

**SPECIAL POINTS OF INTEREST:**

AGM

SUMMER

CAMPS

HERITAGE  
WEEK 2015

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# IRD Duhallow

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**JULY 2015**

**The A.G.M. of IRD Duhallow Ltd and Launch of Progress Report 14-15 will take place on Wednesday 29th July at 8.00pm in the James O'Keeffe Institute, Newmarket.**

While the A.G.M is a legal requirement of this organisation. It also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and business and we would appreciate renewal of your subscription as soon as possible.

### Duhallow Cycling Sportive

Pedal Power comes to the roads of Duhallow on Saturday 25<sup>th</sup> 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: 40km, 70km and 110km. For further details and to register please log onto [www.fitmagazine.ie](http://www.fitmagazine.ie) or contact **Laura on 029-60633. Entry fee of €35.**

### Enterprise Working Group

#### Start Your Own Business Course

Expressions of interest are currently being taken for a Start Your Own Business Course, for Start Up Businesses. Register your interest today by **contacting 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.**

#### 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. Skillnets provides a 25% reduction on the cost of training for local businesses and their employees. We are currently taking expressions of interest in the following courses which will be run over the coming months:

Intermediate Computer Technology  
Occupational First Aid  
Digital Marketing  
Care of the Elderly  
Primary Food Safety

Chainsaw Training  
CRM and Business Practices  
Confined Space Operations  
Forklift Training  
Reception & Front Line Skills.

**For further information and to express your interest, please contact Louise on 029-60633 or email [duhallow@eircom.net](mailto:duhallow@eircom.net)**



## 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 details contact Louise on 029-60633.**

### 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 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. 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 details contact Helen at 029-60633.**

### Heritage Week 2015

‘Heritage Week 2015’ will run from 22nd – 30th of August. IRD Duhallow will facilitate a number of activities and events in conjunction with the national programme of events which this year runs the theme of ‘Ireland’s Industrial and Design Heritage’. IRD Duhallow will facilitate a number of events such as a vintage open day on the site of the new agri-museum at the James O’ Keeffe Institute and a street recording event in local communities. Heritage Week will commence with Millstreet Monument Committee unveiling a plaque in commemoration of the centenary of Pádraig Pearse’s visit to Millstreet on August 22nd 2015. Heritage Week encourages the community to engage with their tangible and intangible heritage, thus community engagement is much encouraged. For further information, please contact James on 029-60633.

### 1916 Commemorations

There have been three meetings held for the 1916 & War of Independence commemorative discussion forum at IRD Duhallow thus far this year, with monuments upkeep and suitable ways of commemoration topics so far discussed. The meetings are open for all interested 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.

### Buildings Of Cork: Frank Keohane: July 9th 2015: 7.30 p.m.

**Frank Keohane** (S.C.S.I., R.I.C.S) is working on the ‘*Buildings of Cork*’ which will be eventually a title in the **Pevsner Architectural Guides: Buildings of Ireland** - sponsored by the Buildings of Ireland Charitable Trust. He will present his survey of Cork’s rich built heritage, & in doing so providing a fascinating overview on the county’s architectural record on the 9<sup>th</sup> of July 2015 at 7.30 p.m at the James O’ Keeffe Institute, Newmarket. **Frank Keohane** (S.C.S.I., R.I.C.S) is a Chartered Building Surveyor & Architectural Historian who specialises in the survey, recording, repair, refurbishment and conservation of historic buildings in Ireland. To register, contact James on 029-60633.

## Youth & Education Working Group

### Summer Camps

After great success last year the ‘**Duhallow Nature Detectives**’ will run again this year from the 6th -10th 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 popular **Little Chefs Camps** will run from the 13th -17th July from 9am-2.30pm. Activities will include, baking, arts and crafts, potting plants, games and lots of fun.

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.

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.**

## 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.

### 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 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 on 029 60633.**

#### Job Hunting & Interview Skills Training

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 centred 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 on 029 60633.**

#### Upcycling/Recycling Training Course

IRD Duhallow is proposing to deliver an Upcycling/Recycling training course (dependent on demand). This course will run once a week for 10 weeks with a proposed start date of Wednesday the 16th of September. The training will allow you to discover the sense of achievement in revamping or altering your once loved clothing whilst learning a new skill. Be provided with inspiration and ideas on how to develop your skill level on a domestic sewing machine. Learn how to upcycle using fabric, buttons, classic embroidery stitches, corsages and beads. It is important to book your place early as places are limited or for more information **please contact Mary Creedon on 029 60633.**

#### 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"

## 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 information contact Sheila/Rachel at 029-60633.**

**GIY Group** - A garden visit is being planned in the coming weeks. For information please contact Sheila/Rachel at 029-60633.

## Tús Assisted / Self –Referral

While the majority of people referred for Tús are selected on a random basis by the Department of Social Protection, 20% of available places can now be filled by assisted or self-referral. The assisted/self-referral affords people who fulfill the qualifying criteria the opportunity to avail of short-term quality work placements. IRD Duhallow is working closely with the local DSP Case Officer Martina O'Connor who is assessing all applications for eligibility and suitability. To qualify for Tús, you must be unemployed for at least 12 months and 'signing on' and currently in receipt of Jobseekers Allowance. Please contact your local DSP Office if you are interested – **Newmarket 029-221 10, Killarney 064-6678500, Mallow 022-30934.**

## Environmental Working Group

### Our Otters Are Famous

A not so shy otter was caught on one of our monitoring cameras recently, when he marked his territory with a you know what. We put the video clip on Youtube & the video went viral with almost 8,000 views from Mexico to the USA. Making it the most famous otter in all of Duhallow! Check it out on our Facebook page at [www.duhallowlife.com](http://www.duhallowlife.com) don't forget to LIFE us!

### Attention all Photographic Enthusiasts

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. The closing date for receipt of photographs is 1st September. **For information ring Nuala at 029-60633.**

### International EU LIFE Conference A Great Success

We had a great turn out for our International Conference to mark the end of the IRD Duhallow Blackwater LIFE project & the launch of our new Duhallow Raptor LIFE project. The theme common to both conferences was the importance of community ownership of nature conservation & wildlife management in rural areas like Duhallow. The gatherings emphasised the close link that rural communities have with nature & that rural communities are at the very heart of wildlife conservation. Speakers from a range of European counties attended & gave an international perspective on nature conservation. People from the community also spoke on how they saw the project & a road map was presented on how the important work by the LIFE project should continue in Duhallow. The conference was followed by a lively field trip to local Duhallow landowner Tony Ahern's farm, outside Kanturk, and a demonstration was given on a range of farm conservation measures designed to assist farming & nature together. Check out [www.duhallowLIFE.com](http://www.duhallowLIFE.com)

### EPA Gives IRD Duhallow The Thumbs Up

At the recent conference to mark the end of IRD Duhallow LIFE, a presentation was given by Donal Daly, Senior Scientist with the Environmental Protection Agency. The presentation covered the European Directive governing water quality & Mr. Daly emphasised the need for the effective engagement of local communities on the ground, if Ireland is to really reach its green potential for both the Agri-food industry & water quality. He complimented IRD Duhallow for its work with farmers & the local community. Currently the EPA is running a catchment management national training programme for technical staff of Local Authorities & other agencies have selected IRD Duhallow's LIFE project to be used as a demonstration site for this important event.

### River Allow Catchment Management Meeting

It is proposed that the next River Allow Catchment Management meeting will be held on **July 15th at 1.30pm at the James O' Keeffe Institute, Newmarket.** This meeting will focus on a range of issues concerning the river. Local involvement from the community is really important & we invite members of the public to attend. Contact 029-60633 for details.

### Raptor LIFE

The new Raptor LIFE project has continued to build up momentum. Surveys are currently being conducted to determine the full extent of invasive plant species, such as Japanese Knotweed along the rivers and roads of the Upper Blackwater catchment area. In addition, surveys are ongoing to look at where improvements can be made to the habitat of the Hen Harrier & other upland bird species such as the Merlin. It is proposed to carry out a juvenile Lamprey survey (eel like fish that have no jaws!) later in the Summer. So it is all go for now so long as the fine weather doesn't let up!

**Volunteers** - We are also collaborating with the Golden Eagle Trust and Birdwatch Ireland on a number of bird surveys from Meadow Pipit to Hen Harriers. **If you are interested in volunteering in any of the above work, from bird watching to conservation actions including Himalayan Balsam removal and wildlife management, please contact IRD Duhallow at 029-60633.**

