

**SPECIAL
POINTS OF IN-
TEREST:**

AGM

SUMMER CAMPS

COMMUNITY
LAUNDRY

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IRD Duhallow

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Community Development Working Group

The A.G.M. of IRD Duhallow Ltd and Launch of Progress Report 13-14 will take place on Wednesday 23rd July at 8.00pm in the James O'Keeffe Institute, Newmarket.

While the A.G.M is a legal requirement of this organization, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and business and we would appreciate renewal of your subscription as soon as possible.

#YOLODUHALLOW

The Youth and Education Working group recently launched a video made by the young people of Duhallow highlighting the work of LEADER and IRD Duhallow. Check out their video at the following link, you might see some familiar faces!

<https://www.youtube.com/watch?v=Alq9gdmRpiE>

Duhallow Cycling Sportive

Pedal Power comes to the roads of Duhallow on **Saturday 26th July** as part of the Skoda National Cycle Series. Together IRD Duhallow and the Corkman have organised this event to offer you the freedom of the open road.

There are 2 courses on the day;

The **100km** departing the James O'Keeffe Institute, Newmarket at **9.30am**

The **50km** course departing the James O'Keeffe Institute at **9.45am**.

For further details and to register please log onto www.fitmagazine.ie

Entry fee of €30 or €45 with Jersey.

Duhallow Arenas Re-opened

The Duhallow Arenas (situated adjacent to the James O'Keeffe in Newmarket) have recently been re-opened and are available for hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €85 (June – December), which will allow full access to the arenas.

A full set of showjumps can also be made available. The Grass Arenas will be opened weather dependent throughout the summer months. **For further details or information contact Louise at 029-60633.**

Warmer Homes Scheme

Calling all Householders - Free Insulation Service

If you are in receipt of **one** of the following payments you will now be eligible to receive 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

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.**

Micro Finance Loans

Micro Finance has announced a new loans initiative in conjunction with Local Development Companies for small loans from €1-€5k. These have an easier application process and quick turn around. 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 at 029-60633.**

Start Your Own Business Bootcamp

Expressions of interest are currently being taken in a Start Your Own Business Bootcamp for Start Up Businesses. Register your interest today by contacting **Louise at 029-60633.**

Youth and Education Working Group

IRD Duhallow will run **Summer Camps** for primary school aged children in July and August. The **IT Camp** will run from **14th-18th July** and **5th - 8th August** from 10am-2:30pm.

The **Little Chefs Camps** will run from **30th June - 4th July** and **21st July-25th July** from 10am-2:30pm.

A new camp '**Duhallow Nature Detectives**' will run from the 28th July - 2nd August from 10am -2.30pm and will be of interest to children who like the outdoors as it includes pond dipping, hunting for bugs, butterflies and beetles and taking part in tracking games etc.

Discounts for all camps apply for families who are receipt of a social welfare payment and/or a medical card. **For further information, please contact Yvonne / Kieran at 029-60633.**

The Youth and Education Working Group is organising a **Literacy Summer Camp** running from **7th July to 11th July** in the James O'Keefe, Newmarket. The camp is aimed at Primary School Children with learning difficulties and children will spend part of each day with an experienced literacy tutor, engaging with the TTRS (Touch Type Read and Spell Programme) as well as enjoying fun activities such as baking, art and sports.

Discounts are offered for those in receipt of a social welfare payment), however places are limited and these will go on a first come first served basis. **For further details and registration please contact Louise at 029-60633.**

Agriculture Working Group

Farm Safety an Important Message to Farm Families

Farming continues to be the most dangerous occupation in Ireland, by mid-May of this year, 12 people had lost their lives on farms, which is a huge increase compared to the same period last year. The main causes of child fatalities are tractors / machinery and drowning. We're appealing to all farm families in Duhallow to be extra vigilance during the summer months as it's an extremely busy time on farms.

Twilight, Natural History in Duhallow.

Back by popular demand Conor Kelleher Bat Specialist with Cork County Bat Group will be our guest speaker at an illustrated information evening on **Thursday 17th July commencing at 8.30pm in the James O'Keefe Institute**, this will be followed by a field trip to the Island wood Newmarket to witness bats at night using bat detectors. Children are welcome but must be accompanied by an adult. Registration essential please contact **Katie at 029-60633** for further details.

Duhallow Bird Watch Group

If you are interested in learning more about birdwatching or becoming a member of the Duhallow Birdwatch Group, this is your opportunity. The group are organising **Birdwatch Outing to Kinsale on Saturday 19th July 2014**. This will give you the opportunity to learn and identify various sea birds including Kittiwakes, Guillemots and Razorbills. Registration is essential please contact **Katie at 029-60633** for further information.

Thank You

We would like to thank everyone who so generously supported our Alzheimer's Tea Morning, on Friday 2nd May in James O'Keefe Inst. and Thursday 15th May at Farmers Market, Kanturk. We raised a total of €600 for the Alzheimer's Society.

Equality Working Group

Emotional Support Service

IRD Duhallow is now offering a One to One Integrative Counselling service. This service is being offered by Masters Level Counselling Students and is free of charge. **If you would like to make an appointment or have any further enquiries please contact Kate or Aoife on 029-60633.**

"A Journey of a thousand miles begins with a single step" -Confucius

Duhallow Carers Group

Duhallow Carers Annual Outing will be on **Friday 4th of July**. For further information contact **Louise at 029-60633**.

FUNDRAISING DANCE FOR MALLOW GENERAL HOSPITAL

On Sat. 5th July at Edel Quinn Hall, Kanturk

Music and dance enthusiasts can look forward to a feast of entertainment with the following acts; The Lisdoonvarna 3 Piece Showband , Peter Lane, Sheila Fitzgerald, Billy O'Brien, Ella Marie O'Dwyer.

Compere for the evening; Tim Coughlan of C103 Radio.

Dancing 8.30pm - 12.30am Admission: €10

This event is being organised by local promoter John Joe Herlihy.

COPE Foundation Kanturk Sponsored Walk / Run On Sunday 13th July 2014

Starting & Finishing at COPE, Freemount Road, Kanturk.

7 Mile Walk start 2.00pm

7 Mile Fun Run Start 2.15pm

4.5 Mile Walk start 2.30pm

Followed by BBQ & light refreshments, Music, with DJ Cal and Cosamar. (Cosamar is made up of Tim Browne & Brendan O'Sullivan a former musician with River Dance)

Sponsorships cards available from: COPE Foundation Freemount Road, Kanturk Tel No: 029-51080, Geraldine 087-1214272, Nora 029-60241 and SuperValu Kanturk.

YOUR SUPPORT WOULD BE GREATLY APPRECIATED

Bereavement & Loss Support

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**.

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 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.

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**.

Duhallow Community Laundry

A new facility which will be of huge benefit in particular to the elderly, low income households and carers with our uncertain weather, washing and drying clothes at home can become a difficult task especially with pressure on families to have supply of clean linen, towels and clothes.

The Duhallow Community Laundry has been set up in the James O'Keeffe Institute, Newmarket to assist people in keeping on top of things.

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.

Charges for the service are as follows:

Wash Dry and Iron €1.40 per lb.

Wash and Dry €1 per lb.

Wash Only .70cent per lb (to be collected same day)

Dry Only .70cent per lb (dry weight)

Dry and Iron €1 per lb

Wash Dry and Iron Shirts €1 per shirt

Iron Shirt Only .70cent each

Wash and Dry Double Duvet €13

Wash and Dry Single Duvet €11

We can also arrange to have laundry collected and brought back to households who may have transport difficulties. For further information please contact Yvonne at 029-60633.

Day of the Regions

IRD Duhallow's Day of the Regions commenced last month and will continue until the 17th August with a variety of events being held throughout Duhallow. Full details can be found in Discover Duhallow Booklets available in shops and other businesses throughout Duhallow as well as on our website www.irdduhallow.com

Here is a taste of what's on offer in Duhallow in July:

Rockchapel will hold their Seisiuns **every Tuesday** in Bruach na Carraige @ 8.45pm .

Laharn hosting their traditional Cross Road Dancing **every Sunday** night @ 8pm.

An American Tea Party will take place in **Boherbue** @ 8pm and a Barn Dance in **Tureencahill** School Green @ 9pm on Friday 4th July.

Bweeng will hold its **summer festival the weekend of the 4th of July** also and will include events for all the family.

If you are interested in learning about the history of the region, **Meelin** will host a guided bus tour on the 5th July and

Newmarket will showcase the history of the town with a street museum throughout the month.

International Bog Day will be celebrated in Barna Bog on 27th July with a guided walk and traditional bog cutting demonstration.

Donoughmore will host its 45th Annual Carnival 17th – 20th July and guarantees to have something to entertain all the family.

IRD Duhallow is delighted to have the official opening of the newly refurbished CYMS Hall **Newmarket** on Wednesday 16th July, the opening of the outdoor gym and picnic area in **Lismire** on Sunday 6th July. All of which were funded under the LEADER Programme.

Newmarket Agricultural Show will take place on Sunday 13th July in The Green Glens Millstreet and a Vintage Voyage of tractors and cars will depart Newmarket and finish at the show.

The **Kanturk Wild Boar Festival** will run from the 17th – 20th July and includes a table quiz, karting, ladies night, kidz beat on the street, food fair and medieval events in Kanturk Castle, finishing with a fireworks display.

Millstreet Summer Festival runs from the 25th – 27th July with karaoke, a family fun day and a soap box race all taking place over the weekend. This also coincides with the **European Juggling Convention** in the Green Glens Arena which runs from the 19th – 27th and is the world's largest festival of juggling, spinning and aerial acrobatics. This is followed by the **European Pony Championships** in Millstreet from the 29th July-3rd August.

Cullen Harvest Festival and the **Banteer Family Fun Day** will both take place on Sunday 20th July and guarantees to be a great family day out. **Rathmore** will hold a treasure hunt on the 27th July also.

Experience Duhallow Trails - Every **Monday Night** during July guided walks will take place and it will be a great opportunity to enjoy our wonderful amenities first hand; People are asked to arrive and register at 6.30pm and the walk will depart at 7pm.

7th July; Mullaghareirk Mountain. 14th July; Mount Hilary 21st July ; Island Wood Newmarket and on 28th July; Clara Mountain.

Newmarket Pitch and Putt Course

IRD Duhallow would like to invite anyone who would be interested in volunteering to become a member of the Newmarket Pitch and Putt Club to contact Helen at 029-60633. The Pitch and Putt course is almost ready to be opened to the public and this will be a great asset to both Newmarket and the Duhallow Region.

Employment and Training Working Group

IRD Duhallow Social Protection CE Scheme is recruiting Childcare Assistant for Banteer Creche, and Caretaker for Banteer Village if you are in receipt of a Social welfare payment, over 25 years of age, unemployed 12 months or more, or on a disability payment 6 months or more, you may be interested in applying. You must be registered with the Employment Services Officer. Please note the successful applicants will need to obtain Garda Clearance. To apply for these positions please forward your CV together with your PPS number to Paddy O'Connor, IRD Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork. **Closing date for applications is the 20th June, 2014.**

Courses and Workshops Proposed for Autumn 2014

We are proposing to deliver the following training in the autumn: **Workshops** : Job Search Strategy and Skills, Career Decision Making Programme and Interview Skills. **Training Courses**: FETAC Level 6 Accredited Supervisory Management, Introduction to Accounts / Bookkeeping, Taxation for Beginners, Personal Development, Basic Sign Language Classes, Upcycling / Recycling, Computer Training for Beginners / Intermediate and "Fast Forward to Work" Prog. to include accreditation in Bookkeeping and Payroll. We are currently taking names of those interested. **For further information on the above training please contact Sarah at 029-60633.**

Bursaries Available for Adult and Second Chance Education

IRD Duhallow has **4 bursaries** available to facilitate access and entry to further and higher level education and training opportunities for adults who may not have had the previous opportunity to continue or complete their education. **For further information or an application form please contact Sarah at 029-60633.**