

IRD Duhallow

**SPECIAL
POINTS OF
INTEREST:**

**ENTERPRISE
WORKING
GROUP**

**COMMUNITY
ARCHIVIST
ADVICE**

**ARE YOU
REGISTERED
TO VOTE?**

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Transforming Ireland

Transforming Ireland
Funded by the Irish Government
under the National Development
Plan, 2007-2013



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Enterprise Working Group

Annual Christmas Craft Fair

IRD Duhallows Annual Christmas Craft Fair will take place on Saturday 30th November and Sunday 1st December from 12pm-6pm both days in the James O'Keeffe Institute, Newmarket. This craft fair provides a unique opportunity for people to come along to see the high quality products of our local craft, art and food producers. Products range from handmade jewellery to local paintings to wood turned products to hand made cards and soaps. After shopping enjoy some delicacies from our Christmas Tea Rooms. This is a lovely day out for all the family. For further information please contact Helen at 029-60633.

Hands of Duhallow

A limited number of places are still available to exhibit at this year's annual Christmas Craft Fair on Saturday 30th November and Sunday 1st December and IRD Duhallow would welcome new crafts people to this ever growing event. **For further information please contact Helen at 029-60633.**

Successful Selling

The Enterprise Development Working Group is organising a training programme for businesses entitled 'Successful Selling'. The course will be given by Pdraig Cleary from May Day Management Consultants. Topics covered will include: How to improve pre-call planning; The initial meeting; Confidence Building in speaking; Asking powerful questions to engage clients; Handling objections; Learn how to gain access to the decision makers in the sale; To close the sale and get commitment from the client; Following through and deepening the relationship with the client; The importance of after sales service and building the future for your business; Evaluation of sales – measuring your progress and tools for evaluating sales. The course starts **Tuesday the 12th of November** and runs for 4 weeks from 9.30am -1.30pm. Course fee: €50 To register contact **Louise on 029-60633.**

Practical Social Media Training

IRD Duhallow will be running a practical application of social media training for businesses. The concept is to help businesses set up a facebook page, linked in and twitter page and understand the value of these for a business, and learn how to carry out online marketing through these mediums. **The course commences on Thursday 7th of November and runs for 5 consecutive weeks from 6.30pm – 9.30pm. Fee €50.** Please note this is for people who are intending to set up, or have an existing business. To register your interest, please contact **Louise on 029-60633 or email duhallow@eircom.net**

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 further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise at 029-60633.**

Coderdojo Mentors Required

IRD Duhallow is interested in establishing a Coderdojo club for the coming months. Due to the resounding success of the Coderdojo camp, we are now seeking mentors to help in the running and establishing of this club.

Mentors must have a suitable experience in **I.T.** and in "mark up language" such as html. as well as being flexible with their time. The club will be for children aged 8 - 13 year olds initially; with the possibility of extending the age range. Coderdojo is a global movement providing open learning to young people, especially in programming technology.

This club would enable children to learn code, develop apps, games, websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software industry. Coderdojo encourages children to share their knowledge, doubts and ideas. It enables like minded youths to interact in a cool environment to develop their own programme and games. Garda vetting of mentors will also be required.

Anyone interested in attending or seeking further information should contact Helen at 029-60633.

Community Development Working Group

Free archives & records management advice and on-site consultations to Duhallow communities!

IRD Duhallow is offering free advice and on-site consultations with an Archivist to Duhallow area communities. Local individuals, clubs, societies, museums, and libraries requiring advice on archives and records management issues such as collection appraisal, storage and housing, preservation, or exhibit practices are encouraged to take advantage of this opportunity. Site Visits are carried out by Community Archivist Evelyn McAuley. To speak with her about your archival needs, or schedule an appointment, call 029 60633 or e-mail duhallow@eircom.net.

Are you registered to Vote?

The next Local and European Elections take place in 2014

If you want to vote you must be on the Register of Electors. To do this you must complete a Registration Form (Form RFA) and return it to your city/county council. Registration forms are generally available from local authorities, urban councils, garda stations, post offices and libraries. To be eligible to vote a person must be 18 years of age and resident at the address in question. A person may be registered for one address only. Your right to vote is determined by your citizenship. The right to vote is as follows:

Irish citizens may vote at every election and referendum;

British citizens may vote at Dáil, European and local elections;

EU citizens (other than Irish and British citizens) may vote at European and local elections;

Non-EU citizens may vote at local elections.

If you have any enquiries, please contact the Register of Electors Office, Kerry County Council on 066 7183531 or Cork County Council on 021 4285277 by 25th November 2013.

Czy jesteś zarejestrowany do głosowania? Kolejne wybory lokalne i europejskie odbędą się już w 2014 roku

Jeśli chcesz zabrać głos w kolejnych wyborach musisz być zarejestrowany w Spisie Wyborców. Należy wypełnić formularz rejestracyjny (Form RFA) i złożyć go w najbliższej Okręgowej Radzie Miasta/Gminy (City/County Council). Formularze rejestracyjne są ogólnodostępne w siedzibach władz lokalnych (local authorities), urban councils, na posterunkach Gardy, w Urzędach Poczтовых czy w Bibliotekach.

Aby być uprawnionym do czynnego zabierania głosu w wyborach trzeba mieć ukończone 18 lat i mieszkać pod adresem podanym w formularzu. Można być zarejestrowanym tylko pod jednym adresem.

Wszystkie osoby zamieszkujące na terytorium Irlandii mogą brać udział w wyborach, aczkolwiek występują pewne ograniczenia prawa głosowania poza krajem obywatelstwa, jak poniżej:

Obywatele Irlandii mogą zabierać głos w każdym wyborach i referendach

Obywatele Wielkiej Brytanii mogą głosować w wyborach do Izby Niższej Parlamentu (Dáil), wyborach europejskich oraz lokalnych

Obywatele Unii Europejskiej (poza obywatelami Irlandii i Wielkiej Brytanii) mogą głosować w wyborach europejskich i lokalnych

Obywatele spoza Unii Europejskiej mogą zabierać głos w wyborach lokalnych

Jeśli masz jakies pytania skontaktuj się z Urzędem Rejestracyjnym - Register of Electors Office, Kerry County Council pod numerem 066 7183531, albo z Cork County Council pod numerem 021-4285277

Chcąc wziąć udział w Wyborach Europejskich w maju 2014 należy się zarejestrować jak najszybciej. Końcowa data to 25 listopada 2013.

Duhallow Community Food Services (D.C.F.S.)

Our Food Centre in Boherbue provides a **meal service** to those who are not in a position to cook regularly for themselves. Meals can be booked on a long or short term basis. **Dinner and Dessert cost €6.00 per day**, delivered piping hot to the door.

Duhallow Community Food Services can **cater** for any **event** such as for parties, functions and special occasions. We supply a wide range of menu's delivered to your door.

We are grateful to all our customers for their continued loyalty and appreciation of our products which **subsidies our meals on wheels service**. For Further information on any of our **services** please contact **Orlaith Tomkins at 029-76375**.

Check out our website: www.foodinduhallow.com

Duhallow Women's Forum

Julia Clifford Concert - "The Role of Women in Traditional Irish Music"

IRD Duhallow will hold a concert in conjunction with the Duhallow Women's Forum on Thursday the 7th of November, Entitled "The Role of Women in Traditional Irish Music". A wide variety of guest musicians and speakers will range from the Sliabh Luachra area and further afield. In addition at this event we will be launching the Sliabh Luachra Cultural Trail which promotes the unique tradition of Sliabh Luachra music and culture. This concert will be held in the James O'Keeffe Institute and will commence at 8p.m. doors will open at 7.30p.m. Tickets cost €10.00 which include refreshments at the break and the proceeds will go to the James O'Keeffe Building Fund.

Registration is essential for this event. To register please contact Mary Mc Hugh at 029-60633.

Wellness Recovery Action Planning (WRAP)

IRD Duhallow Women's Forum is planning to run a **Wellness Recovery Action Planning (WRAP)** programme in mid November for one evening a week for three weeks. **This WRAP programme is open to both men and women.** WRAP is a "Self Management" tool used throughout Ireland to help individuals to take more control of their own well-being and recovery. This learning programme is designed to enable its participants to consider and adopt the WRAP recovery principles into their own lives. WRAP can be used in a variety of situations to help people manage health concerns, deal with stress in their lives, cope with grief or to help with mental health concerns and many other life situations. It is a self designed plan for you to; best look after yourself, keep yourself well, monitor situations that cause you problems or distress and help you take action. This WRAP programme is subject to interest with registration being essential. **If you are interested in participating or require further information please contact Peter at 029-60633.**

Duhallow Area Rural Transport

Duhallow Area Rural Transport (DART) wishes to remind members of the community to avail of our services for social, community or other events. We offer transport solutions at very competitive rates and our subcontractors are all local. **For more information please contact Fiona at 029-60648.**

REVAMP

We are grateful to people who have donated items of furniture for the REVAMP Programme. We are currently looking for donations of left over satin and gloss paints for painting wood (internal) to support the REVAMP Programme. Tús and Towards Occupation Participants have done an excellent job in revamping items. We now have many pieces of furniture eg tables, kitchen chairs, armchairs, and couches available to low income households and the elderly. **For further information on donating unwanted items or purchasing items please contact Eamonn at 092-60633.**

Volunteer Training

IRD Duhallow is calling on those interested & willing to volunteer with IRD Duhallow on its Domestic Violence, Bereavement Support and Care & Repair Programme.

A training programme will commence this coming month for all new volunteers. These services require volunteers to be able to give their time freely and to be able to have the most respect and privacy for the users of the services.

If you feel you can bring something to this service please contact Helen at 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 night at 8.30pm.

AI ANON If you are effected 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.

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.**

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. **Domestic Violence Support Helpline @ 087-7733337 from Monday to Saturday from 10am – 10pm.**

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 at a time suitable to both parties. To make an appointment please call **087-6279000.**

Agriculture Working Group

Somatic Cell Count Workshop

Over the next few months is where you can break the SCC cycle. What practices you adopt at drying off, the length of the dry period and practices at calving/milking next spring can have a major influence on SCC count throughout next year. The Agriculture Working Group are organising a workshop on SCC on **Thursday 21st November at 8.00pm** in the James O'Keeffe Institute, Newmarket. Guest speaker Don Crowley Teagasc. **For further information please contact Katie on 029-60633.**

Biosecurity on Farms (BVD, IBR, Johne's Schmallenberg)

The Term Biosecurity encompasses both bioexclusion keeping infectious diseases out of holdings and bio-containment reducing infectious disease threats within the farm. The Agricultural Working Group in conjunction with XLVETS are organising a seminar on Biosecurity on farms which will include discussion on prevention and treating Infectious Diseases including BVD, IBR, Johne's, Schmallenberg, and Mastitis. **Booking is essential for further information please contact Katie at 029 -60633.**

Environmental Working Group

Newcastle Nature Reserve, Kilcoole, Co Wicklow

Duhallow Birdwatch Group are organising a field trip to Newcastle Nature Reserve, Co Wicklow. The reserve has important fen habitats, as well as wet grasslands and birch woodland which are part of the larger Murrough Wetlands, a coastal wetland complex. A bus will depart from the James O'Keeffe Institute on **Saturday 9th November at 2pm** this will incorporate an overnight stay, returning on Sunday 10th November. Booking is essential for this trip as over night accommodation must be pre booked. **To book your place please contact Katie on 029-60633.**

Duhallow Bird Watch Group will hold a meeting on **Monday 18th November** in the James O'Keeffe Institute commencing at 7.30pm.

Kilcolman Nature Reserve, Buttevant

Duhallow Bird Watch Group are organising a trip to Kilcolman Nature Reserve, Buttevant on **Sunday 1st December, departing from the James O'Keeffe Institute at 9am.** Booking is essential for further information please contact Katie at 029-60633.

Focal Farmers Please

Note: The deadline for AI and Milk Recording Invoices to be submitted for payment is the **15th November 2013**. If invoices are submitted after this date there is no guarantee of payment. **If you require Soil Sampling to be taken please contact Katie on 029-60633.**

Kanturk Farmers Market

The Market located at the rear of Twohig's Supervalu takes place **every Thursday and Saturday from 10.30am-2.30pm.** Each week at our Market you will find a fine range of fresh local produce. Watch out for our special 10% discount days. **New Stallholders Welcome,** for further information **please contact Katie at 029-60633.**

GIY Duhallow

The November meeting of GIY Duhallow will take place on **Tuesday 26th November commencing at 7.30pm.** Please note change of date of this meeting. **For further information contact Katie at 029-60633.**

New changes to the qualifying criteria have been introduced to IRD Duhallow's Warmer Homes Scheme

IRD Duhallow is delighted to announce changes to the qualifying criteria for the **WARMER HOMES SCHEME**, which provides a **Free Insulation Service** in the North Cork and East Kerry areas.

If your house was built **before 2006**, you may now qualify for this service.

You must also be in receipt of **one** of the following payments:

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

Contact IRD Duhallow Warmer Homes Office on 029-60633.