

## SPECIAL POINTS OF INTEREST:

DUHALLOW

BUSINESS

AWARDS

DUHALLOW

SKILLNET

INSIDE

THIS ISSUE:

Enterprise Working Group	2
Duhallow Women's Forum	2
Duhallow Carers	2
SAOI Network	2
Equality Working Group	3
Services	3
Community Development Working Group	4

# IRD Duhallow

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NOVEMBER 2015

IRD Duhallow is delighted to have completed the Local Development Strategy for LEADER 2015-2020, which the LCDC has submitted for evaluation. It is one of the first strategies to be submitted and we are hopeful of a decision before the end of November so that we can get the LEADER programme operational in Duhallow once again.

### Newmarket Pitch & Putt Course & Amenity Walk

If you haven't already done so why not come and enjoy a round of Pitch and Putt on our newly renovated 18 hole course. The course is 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.

Due to the wide use and uptake of the Pitch and Putt Course over the last few months 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 fouling please. **For further information on this please contact Helen at 029-60633.**

### Duhallow Community Laundry

This facility is over 1 year in operation and was established 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 further details please contact Helen at 029-60633.**

### Duhallow Arenas

Become a keyholder of the Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) for €35 (November– December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633 / [duhallow@eircom.net](mailto:duhallow@eircom.net)**

### 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 029-60633.**

### 1916 Commemorations

The 1916 Commemorative Meetings are proceeding well at the James O'Keeffe Institute. The next meeting will take place on **Tuesday 17th November 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 029-60633.**

IRD Duhallows' **Sliabh Luachra Cultural Trail** was launched on August 30<sup>th</sup> as part of National Heritage Week. The cultural trail travels the highways and by-ways of the Sliabh Luachra countryside, visiting various points of cultural, historical and archaeological interest en route. The route is 130 km in length. A guide booklet has been produced and is available throughout the region and from IRD Duhallow. For more information see [www.sliabhluachra.com](http://www.sliabhluachra.com).



## 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 Initiative established through the BTWEA / STEA; Best Social Enterprise and Best Creative Industry Award.

**Nominate a local business today by visiting [www.irdduhallow.com](http://www.irdduhallow.com)**

Tickets for the **Duhallow Business Awards Banquet, which takes place on Thursday 26th November in the James O’Keeffe Institute, Newmarket** can be booked with Louise on 029-60633, email [duhallow@eircom.net](mailto:duhallow@eircom.net).

### Micro Finance

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 / [duhallow@eircom.net](mailto:duhallow@eircom.net).

### Duhallow Skillnet

Duhallow Skillnet will be organising the following training: **Occupational First Aid Training** 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](mailto:duhallowskillnet@gmail.com)**

### **Duhallow Skillnet is currently taking expression of interest in the following:**

**Intermediate Computer training** FETAC Level 4. Modules covered will include Basic IT Theory, File management, Word Processing, Spreadsheets, Databases, Presentations, Internet and Email.

**Patient and People Manual Handling** This training will show your staff how to lift patients, particularly elderly or incapacitated people and therefore avoid back injuries. By training your staff how to lift people safely you can avoid costly compensation claims and create a safe environment for the people that are being cared for.

**Microsoft Excel Advanced training** course is a 1 Day public programme, designed for candidates who would like to enhance their understanding and knowledge of Excel to an advanced level. It takes participants through the items listed in the course contents to a point where participants can use Microsoft Excel to advanced levels to increase efficiency in their everyday work.

**Build your Own Website** Participants will learn how to create their own website by using WordPress. This course will allow participants to build a technically advanced website without having to learn any code or subscribe to expensive design programmes. Also, participants will gain the skills and knowledge to manage and grow their websites in the future.

**To express your interest on any of this training please contact Louise on 029-60633 / [duhallowskillnet@gmail.com](mailto:duhallowskillnet@gmail.com)**

## Duhallow Women’s Forum

### Crime Prevention Information Seminar

Sergeant John Kelly Crime Prevention Officer will give a Crime Prevention Talk on **Tuesday 3<sup>rd</sup> November at 7.30p.m. in the James O’Keeffe Institute, Newmarket.** This night will promote crime prevention and how to reduce the opportunities for criminals to commit crime in the Duhallow area. **Mr. Diarmuid Cronin, Community Alert Development Officer will also be available to explain details of the Community Alert Initiative.** Registration is essential by contacting Mary Creedon on 029-60633. This seminar is free and everyone is welcome to attend.

## Duhallow Carers

The Duhallow Carers Support Group will be meet on **Wed 11th November at 8.00pm** in the James O’Keeffe Institute for their **Annual Carers Mass.** Meet with other family and voluntary carers and enjoy a confidential chat and support. For further details **contact Louise on 029-60633.**

## SAOI Network

### Day Time Cinema

The SAOI Network will be holding a Day time Cinema on **Monday 16th November** showing the 1959 feature film ‘**Darby O’Gill & the Little People**’ in the James O’Keeffe Institute Newmarket. **Dinner in DCFS at 1pm followed by film showcase at 2pm. Admission (Incl. Dinner) €10.** Booking essential. Please contact Louise on 029-60633 or email [duhallow@eircom.net](mailto:duhallow@eircom.net)

## Employment and Training Working Group

### Refresher FETAC Level 5 Occupational First Aid

IRD Duhallow is seeking to run two courses in Refresher FETAC Level 5 Occupational First Aid. There will be a maximum intake of 10 participants per course. It will be a requirement for participants to bring their FETAC Level 5 Occupational First Aid cert with them on the day. Please note you have up to 3 months from expiry date to revalidate. Places will be limited. Names are currently being taken and if you are interested in participating please contact **Mary on 029-60633**.

### Art Therapy

How would you like an opportunity to explore the therapeutic potential of Art through themed workshops? Through the process of drawing, painting and image making you will find the opportunity to reflect, express and explore experiences, emotions and relationships in a "realm beyond words". Please note this is not an art class nor do you have to have any previous experience in art or image making. **Please contact Louise / Mary on 029-60633 for more details.**

## Youth & Education Working Group

### 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. **For further information and registration please contact Louise at 029-60633 / email [duhallow@eircom.net](mailto:duhallow@eircom.net).**

### Newmarket Afterschools

Our Afterschools continues to operate from 2pm-6pm Monday to Friday. 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 details please contact Helen 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 call **087-6279000**.

**GROW Community Mental Health**, Is A 12 Step Program For Living, which enables people to develop coping strategies, to help them live and deal with any emotional, or mental health issue they may have in their lives. Founded In Australia over 50 years ago, The GROW Program, has been derived from the AA model of recovery. It has been written by individuals who know what it is like to live with stress, anxiety, depression Etc. Our local GROW Meetings are held every Monday night, In The Duhallow Day Centre Kanturk At 8pm. (rear of Kanturk Community Hospital). They Are totally confidential, relaxed, friendly and free to attend. **If you would like more information on GROW please telephone GROW Area Co-ordinator Noreen on 086-1726004 or log onto [www.grow.ie](http://www.grow.ie) or come along any Monday night, you will be very welcome.**

**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.

### Financial Difficulties?

**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"*

-Confucius

## Communicating Europe

The Communicating Europe Initiative (CEI) was established in 1995 to raise awareness about the European Union and to improve the quality and accessibility of public information on European issues. The programme is administered by the Department of the Taoiseach. Earlier this year IRD Duhallow made an application for funding to deliver this initiative to our local secondary schools in the Duhallow area.

IRD Duhallow recognises the value of Ireland's membership to the EU and in particular the value to our own local economy through various European funded initiatives such as LEADER, European Social Fund, LIFE+, Europe's Life Long Learning Programme to name a few. The overall aim of the EU, since its foundation in 1958 is to promote peace, the values of human rights, democracy, equality, the rule of law and the well being of its people. Ireland became a member of the EU in 1973 and since then has been an active member. Through their roles as Members of the European Parliaments (MEPs), Commissioners and other officials, Irish men and women have played an active role within the EU, helping to raise Ireland's profile and contribute to the development of the EU.

Ireland has seen many benefits since joining the EU. IRD Duhallow was set up just over 25 years ago to develop the region, to increase job opportunities locally and to develop and encourage tourism in this area. At this time a huge amount of work was completed locally to collect money but it was not until the first European programme contract was secured for this region which was called LEADER 1 that proper investment was made to the area. Subsequently IRD Duhallow applied for and received more funding through LEADER 2, LEADER+ and the LEADER 2007-2013 mainstream programme. We are now in the process of working towards the next LEADER Programme 2014-2020.

Since our inception **we have implemented 30 National & EU programmes through a single Community Based Rural Development Structure and levered over 50 million into the Duhallow area.** We have helped create approximately 1500 local jobs and sustained a further 1600 existing jobs. In addition we have created 1180 indirect jobs through construction work, consultancy and other initiatives. We have supported 130 Community and Voluntary groups and funded over 850 projects by communities. We have empowered over 5,300 young people to get involved in development projects and initiated support projects with all secondary schools in Duhallow.

In September we were delighted to organise **workshops between MEPs from the Southern Constituency** to meet with **Transition Year students from our five secondary schools in Duhallow.** MEP Deirdre Clune facilitated an information session with sixty Transition Year Students of Millstreet Comprehensive School and Scoil Phobail in Rathmore. Also MEP Liadh Ni Riada and MEP Sean Kelly facilitated a session in Kanturk with 130 Transition Year students from Scoil Mhuire and Colaiste Treasa of Kanturk and Boherbue Comprehensive School. **These sessions proved very informative for all involved** whereby the students received the opportunity to find out what Europe means to them as an Irish Citizen. We are grateful to the participation of the MEPs for graciously giving their time to the students. The students responded very well to the workshops and found them highly interesting and educational and we want to thank the schools for their participation.

We **congratulate** two students from Coláiste Treasa, Kanturk – **Ian O' Sullivan and Eimear Murphy**, the winners of this year's Irish BT Young Scientists Competition. The students represented Ireland at the **EU Contest for Young Scientists in Milan.** Their project – examining the effects that parents' alcohol consumption can have on their adolescent children won the Intel ISEF prize. They will travel to the United States in May of next year to exhibit at the Intel International Science and Engineering Fair in Phoenix, Arizona.

## 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** and you will find a large selection of Home Baking, Fresh Vegetables, Herbs, Jams, Chutneys and Free Range Eggs. **Orders are now being taken** for Christmas baking including mince pies and Christmas wreaths. New producers are welcome. For further queries please contact Sheila O'Keeffe at 029-60633.

## The 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.**

## Tús & Rural Social Scheme

Communities & charities are reminded that support for their work is available through Tús & RSS schemes.  
**Contact Sheila @ 029-60633**

## Choral Mass and Concert at Boherbue Church on Sunday 22nd November 2015

Dordan, the male voice choir will sing at 11.00am Mass in Boherbue Church on Sunday 22nd November 2015. There will be a Concert after the Mass in the church.  
Boherbue Christmas Market on Sunday 22nd November at 2.00pm in Boherbue Hall. All welcome to an afternoon of gorgeous pre-Christmas shopping in a party atmosphere for browsers and savvy shoppers. Free entry to the market.