

SPECIAL POINTS OF INTEREST:

DUHALLOW
BUSINESS
AWARDS

DUHALLOW
SKILLNET

MULTI CULTURAL
CHRISTMAS EVENTS

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IRD Duhallow

Tel: 029-60633

DECEMBER 2015

Web: www.irdduhallow.com

E-mail: 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 €25 for the month of December, which will allow full access to the arenas. **For further details or information contact Louise on 029-60633 / duhallow@eircom.net.**

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.**

Communities and Charities

Communities and Charities are reminded that **support for their work is available through Tús and RSS Schemes.** For further details please contact **Triona Murphy at 029-60633.**

Duhallow Indoor Christmas Artisan Food and Craft Village will take place in the Edel Quinn Hall, Kanturk on **Sunday 6th December 2015 from 12-5pm.** Admission to the event. People are encouraged to bring non-perishable food items to the event and all items will be donated to Cork Penny Dinners. Please contact 087-3971054 to book your space - please note space is limited.

Sleeping Beauty Christmas Panto by **Wild Boar Productions** will be take place on **11th 12th & 13th December 2015** in the **Edel Quinn Hall, Kanturk.** **For tickets please call Box Office at 087-6411858.**

The Parish of Castlemagner have formed a **Garda Community Alert Group** in the Parish called '**Castlemagner Parish Text Alert**'. This system is now used in many Garda districts and is proving very effective by having real time messages about events such as robberies and suspicious activity, sent out via text to members. Anyone interested in joining or would like more information can contact: Clare at 086-8071248, Eileen at 086-4098527 or Marian at 089-4264895.

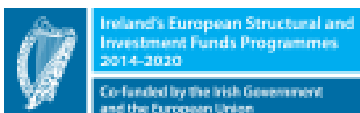
The Warmer Homes Scheme

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.



Enterprise Working Group

Duhallow Business Awards

Congratulations to all the businesses that were nominated for the Duhallow Business Awards and well done to the winners of each category who were announced at The Duhallow Business Awards Banquet held on Thursday 26th November 2015. See the winners and pictures on www.irdduhallow.ie or the Corkman Newspaper.

IRD Duhallow 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 **Contact Louise at 029-60633 / email duhallowskillnet@gmail.com**.

Duhallow Skillnet

Duhallow Skillnet will be organising **Occupational First Aid Training**. Successful candidates will achieve a FETAC level 5 Certification. Cost in €160. For further information and registration **please contact Louise at 029-60633 or email duhallowskillnet@eircom.net**

Duhallow Skillnet is currently taking expressions of interest for each of 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 every-day work.

Infection Prevention and Control

FETAC Level 5 Infection Prevention and Control.

Advanced Excel

This 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 every-day work. Express your interest today by contacting Louise on 029-60633 / duhallowskillnet@gmail.com

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 in any of the above training please contact Louise at 029-60633 / duhallowskillnet@gmail.com

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**.

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

Multi Cultural Christmas Communities Events

This year IRD Duhallow is hosting two Multi-Cultural Christmas Community Events:
Monday 14th December in Teach Iosagain, Rathmore from 6.30p.m. to 7.30p.m.
Tuesday 15th December in the Trade Union Hall, Kanturk from 6.30p.m. to 7.30p.m.

These events will give local children & adults the opportunity to meet new friends, have some festive refreshments and sing Christmas carols. Santa and Mrs Claus will be in attendance. The events are free of charge and everybody is welcome.

Please note registration is essential prior to attending as places are limited, contact Mary to register your families details on 029 60633 no later than Wednesday 9th of December 2015.

The 16 Days of Action Opposing Violence Against Women Campaign runs this year from the 25th November – 10th December.

Women's Aid is a national organisation which supports women experiencing domestic violence in Ireland. They recently launched their election manifesto which is a very important opportunity to improve supports provided to women and children experiencing domestic violence to ensure that those experiencing domestic violence are provided with the supports and resources that they need. Their three main priorities are;

Resource; to ensure that all services supporting victims of domestic violence are adequately resourced

Reform; Ensuring that all legislation is up to date and enforceable

Respond & Record; that all staff in statutory systems supporting victims of domestic violence are trained resourced and adequately informed to provide assistance to people experiencing domestic violence. For further information please

Ireland has only just **one third** of the recommended minimum number of domestic violence emergency accommodation.

In 2013, refuges in Ireland were unable to accommodate 3,494 requests for emergency accommodation because they were full.

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**.

Community Services Programme Vacancies IRD Duhallow is seeking applications for 4 full time positions for Duhallow REVAMP, a furniture recycling and reuse social enterprise which will be funded through the Community Services Programme. Positions include: 1 x Admin/ Accounts, 1 x Craft Operative, 2 x Upholstery and Restoration Operatives

Eligibility Criteria for Community Services Programme Person in receipt of Job Seekers Benefit, Job Seekers Assistance or One Parent Family Payment, Disability Allowance, Invalidity Pension, Blind Persons Pension or other disability benefit. These positions are temporary of 39 hours per week and the salary is based on the minimum wage.

Job Descriptions are available on www.irdduhallow.com Applicants should apply with cover letter and CV to: The Manager, IRD Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork or email; duhallow@eircom.net

Completed applications must be received by 5.30pm on Wednesday 9th December.

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

What unusual weather we have been having over the last few months with mild temperatures continuing late into the season. Like ourselves our wildlife have been taking full advantage of the weather before the colder winter months settle in. Leaves are only now falling from the trees. Trees such as the native willow stakes, slips and other native tree saplings that the LIFE project first planted in 2011, have now stretched into larger plants, providing protection to the river banks along many sections of the River Allow catchment. The leaves from these trees will also provide food for aquatic invertebrates living in the Blackwater over the winter period, when other food becomes scarce.

Japanese Knotweed

Invasive species removal is a key objective of the new RaptorLIFE project. Japanese knotweed has recently been in the media a lot, on account of the damage that it can do to peoples property, as well as the natural environment. In the UK house sales and property values are even affected and experts believe the same is starting to happen in Ireland. The LIFE project has teamed up with Waterford Institute of Technology lecturer and Agricultural Scientist consultant John Geraghty to address the problem in selected areas in Duhallow. A road survey has been completed and forwarded to Cork Co Council. Novel treatment trials have also commenced in the Kiskeam area.

IRD Duhallow RaptorLIFE welcomes movement on new Hen Harrier Scheme

Recent Government announcements regarding a new Hen harrier Locally Led Agri-environment scheme are to be welcomed. A major source of frustration for farming communities in upland areas has been conservation strategies aimed at the Hen harrier. Whilst there has been a drive to develop the uplands in many areas for wind energy and commercial forestry, many upland farmers feel that they have been unfairly treated. The announcement of a Locally Led Agri-environment Scheme is to be welcomed, as it will provide a more targeted approach to the conservation of Hen harrier taking local farmer needs into account. We are keen to ensure that the LIFE project informs, compliments and augments any new proposed Locally Led Scheme.

LIFE presents at national conference on farming and conservation

LIFE presented at the Teagasc "Farmland Conservation with 2020 vision" national conference. The presentation addressed the various initiatives undertaken by IRD Duhallow to improve water quality and biodiversity in Duhallow. The presentation emphasised the need to work with communities and develop solutions that work at the local level. A number of LIFE project innovations, developed by IRD Duhallow in partnership with local farmers were demonstrated including, our novel farm drain silt trapping technique, river bank restoration, flood friendly fencing and invasive species removal. Other speakers at the event included BurrenLIFE/Burrenbeo, Scotland's Rural College, Sligo IT to the National Parks and Wildlife Service and Department of Agriculture Food and Fisheries.

River Allow Catchment Management meeting

It is proposed that the next River Allow Catchment Management meeting will be held on **Dec 4th 2015**. This meeting follows on from the previous meeting and will cover the range of issues on the river. Local involvement from the community is really important and we invite members of the public to attend. **Contact Nuala or Fran at 02960633 for further details.**

EPA Research Project in bottom up approach to River Water Management

We are delighted to announce that **John Ballinger** has taken up the post to lead this exciting project which **aims to identify ways for better community involvement in water management**. John previously worked on Integrated Catchment Management projects in his native New Zealand. Currently the project is interviewing practitioners in the field both in Ireland and Internationally and is also drawing from lessons learnt through the River Allow Catchment Management Initiative. **For more information contact John at 02960633 for further details.**

Native Woodland Scheme is now open

This scheme is targeted especially at woodlands designated as Special Areas of Conservation (SAC) and to protect and enhance water quality through the creation of new native woodlands adjacent rivers and streams. This is particularly relevant in catchments designated for freshwater pearl mussels, salmon and otters. The scheme also targets community-led native woodland projects through a link with the NeighbourWood scheme which provides for pathways and signage.

For more information check out <http://www.agriculture.gov.ie/media/migration/forestry/grantandpremiumschemes/2015/NWEstablishmentGPC9GPC10220915.pdf>

Volunteers

If you are interested in volunteering from bird watching to conservation actions and wildlife management, please contact Nuala at 029-60633 or leave your contact details at www.duhallowlife.com or email duhallow@eircom.net.

IRD Duhallow LIFE project would to acknowledge and thank all of the landowners, supporters and volunteers for their assistance with the project to date. If you would like further information or participation as a volunteer please contact us for further details. IRD Duhallow LIFE project: Tel: 029-60633 or check us out at www.duhallowLIFE.com.

