

**SPECIAL
POINTS OF IN-
TEREST:**

DAY OF THE
REGIONS

SUMMER CAMPS

GIY GROUP

LIFE SKILLS
PROGRAMME

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Community Development Working Group

A sincere thank you to 800 plus people who attended the “**Putting People Straight About Putting People First**” Rally on Monday 12th May 2014. We were both humbled and hugely encouraged by the show of strength and the tremendous encouragement we got from the floor on the night and since. Following the Duhallow show of solidarity by the huge attendance on the night, I firmly believe that we must be steadfast in our fight to retain local community control of our programmes, budgets and administration. To settle for anything less would be a monumental betrayal of the communities that established IRD Duhallow in the first place and that we are in place to serve. We must continue the momentum around the country. This is not a done deal and we are prepared to stay in for the long haul. The recent Local and European Elections were only a side show and must not distract from our campaign.

*Maura Walsh
CEO IRD Duhallow*

Day of the Regions

IRD Duhallow’s Day of the Regions will run from **17th June to 17th August** this year with lots of events being held throughout Duhallow.

Castlemagner Sinsir Club kicks things off on **Thursday 17th June** with an exhibition on Days Gone By, admission €5.

On Sunday 22nd June, Kilcorney will host a Family Fun Day, free admission.

on **Friday 27th June**, Millstreet will hold its 2nd Annual Willie Neenan Memorial 10km Road Race and Walk admission €5 for the walk and €15 for the run (€10 online).

On Sunday 29th June there will be Crossroads dancing at Laharn crossroads, free admission. Watch out for brochure in local shops and businesses or contact 029-60633 for a copy.

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 €100 (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 on 029-60633.**

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 at **9.45am**.

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

Entry fee of €30 or €45 with Jersey.



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 on 029-60633.**

Youth and Education Working Group

Summer Camps

IRD Duhallow will run the IT and Little Chefs 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 **7th-11th July** and **28 July-2nd August** from 10am-2:30pm.

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

The Youth and Education Working Group is organising **Literacy Summer Camps** running from **7th July to 11th July** in the James O'Keeffe, 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 there are limited places available and these will go on a first come first served basis. **For further details and registration please contact Louise at 029-60633.**

Employment and Training Working Group

IRD Duhallow Social Protection CE Scheme is recruiting Childcare Assistant for Banteer Creche, and Care Taker 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.**

CAO Change of Mind Facility

The Change of Mind facility for CAO application is now open. **There is no fee for using the Change of Mind facility.** The Change of Mind facility affords you an opportunity, if you wish, to register a change of course choices online at www.cao.ie. Changes made to courses online through the CAO website will see, an acknowledgement sent to your email address. Please check that your courses have been updated by using the 'My Application' facility before 5:15 pm on July 1st. You may change course choices (free of charge) as often as you wish, **up to 5.15 pm on the 1st July 2014.** Some restrictions to course change of mind apply. For further information on this please check out the website of the CAO which can be found at www.cao.ie

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.

GIY Group

The June meeting of the GIY Group will incorporate a visit to one of our group member's garden. **This will take place on Tuesday 24th June at 7.30pm to register or for directions please contact Katie at 029-60633.**

Equality Working Group

Life Skills - Programme to help you deal with Life's Challenges

IRD Duhallow in conjunction with Aware is seeking to run a six week programme which is aimed at individuals who are experiencing mild to moderate forms of stress, anxiety or depression later this year. At each life skills session, participants can learn how to manage their feelings when they are stressed, worried or depressed, and learn simple and practical skills to help them cope with life's challenges. This programme will be subject to having sufficient participants and we are asking all interested participants to register with us. **To register or for further information please don't hesitate to contact Alex at 029-60633.**

REVAMP - Furniture Restoration Project

We are grateful to people who have donated items of furniture to the REVAMP Furniture Restoration Programme. We are currently looking for donations of curtains and fabric 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, for example, tables, kitchen chairs, wardrobes, armchairs, and couches available to low income households and the elderly. **For further information on donating unwanted items or purchasing items please contact Gerard at 029-60633.**

Cancer Care Support

IRD Duhallow is interested in establishing a support service for people who are going through cancer as well as their family members or for those who have lost a love one from cancer. This informal session will give people the opportunity to share their experiences and communicate with one another over a cup of tea in a comfortable environment. All are welcome. **For further information and to register your interest please contact Helen at 029-60633.**

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 three services require volunteers to be able to give of their time freely, maintain confidentiality, and respect the privacy of 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 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 Carers Group

The Duhallow Carers group will meet on **Thursday 5th June at 8.30pm in the James O'Keeffe Institute.** Do you want to meet with someone else who is caring for someone? Have a friendly chat and gain advice from those in similar circumstances. All carers welcome. **For further information contact Louise at 029-60633.**

Carers – Calorie Reducing Coffee Morning

To mark National Carers Week, the Duhallow Carers Group will be organising a Zero Calorie Coffee Morning on **Saturday 14th June**, enjoy a guilt free indulgence as the group will pre-emptively burn off the calories they are soon to consume. Meeting at 10.30am in the James O'Keeffe Institute, Newmarket the group will undertake a leisurely walk, and that is to be followed by a Coffee Morning in the James O'Keeffe Institute from 11.30am - 1pm.

All proceeds are in aid of the COPE Foundation. **Enquiries to Louise on 029-60633.**

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.**

IRD Duhallow LIFE+ Project

This project is supported by the LIFE Financial Instrument of the European Community

Here comes the sun! And how welcome it is after the last few stormy and wet months. Now that the weather has calmed and the days grow longer and warmer, nature is in full swing in Duhallow. The sand martins have arrived back from their winter vacation in Africa and young salmon have emerged from the river gravel where their parents had spawned last winter. The IRD Duhallow LIFE+ project is now in its fourth year and we are starting to see some of the fruits of our labour.

Ground Works

Rural Social Scheme participants and staff of IRD Duhallow continued to work on the various project actions including fencing of river banks, pruning of dense river side vegetation and the planting of trees. We trialled a range of willow planting techniques. The project has also had to apply for full planning permission on top of previous assessments to progressed our bank revetment action. We hope that this will be resolved by the end of the Summer.

Cattle Access

The project has trialled alternatives to direct cattle access to the river including the use of animal activated pasture pumps, rainwater harvesting and solar powered troughs. This technique is being refined with the assistance of landowners and we are very grateful for their assistance.

Allow Catchment Management

Last month saw the initiation of a river catchment management process on the River Allow. Working jointly with the South Western Regional Authority INTERREGIV TRAP project, the IRD DuhallowLIFE+ the process aims to address a range of issues affecting stakeholders and the river through an inclusive process of dialogue, local involvement and participation. Representatives from the following organisations attended Irish Farmers Association, the Irish Creamery and Milk Suppliers Association, Macra na Feirme, individual local landowners, Coillte, the Irish Wildlife Trust, Mary Immaculate (UL), Inland Fisheries Ireland, Teagasc, Cork Co Council (planning, roads and environment sections), South Western Regional Authority, IRD Duhallow, Rural Social Scheme, Kanturk Trout Angling Club, Duhallow Bird Watch Group, Duhallow Environmental Working Group, Kanturk Chamber of Commerce, Office of Public Works, Environmental Protection Agency. Internationally this type of process is viewed as best practice for managing rivers and IRD Duhallow is delighted to be able to facilitate it as it complements the objects of the LIFE project and future planning for long term maintenance work once the project has finished.

Wildlife Talks

Two wildlife talks will be held this month. The first will give an update of the project and provide an insight into a most unusual group of fish species found in the River Blackwater SAC. **Both talks will be held in the James O’Keeffe Institute, Newmarket and commence at 7.30pm.**

Beauty and Beast: LIFE and lampreys: Thursday 5th June, 2014

Dr. Fran Igoe, The IRD Duhallow LIFE+ project. Fran will give an update on the LIFE project to date and provide a unusual twist by focussing also on one of our more unusual fish groups the lampreys. Feared by many, often despised by anglers, but loved by scientists this unusual fish group and their interactions with other fishes is an fascinating story from the natural world.

The Birds of Duhallow: Thursday 19th June, 2014

John Lusby, Birdwatch Ireland. John is well known in Duhallow for his work on Barn owls, kestrels and other birds of prey. In this talk John will focus on the other birds within Duhallow including those closely associated with rivers. An update on the raptor work will also be give together with plans for the coming months.

IRD Duhallow LIFE+ to Address EPA

The IRD Duhallow LIFE+ project has been invited to address the EPA national forum (National Water Event 2014: Protecting and Improving Water Quality) in recognition of the work carried out by the project with landowners in the catchment. The LIFE+ project and the IRD Duhallow management presented at the UK/Ireland information day in London giving an overview of the project and IRD Duhallow’s long term vision for a better economy and environment for everybody in Duhallow.

Great start to volunteer programme

Our conservation volunteer programme got off to a great start in April. Work included the planting of new ponds adjacent with native plants close to a salmon spawning river in Newmarket with work to improve water quality and provide habitat for dragon flies. The sand martin artificial colony built on the bank of the River Dalua was also refurbished and painted to blend better into the background.

The 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 at 029-60633 or check us out at www.duhallowLIFE.com.