

SPECIAL POINTS OF INTEREST:

INFORMATION SEMINAR ON CAO & COLLEGE CHOICES ON 8TH OCTOBER 2015

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IRD Duhallow

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OCTOBER 2015

Women & Agriculture

FBD 2015 Women & Agriculture Awards will take place in Knightsbrook Hotel, Trim, Co. Meath on the night of **Wednesday 28th October 2015**.

The Women & Agriculture Conference will take place in Knightsbrook Hotel, Trim, Co. Meath on **Thursday 29th October 2015**. Enquires to Sheila at 029-60633.

Employment and Training Working Group

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**

Occupational First Aid

Duhallow Skillnet will be organising 3 day Occupational First Aid Training in October. 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**

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 and you will have up to 3 months from expiry date to revalidate. Places will be limited to people who are unemployed or underemployed or may fit into one of our other target groups. Names are currently being taken and if you are interested in participating or to find out more information please contact Mary on 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.



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Youth and Education Working Group

IRD Duhallow Career / Employment Day

The Annual IRD Duhallow Careers Day will take place on **Monday 5th October** in the Edel Quinn Hall Kanturk from 10am-1pm. This event will give young people an opportunity to meet with representatives from local and national **Universities, Institute's of Technology, PLC Training Colleges, Agricultural Colleges etc** and to discuss further educational opportunities and to get a good insight into requirements and what each course entails. **Booking is essential. Admission is Free.** For further information please contact IRD Duhallow @ 029-60633.

Thursday 8th of October 2015, 7.30p.m. James O' Keeffe Institute, Newmarket
(Please note change of date from what was previously advertised)

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

This seminar will explain what is involved in making an informed choice regarding courses and careers including career guidelines in the decision making process. 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. **Róisín Kelleher** is a graduate of University College Cork with a MA in Guidance and Counselling. She is a former President of the Institute of Guidance Counsellors and served on a number of state bodies such as National Centre for Guidance in Education, (NCGE) and National Educational Psychological Services. **Lorraine Gallagher** has worked in the area of disability and equality for a number of years. She is currently the Information & Training Officer for AHEAD (Association for Higher Education Access & Disability) and manages AHEAD's information service. Registration is essential. To book your place, please contact Mary on 029-60633. This seminar is free to attend and all are welcome.

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 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. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net.**

Duhallow Women's Forum

Crime Prevention Information Seminar

Sergeant John Kelly Crime Prevention Officer will give a Crime Prevention Talk on **Tuesday the 3rd of 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.

Turn Off the Red Light Campaign

The Duhallow Women's Forum welcomes the government's commitment to publish new laws next month to combat the exploitation of women and girls in prostitution and human trafficking which it is hoped will be a significant milestone in efforts to combat these crimes. For more information please refer to www.turnofftheredlight.ie

Duhallow Carers

The Duhallow Carers Support Group will be meeting on Thursday the 1st of October at 8.00pm 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.**

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 information.**

Towards Occupation Programme

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.**

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**.

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

What is Alternative Health? Series of Workshops

We are currently determining interest in running five workshops on the following topics:

- What is holistic/alternative medicine - Where it can help and what are the contraindications? Homeopathy, herbal remedies and supplements will be discussed.
- Digestion and allergies. Various different digestive problems will be discussed. Symptoms that indicate what are needed and when self medication is not always a good thing. An example of this is overuse of ant-acids.
- The immune system. This relates with digestion and food eaten. Also discussed will be the need for de-toxing and how to do it safely.
- Skin and respiration. Overlapping allergies slightly but showing what works best and the nasty chemicals in some products which may make certain conditions worse.
- Hypnotherapy and how it works, how to use it for self-motivation on weight loss, to give up smoking etc. Individual script to be handed out as required by the individuals. Also an open discussion to conclude the course.

These sessions will run one session per week for five weeks. We are currently taking expressions of interest to see if there is interest in running these workshops. To register your details please contact Mary 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.

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

Community Development Working Group

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. **How-ever 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 €50 (October– December), which will allow full access to the arenas. Family Discounts available. **For further details or information contact Louise on 029-60633.**

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 October 7th 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.**

IRD Duhallows' **Sliabh Luachra Cultural Trail** was launched on August 30th 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. There has been a booklet produced which is available throughout the region and from IRD Duhallow. For more information see www.sliabhluchra.com.

Care, Conservation and Recording of our Local Historic Graveyards

IRD Duhallow would like to redirect individuals to the document www.heritagecouncil.ie/fileadmin/.../Guidance_Historic_Graveyards.pdf.

It has come to our attention that damage is being caused in one of our local historic graveyards. We would suggest that people do not undertake maintenance works if they are unsure of the impact so as to not inadvertently destroy the features that make our graveyards a unique place. Graveyards are an important feature of our historic landscape and IRD Duhallow has completed a lot of work with local communities to try and understand how to care, conserve and record these graveyards developing the genealogical and heritage tourism potential of their parishes. If people want more information they might refer to the above document which provides guidance on this issue or consult Cork County Council Heritage Officer Conor Nelligan or Mary Sleeman at (021) 4276891. **In particular, we ask that people take care and try not to damage these very important sites.**

Bird Watch Group

IRD Duhallow Bird Watch Group **Outing** to Timoleague and Clonakilty on **Sunday 18th October 2015.** Car-Pooling will take place. For further details please contact Sheila O'Keeffe at 029-60633.