. IRD Duhallow is helping businesses move into the digital age by running an online marketing course covering; twitter, facebook, youtube, web development, SEO, email marketing, linked in and blogging. This 8 week course will commence Monday 14th of September and will run for 8 consecutive weeks from 6.30pm – 9.30pm. Cost is €125, Registration is essential, **contact Louise on 029-60633 / email duhallowskillnet@gmail.com**.

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
Confined Space Operations
Forklift Training
Reception & Front Line Skills.

CRM and Business Practices
Care of the Elderly
Primary Food Safety

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



Occupational First Aid

Duhallow Skillnet will be organising 3 day Occupational First Aid Training in September. Successful candidates will achieve a FETAC Level 5 Certification. Cost is €160. **For further information and registration please contact Louise at 029-60633 / email duhallowskillnet@gmail.com**

Chainsaw Training

Duhallow Skillnet will be organising City and Guilds Chainsaw Training to achieve the CS30 & CS31 standard. This 5 day course will be run for a full week in September. The course will cover Chainsaw Maintenance, Cross Cutting and the Felling of Small Trees. **For further information and registration please contact Louise at 029-60633 / email duhallowskillnet@gmail.com**

Employment and Training Working Group

Job Preparation for Under 25's:

In order to tackle youth unemployment (age 15-24) an emphasis will be placed on moving disadvantaged youths closer to the labour market. A structured guidance and work placement programme will be developed to ensure that the participants can develop the skills needed to find employment. Therefore, it is proposed to develop a 2 week (ten half days) training programme focusing on job preparation. This 2 week programme will target youths to participate in training that will include personal effectiveness, career planning and community awareness.

Each participant will have developed a personal progression plan and will have the opportunity to focus on career plans, learn from each other's experience and seek whatever additional help they might require. **If you are interested it is important to book your place early as places will be limited or for more information please contact Mary Creedon at 029 60633.**

Job Hunting and Interview Skills training workshop

A separate programme is being devised for adults over the age of 24. This programme will focus on group workshops which will comprise of learning how to create a powerful targeted CV to win interviews and to write cover letters which will sell your CV to potential employers. Importantly participants will be shown the smart way to job hunt in today's fast moving environment and develop methods for researching employers and prepare for that all important interview. A person centered approach will be developed. **If you are interested it is important to book your place early as places will be limited or for more information please contact Mary Creedon at 029 60633.**

Youth & Education Working Group

Summer Camps

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 at 029-60633.

Newmarket Afterschools

Our Afterschools will open its doors again this September for the 10th year running from 2-6pm. All children are welcome to attend with homework support and a homemade dinner provided daily as well as loads of fun and games. A tiered pricing system is in operation for families in receipt of a social welfare payment or a medical card. Parents also have the flexibility of sending their children for the whole week or a daily as they wish. For further information please contact Helen at 029-60633.

IRD Duhallow Literacy Support programme

IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia. Two strands: Literacy Workshops and TTRS. Classes will recommence on Tuesday the 22nd of September. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net.**

Thursday 1st of October 2015, 7.30p.m. James O'Keeffe Institute, Newmarket Information Seminar for Parents, Teachers and Second Level Students on CAO and College Choices. Importantly for students with Disabilities and Specific Learning Difficulties applying for a college place via DARE and other supplementary schemes will also be covered. Other topics will include alternative access routes, surviving freshman year, accessing the college disability service, assistive technology etc. Lorraine Gallagher Information & Training Officer of AHEAD (Association for Higher Education Access & Disability) will speak on the night and also we will have a qualified Guidance Counsellor who will inform and create awareness on a wide variety of courses and career areas that are available. Registration is essential. To book your place, contact Mary at 029-60633. This seminar is free to attend and all are welcome.

Duhallow Women's Forum

Diabetes Seminar

There is an epidemic of diabetes in the western world, and Ireland is no exception. The Duhallow Women's Forum is organising a free diabetes seminar for people with Type 2 Diabetes on **Tuesday 1st of September at 2.30 p.m. in the James O'Keeffe Institute, Newmarket.** The seminar will be delivered by Helena Farrell RGN, MSc who is recognized as an expert in her field of diabetes self management, education and diabetes motivational coaching. Helena will talk about the signs and symptoms, risk factors and management of diabetes. She will also discuss Motivation and behavior change. **Importantly Helena will provide a free diabetes risk screening after the event.** Lorraine Kelly, HSE Community Dietitian will speak about a healthy diet and lifestyle for the prevention and management of Diabetes, as well as cholesterol and weight management. Lorraine has over 13 years experience, having qualified from Trinity College Dublin & Dublin Institute of Technology in 2001, and is a member of the Irish Nutrition and Dietetic Institute. Lorraine will also speak about the XPERT group education programme for people with Type 2 Diabetes. This free 6 session programme will be held in Newmarket in September, commencing Tuesday 15th September, for 2.5 hours each week. Places on the XPERT programme must be booked in advance, by calling 029 – 22600, or online at www.hse.ie/xpert **Registration is essential, if you are interested in attending please contact Mary on 029-60633.**

Financial Wellness Seminar

Wednesday 23rd of September from 7.30p.m. to 8.45p.m. in the James O'Keeffe Institute, Newmarket

Financial Health & Wellness means different things to different people. The Duhallow Women's Forum is seeking to provide information to the public empowering attendees with the financial knowledge to enable them to make more informed and ultimately better financial decisions. This seminar will be delivered by Pat Leahy who is an Associate Partner of Rockwell Financial Management. Pat has over 10 years experience in the financial services industry with a key focus on providing financial education to help build strong client relationships and apply a practical approach. Pat will discuss the following topics on the evening: Life Event Financial Planning; Achieving your Financial Goals; Designing a Plan and Planning for Retirement. **Registration is essential therefore if you are interested in attending please contact Mary on 029 60633.** Please note this event is free and open to both men and women.

Stress Management and Wellness Planning Training Course

IRD Duhallow Women's Forum is proposing to deliver a stress management and wellness planning training programme through SICAP during the autumn term and we are now taking names of participants interested in taking part. **Places are limited and if you are interested in participating please contact Mary at 029-60633.**

Equality Working Group

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.**

Basic Sign Language Classes

IRD Duhallow is proposing to run a Basic Sign Language Training course in September. This course is subject to demand. The classes will run for 8 weeks and will cover such topics as: Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc. The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. If you are interested in participating or require further information **please contact Mary on 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"

Community Development Working Group

Newmarket Pitch & Putt Course & Amenity Walk

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 & single players alike. It guarantees a thoroughly enjoyable experience for young and old. Membership is now open & for further information on prices and opening times please contact Gerald at 087-3733181 or log onto the Newmarket Pitch & Putt Course's Facebook page. Newmarket Amenity Walkway is also now open to the public with an annual membership fee of **€35 per person**. For further information on this please contact Helen @ 029-60633

Duhallow Arenas

Become a keyholder of the Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) for €70 (August– December), which will allow full access to the arenas. Family Discounts available. **For further details or information contact Louise on 029-60633.**

Duhallow Carers

The Duhallow Carers Support Group will be meeting on Thursday the 3rd of September at 8.30pm in the James O'Keeffe Institute. Meet with other family and voluntary carers and enjoy a confidential chat and support. For further interest **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. 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.**

Heritage Week 2015 : 'Ireland's' Industrial and Design Heritage'

'Heritage Week 2015' will run from the **22nd to the 30th of August 2015**. IRD Duhallow are organising and facilitating events both at the James O' Keeffe Institute and in the community.

Millstreet Monument Committee have organised a centenary commemoration of the visit of Pádraig Pearse to Millstreet on August 22nd 1915. The plaque will be unveiled on the wall of Corkerys' Bar at 7.30p.m. on **Saturday August 22nd 2015**, the hotel at which he ate when he visited.

Sunday August 23rd: The James O'Keeffe Institute will launch their **Agri-Museum and hold an Agri-Vintage Open Day** from 12 midday to 5 p.m. with traditional artisans present. If you have agri-machinery you would like to display or a traditional skill you wish to showcase, we would love to hear from you!

Tuesday August 25th 2015: the **Sliabh Luachra Cultural Trail will be launched** with an afternoon bus tour of the trail commencing at 4 p.m. from *Bruach na Carraige*. This will be followed by a séisiún at *Bruach na Carraige* Rockchapel at the end of the event. All are welcome to attend though registration is necessary as spaces are limited. To register, please contact James on 029-60633 as bus seats will be limited.

Last but not least, throughout the week we are encouraging communities to participate in the **street and public space recording** – this involves photographing and cataloguing our public spaces for future generations to study, research and remember. For further information on any of the above or to participate in street recording of your local areas, please contact James on 029-60633 or email duhallow@eircom.net.

1916 Commemorations

There have been five meetings held for the 1916 commemorative discussion forum at IRD Duhallow so far this year, with topics; monument upkeep, apt means to commemorate, so far discussed. The meetings are open for all interested to attend. Ideas and suggestions for community events in Duhallow are most welcome. If you would like further information, please contact James on 029-60633.

Millstreet Monuments Committee unveil Plaque to Pádraig Pearse

Millstreet Monuments Committee will unveil their plaque to Pádraig Pearse on the wall of Corkerys' Bar, Millstreet on **Saturday August 22nd 2015 at 7.30 p.m.** The plaque will commemorate a visit and address given by Pádraig Pearse at the old GAA pitch on Station Road, Millstreet on the 22nd of August 1915 where there was *Feis* being held. Speakers on the evening will include Mr. Tom Meaney of Millstreet Monuments Committee and Mrs. Maura Walsh, CEO IRD Duhallow.

Community Archives

IRD Duhallow would like to invite you to partake in the 'Duhallow Community Archive', an initiative established whereby individuals, communities and organisations are encouraged to share material of historical interest with the Duhallow community. The archive will serve areas in both Duhallow and surrounds. It is hoped that it will be a resource for visitors to the area. Information collected will be scanned and returned to its' owner. Should you like any further information on the community archive or advice on scanning, storage or access to this archive (e.g. photographs, documents, correspondence or genealogical information) - **please contact James on 029-60633.**