



IRD Duhallow Community News

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Community Development Working Group Community Consultations

IRD Duhallow encourages community projects under the LEADER Programme and we are **asking all communities** who are **interested in organising a public meeting** in an effort to identify the needs of **any future LEADER Projects** to book a date as soon as possible. For further information please **contact Helen or Triona at 029-60633**.



Duhallow Bealtaine Festival 2012

In Celtic times the Festival of Bealtaine celebrated the arrival of summer. The name 'Bealtaine' is said to derive from the ancient Celtic meaning "bright fire". Celtic traditions involved lighting fires at sunset on Oiche Bealtaine or May Eve, 30th April. Today, Bealtaine celebrates renewal, creativity and growth with ageing. IRD Duhallow's SAOI Network has organised a programme of events throughout the month of May celebrating creativity in older age in Duhallow. The **Duhallow Bealtaine Festival** will involve the visual arts, craft, film, music, dance, reminiscence and other cultural experiences. Active Retirement groups throughout Duhallow will host a variety of festivities including: Tea Dances, Rambling House, Reminiscence workshops, Arts and Photography Exhibitions, Concerts, a Vintage Fashion Show, A Craft Evening, Seisiuns etc etc. **For more information or to receive a copy of the listings guide for events please contact Triona at 029-60633 or take a look at IRD Duhallow's website www.irdduhallow.com**



IRD Duhallow's SAOI Network

IRD Duhallow's SAOI Network represents actively retired groups throughout the region and acts as an advocate for the **'Third Age' in Duhallow**. The word "SAOI" is the old Irish word for a wise person – generally an older member of the community to whom people would turn to for advice. SAOI promotes the participation of older people in local decision making processes as well as encouraging and supporting them to avail of the various supports available. It helps to promote and value the role and contribution of older people in Duhallow through coordinating the efforts of locally established groups to develop regional responses to their multiple needs including physical, social, health, cultural and emotional. If your active retired group is NOT already represented on the SAOI Network or you are interested in starting a new group in your area please contact **Triona at 029-60633**.



IRD Duhallow's SAOI Network will host a screening of a short film they have created as part of the LEADER funded Project **Memory through Media**. The film looks at the girls from Duhallow who attended the residential secondary school in Newmarket, some of whom went on to become Sisters of St. Josephs who travelled to Australia and New Zealand. There will also be a showcase of the work undertaken over the last 18 months of the Memory through

Media Training project and some behind the scenes footage. **The event will take place in the James O'Keeffe Institute, Newmarket on Monday 14th May at 2.00pm**. The event is free of charge but booking is essential - contact Triona Murphy at 029-60633. Please check us out on Facebook <http://www.facebook.com/memorythroughmedia>



Cancer Support Group

IRD Duhallow will hold its second **Cancer Care Support Meeting on Wednesday 18th April at 7.30pm** in the **James O'Keeffe Institute, Newmarket**. At this meeting cancer survivors and people who are currently coping with cancer will have the opportunity to share their experiences and talk with one another over a cup of tea in a comfortable environment. All are welcome. For further information and to register please contact **Helen at 029-60633**.



Domestic Violence Support Helpline

IRD Duhallow's Domestic Violence Support Helpline is operated by trained volunteers and provides support and information on their options and rights to those affected by domestic violence. This service is for both men and women and volunteers are available to provide a supportive and listening ear to all. Family members and friends who are concerned for a loved one can also contact this helpline for information. The Domestic Violence Support **Helpline is 087-7733337** and operates 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 trained volunteers who provide a **free confidential service** to people who have experienced a loss in their lives whether through death, separation, divorce, job loss etc. This is not a counselling service. A trained volunteer can meet on a one to one setting at a time suitable to both parties. **To make an appointment please ring the Bereavement Support Helpline on 087-6279000**.

Families Bereaved by Suicide

IRD Duhallow is rolling out a programme and developing support groups for families who have been bereaved by suicide. If you or someone you know is interested please **contact Helen at 029-60633**.



Banteer, Lyre & Districts Community Council 'Suicide Awareness Seminar'

Duhallow - Out of the darkness into the light.

In The Glen Theatre, Banteer

on Tuesday 24th April at 8.00pm.

The Seminar will include presentations from IRD Duhallow, Jigsaw, Samaritans and Dr. Bertie Daly.

For further in formation contact 087-2401796.



Warmer Homes Scheme

The Warmer Homes Scheme promotes and improves home heating for the elderly and disadvantaged in the Duhallow region. The services provided include upgrading attic insulation, cavity wall insulation, draught proofing windows and doors, fitting lagging jackets on cold and hot water tanks and providing low energy light bulbs. Homes must be owner occupied and constructed before 2002.

People in receipt of the fuel allowance will receive the service free of charge. Please contact, Colm or Eileen at 029-60633.

Youth and Education Working Group

Newmarket After Schools

The Newmarket After Schools continues to operate its After Schools Service for primary school. A home cooked dinner is provided along with homework support. Children attending the IRD Duhallow Literacy Programme can also avail of this transport from school and receive dinner before starting their classes. IRD Duhallow offers a tiered pricing system allowing families in receipt of a social welfare payment to receive a reduction in price. If you are interested in sending your child to the afterschools please contact Helen at 029-60633.



Easter Camps

IRD Duhallow will be running its Little Chefs Easter Camp and its IT Easter Camp from Monday 2nd April to Thursday 5th April and Tuesday 10th April to Friday 13th April from 10am - 2.30pm for all primary school aged children. Children will have an opportunity to have fun while learning to bake, to grow vegetables, art and crafts, and also develop their IT skills. Due to the success of the camps in 2011 places are limited and early booking is advisable by contacting Helen at 029-60633.



Seminar on Coping with Dyslexia

Marie Stubbings of the Limerick Dyslexia centre will give a talk for parents and teachers on coping with Dyslexia, which will take place on Mon 30th April at 8pm in the James O'Keefe, Newmarket. Throughout her presentation, Marie will look at what is dyslexia, and give indepth analysis of the difficulties experienced by children with literacy difficulties and how to combat this by offering practical, helpful solutions for both the home and classroom environments. Further information and registration please contact Louise at 029-60633.

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

The Food Centre in Boherbue provides a home delivery meal service. 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.

We also provide a wide range of hot or cold dishes for any catering event such as Parties, Functions, Holy Communion, Retirements, Office Parties and Special Occasions. We supply a wide range of menu's delivered to your door to suit your budget.

Orders for Confirmation and Holy Communion days are now being taken. All Orders over €100 will receive a Free 9" Celebration Cake to mark the special occasion. (Limited Period Only).

For Further information on any of our services please contact Orlaith Tomkins at 029-76375. Check out our website: www.foodinduhallow.com

Duhallow Area Rural Transport (D.A.R.T.)

DART Supporters Travel Club – Keep your Local Transport Service Going!

Duhallow Area Rural Transport provides an invaluable transport service in the Duhallow region with 49 regular routes now in operation and carried over 58,000 passengers in 2011. Unfortunately DART has received some substantial cuts to its public funding for 2012 which will make it extremely difficult to maintain all routes as well as developing any new routes a significant challenge. Our regular passengers have been a great support to the DART and we are now establishing a DART Supporters Travel Club and asking all our regular users to join for €30.00 per person per year. For further information and to support this service please contact Yvonne Brosnan at 029-60694.

Enterprise Working Group

Growing a Business Through Effective Networking

Samantha Rathling will be giving a talk on Growing a Business Through Effective Networking on Wednesday 18th April at 7.30pm in the James O'Keefe Institute, Newmarket. Samantha is a best-selling author of 'Building the Ultimate Network', and throughout the seminar she will discuss how best a business can network through face to face networking at events and online networking tools. Samantha is an international expert in word of mouth marketing.



Mentoring Programme

IRD Duhallow is pleased to announce details of our new mentoring programme which is free and open to businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Through an initial consultation a number of key areas will be identified which need addressing in your business. From there an appropriate programme will be devised to ensure that you will receive support in the high priority areas for your company. This process will set out a plan for 5 two hour sessions of one to one business support mentoring time in areas that are most beneficial to your specific business. For further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or Contact Louise on 029-60633.



Thinking of Starting Up or Expanding a Business?

Grant aid is available for new business creation and existing business expansion, but applicants must fulfill specific criteria. Pick up the phone today to see can we help you! Contact Louise at 029-60633.

Equality Working Group

Boccia Demonstration Comes to Newmarket

IRD Duhallow in association with Cork Sports Partnership is showing the popular sport of Boccia on Monday 16th April in the James O'Keefe Institute from 12.30p.m to 1.30p.m. Boccia is a game in which balls are rolled at an object or group of objects with the aim of knocking them over or moving them. We will be having a demonstration explaining Boccia and everyone is welcome. This will be a great way to enjoy sport and importantly make new friends. For further information contact Mary at 029-60633.



Living the Eucharist

In June 2012 the 30th Eucharistic Congress will be held in Dublin. Mary of the Cross MacKillop is named as one of the patrons of the congress. To help us focus on the Eucharist

and this Mystery of Faith, an evening will be hosted in the James O'Keeffe Institute on **Thursday 12th April at 8.00pm** and facilitated by Sr. Maureen Cahill. The guest speaker on the night will be Sr. Antoinette Dilworth. **For Further information and registration please contact Louise on 029-60633.**



Titanic Ceremony of Remembrance Night

IRD Duhallow will be hosting a Night in honour of the Duhallow people who set out on the Titanic on its maiden voyage. Dr. Michael Martin (Titanic Trail author and creator) will be the keynote speaker and Sr. Maureen Cahill will facilitate a prayerful and ritual ceremony. This ceremony will take place **on Thurs. 19th April at 7.30p.m. in the James O'Keeffe Institute, Newmarket.** Everyone is welcome to come and share in the evening as we lovingly and prayerfully remember those who perished and those who survived. **Registration is essential, contact Mary at 029-60633.**

Employment & Training Working Group

The Employment and Training Working Group is currently determining interest in the possibility of delivering a **Bookkeeping and Payroll Training Programme.** This programme will focus on Manual and Computerised Bookkeeping and Payroll and will assist learners to set up and maintain accounting records. On completion of the course learners will produce final accounts and VAT returns. Additionally individuals will obtain the knowledge and skills to understand the concepts of manual payroll and set up & implement a computerised payroll system. This course will benefit those who own their own business and also individuals seeking to take up accounts/payroll positions in SME's. This course will take place during the day time and will be covered over 10 days. Please note that Preferred Entry level is that basic keyboard skills will be required. **Places are limited and for more information or to book your place please contact Mary at 029-60633.**



The Employment and Training Working Group is seeking to deliver a course in **Infection Prevention & Control** which will cover general infection control and prevention with emphasis on common infections occurring in a range of healthcare settings such as nursing homes. Course Overview: Basic Microbiology, Principles of Infection Control: Standard Precautions and Transmission Based Precautions; Healthcare Associated Infections; Health Management. This course will take place in Newmarket over five full days or 11 evenings depending on demand. Please note that Entry Level requirements will be a FETAC Level 4 or equivalent qualifications and/or life and work experience. **If you are interested in registering your name please contact Mary at 029-60633.**



Eco-Homes Waste, Water and Energy Training Programme

IRD Duhallow with support from Cork County Council is seeking to deliver a programme that will help participants to reduce residual waste, water and energy usage and in doing so will save themselves money. The programme will have three main sections, water use reduction, composting and energy management (mainly electricity). This will be achieved through a series of 7 workshops of 90 minutes. Please note that places on this programme are limited therefore, **please contact Mary at 029- 60633.**

Agriculture Working Group

Women & Agriculture Spring Series 2012

Will take place in Springfort Hall, Mallow, **On Tuesday 3rd April. Conference at 7.30pm – 10.30pm.** Speakers will include: Nevin Maguire, Chef and Country Living Writer, Paula Mee, Independent Dietician and Peter Young, Irish Farmers Journal. Book your ticket by calling the Booking Line 1890 555 100 or go online at www.irishcountryliving.ie



Environmental Awareness Month

National Spring Clean, Working Together For Our Community- An Taisce calls for registrations for the 2012 National Spring Clean. Ireland's largest anti-litter initiative. The campaign runs throughout the month of April every year with clean-up events taking place in towns and communities all over Duhallow. **Register now for your free clean-up kit by calling 01-4002220.**



IRD Duhallow's Environment Working Group is hosting a number of **information seminars, workshops and field trips** for **Environmental Awareness Month** to enable children and adults gain information of the various Flora and Fauna in the Duhallow area and to raise awareness of the importance of the Environment. Below are a number of events planned for the month of April all of the events are open to children and adults. All events start at 7.30pm in the James O'Keeffe Institute, Newmarket. **For further information on any of the events listed please contact Katie at 029-60633.**

3rd April - Eric Dempsey one of Ireland's leading bird experts will discuss **The Birds of Ireland.** He is a team member of the popular Mooney show on RTE Radio 1 and author of best selling "Birdwatching In Ireland with Eric Dempsey". **Booking is essential for this event to register your please contact Katie at 029-60633.**

16th April - Dr. Barry O'Donoghue, National Parks and Wildlife Service and Board Member of IRD Duhallow will host an information seminar on **Hen Harriers in Duhallow.** The *Hen Harrier* is one of, if not the most elegant and graceful, spectacular and exciting birds in the world. Duhallow is one of the most important areas in Ireland and indeed Europe for the Hen Harrier, and the region holds two Special Protection Areas for the species.

19th April - John Lusby Bird Watch Ireland will present on **Duhallow Raptor Project** which incorporates the Barn Owl, The Long Eared Owl, and Kestrel. Raptor populations are one of most iconic features of the countryside, their high profile can be used to help conserve entire ecosystems on which they depend.

24th April - GIY Duhallow will hold its monthly meeting.

25th April - Mike Holden Environmental Consultant will lead a workshop on **Composting and Food Waste Reduction.**

26th April – Working to protect wildlife in the Duhallow area. LIFE Project update: Where we are – Presented by Dr. Fran Igoe, Project Co-ordinator.

Sunday 29th April - Duhallow Bee Keepers will host an Outdoor Bee-Keeping Demonstration, this event is open only to Members of Duhallow Bee Keepers Association. **This event will start at 2.00pm.**