

SPECIAL POINTS OF INTEREST:

LEADER
STRATEGIC
PLAN 2015-2010

DUHALLOW
SKILLNETS

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IRD Duhallow

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LEADER Strategic Plan 2015-2020

IRD Duhallow is currently drafting it's Strategic Plan for LEADER 2015-2020. We have held community meetings but are still accepting submissions to be included in the programme. A public meeting will be held on Wednesday 16th September at the James O'Keeffe Institute, Newmarket at 8pm to provide feedback on the strategy. Everyone from business community, community organisations, farming sector, environment groups, sporting organisations, youth and actively retired clubs are all welcome on the night.

Visit Us At the National Ploughing Championships

We hope you'll call in to visit the IRD Duhallow, LIFE and Duhallow Community Food Services Stands which will be located in the Go Kerry Village at the National Ploughing Championships from the 22nd – 24th of September in Stradbally, Co. Laois.

Getting Ready For Eircode

Eircode is the new postcode system for Ireland. This summer a letter was sent to all addresses notifying them of the Eircode for that address. Your address does not change, you simply include the Eircode at the bottom of your address. There are many benefits to using Eircode, including making it quicker and easier for medical emergency services and others to locate addresses. It is safe to give an Eircode to anyone you would normally give your address to. The Eircode Community Outreach Programme involves local organisations and volunteers in County Cork in helping reach out to people who may need further information on Eircode. There may, for example, be some confusion or misunderstandings about Eircode. Further info. visit www.wheel.ie/eircode, www.irishrurallink.ie/eircode and www.eircode.ie

Volunteering

At IRD Duhallow we are passionate about volunteering. Volunteering enriches communities, gives volunteers an opportunity to develop personally, and puts giving at the heart of how we all live. If you would like to volunteer with IRD Duhallow please contact 029-60633.

Enterprise Working Group

Digital Marketing

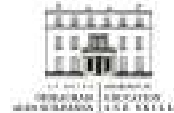
A well used phrase of the modern era says that 'Ignoring online marketing is like opening up a business and not telling anyone!' More and more businesses are going online with their marketing. IRD Duhallow is helping businesses move into the digital age by running an online marketing course covering; twitter, facebook, youtube, web development, SEO, email marketing, LinkedIn 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.

Start Your Own Business Course

A Start Your Own Business Course will be run 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.

An Overview on Human Resource Management for SMEs

Caroline McEnery, Managing Director of the HR Suite will be giving a free seminar on Fundamental Human Resource Management for SMEs. Learn about Best Practice HR, and upcoming legislative changes which are a must know for every employer. For further details or information contact Louise on 029-60633/ email duhallowskillnet@gmail.com.



Care Of The Elderly

Duhallow Skillnet will be organising a FETAC Level 5 Care of the Elderly Course, which will run for 10 Wednesdays from 6.30-9.30pm from the 7th of October to the 9th of December. The cost of this course is €200. For further information and registration please **contact Louise at 029-60633 / email duhallowskillnet@gmail.com**

Forklift Training

Duhallow Skillnet will be organising an RTITB accredited training programme in Forklift Training. This will cover Counterbalance and Reach Lift Forklift Training. The cost is €375. For further information and registration please **contact Louise at 029-60633 / email duhallowskillnet@gmail.com**

Occupational First Aid

Duhallow Skillnet will be organising a 3 day Occupational First Aid Course in September. Successful candidates will achieve a FETAC Level 5 Certification, the cost is €160. 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.**

Stress Management and Wellness Planning Training Course

The Duhallow Women's Forum is proposing to deliver a stress management and wellness planning training programme through SICAP. It is anticipated that by the end of the course participants will:

- Be aware of the Areas of Stress in their lives at home/at work/ in their relationships.
- Identify the effects of their Stress.
- Have acquired the Skills to Manage and Reduce their Stress.
- Have a good sense of their own Worth and Value and have the Confidence to progress towards their Goals.
- To change Negative/Limited thinking, Attitudes and Behaviours, to deal with Unresolved Issues and Let Go of what Life is not Life Giving.

It is proposed that this course will take place in the Autumn term and we are now taking names of participants interested in taking part in this course. Places will be limited and if you are interested you are asked to **contact Mary on 029 60633.**

Youth & Education Working Group

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 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, consisting of 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.**

Information Seminar for Parents, Teachers & Second Level Students on CAO & College Choices.

Thursday 1st of October 2015, 7.30p.m. James O'Keeffe Institute, Newmarket - This is important 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

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.

This September, the Irish Heart Foundation's Heart Month campaign 'It's a Red Alert' will focus on women and heart disease. For more information please visit www.irishheart.ie/redalert

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 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**.

Duhallow Choral Society

Duhallow Choral Society resumes training on the 1st September at Mercy Secondary School Kanturk at 7.30pm. This year we celebrate 20 years of singing and performing. We have a very exciting programme planned to include a 1916 remembrance concert, and working with both the Cork Choral Festival and the Cor World at Cardiff Stadium in May 2016. We are actively looking for new and former members to join particularly men we assure you of a warm welcome and an action fun filled year. For further details contact **087/6157720**.

Duhallow Walks

There will be a series of organised walks in September on the following:

8th September - Mullaghereirk 9th September - Island Wood 10th September - Source of the Blackwater
15th September - Mount Hillary 17th September - Clara Mountain

If you are interested please contact Sheila, Con or John on 029-60633.

Duhallow Arenas

Become a keyholder of the Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) for €60 (September– December), which will allow full access to the arenas. Family Discounts available. **For further details or information contact Louise on 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 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"

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. IRD Duhallow is delighted to see how the Newmarket Pitch & Putt is being widely used by both young and old over the last few months. As a result of this, we are in a position to **offer free** membership for the use of the **Newmarket Amenity Walk** around the pitch & putt course for the rest of the year. **However membership of the walk is essential.** Dogs are welcome on a lead and no dog fowling please. **For further information on this please contact Helen at 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.**

Celebrating Cork Past - Celebrating Cork Past is accepting entries from all historical societies through the length and breadth of Cork City and County to exhibit the heritage, tradition and culture of their own place within the county or city. An exhibition will take place on Friday 2nd October at the City Hall in Cork. Registration is necessary – for further information contact richardtcooke@yahoo.com.

Community Archiving

IRD Duhallow would like to invite you to take part in the Community Archive initiative which will allow communities and individuals to digitise (scan) documents of local historical interest. Documents will be returned after scanning. The scanned documents will form a local digital reference library for locals and visitors alike. For further information, please **contact James on 029-60633.**

1916 Commemorations

The 1916 Commemorative Meetings are proceeding well at the James O’Keeffe Institute. The next meeting will take place on Wednesday September 9th at 7.30 p.m. Items discussed thus far include monuments survey, cataloguing and upkeep; events organisation in local towns and villages; events granting; and historical discussion surrounding past events. The period being dealt with is 1916-1921. To register your interest or future attendance, **contact James on 029-60633.**

CareBright

CareBright is a non-profit, social economy business and they focus on caring and supporting people to live independently in their own homes. CareBright has been providing services for older people in the form of Home Care Grants, Home Help Services, Chiropody, and Subsidised Hours in the home, while also being a homecare provider providing care for clients in a private capacity. The care services that are provided are for the elderly, people with disabilities, post surgery, people who require specialised services, companionship or general support in the home. For details ring **061-383644** or visit www.carebright.ie.

Crystal Project

Cairde Maithe, supported by The Crystal Project is a volunteer visiting service developed to provide companionship and support for people with dementia in Mallow and throughout North Cork. We are always on the lookout for friendly, caring and dependable volunteers from all walks of life to join our team. For more information please contact: Christine O’Riordan on 02258727 / 0860255205 or email christine@crystalproject.ie or visit www.crystalproject.ie

Towards Occupation

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 these questions than maybe this programme is for you. The Towards Occupation Programme is designed to assist people who are in receipt of a social welfare payment to develop the skills and confidence to move into education, training, voluntary work, employment or other directions. Participants are supported to explore a range of new skills and set achievable goals whilst also focusing on confidence building, communication skills and increasing self belief. The programme is flexible and part time including training opportunities in: Life skills/Personal Development, Computers, Crafts, Horticulture and Furniture REVAMP. **For more info contact 029-60633.**

The award winning **X-PERT programme** for people with **Type 2 Diabetes** will be held in Newmarket in September, and is organised by the HSE Community Dietitians in North Cork. The aim of the programme is to educate people affected by diabetes so that they can best manage their condition, improving their health and increasing their control over their diabetes. The **FREE** programme consists of a two and a half hour education session each week, for six weeks, during which participants learn all about what diabetes actually is, what treatments are available, and how diabetes is affected by weight, diet and exercise. There are lots of practical tips and participants learn from each other. The programme will run on Tuesday afternoons, **starting 15th Sept.** Places must be booked in advance. To register contact **029-22600** or visit www.hse.ie/