

IRD Duhallow

SPECIAL POINTS OF INTEREST:

- Enterprise Working Group
- Duhallow Business Awards
- Training Opportunities
- Gathering 2013
- Environmental Awareness Month

INSIDE THIS ISSUE:

Youth & Education	2
Employment & Training	2
Duhallow Angling Centre of Excellence	3
Equality Working Group	3
Supports	3
Agri. Working Group	4
Environmental Awareness Month	4



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

Tel: 029-60633

Web: www.irdduhallow.com

E-mail: duhallow@eircom.net

APRIL 2013

Enterprise Working Group

Duhallow Business Awards

IRD Duhallow is delighted to announce the Duhallow Business Awards in conjunction with the Corkman. These awards aim to acknowledge excellence in business. Nominations are currently being accepted in the following categories:

- Best Business Start Up
(confined to businesses which commenced trading on or after the 1st of January 2011)
- Best established business award
(confined to businesses which commenced trading prior to the 1st of January 2011)
- Customer Service Award
- Woman Led Business Award
- Agri Business Award
- Community Enterprise Award
- An Overall Award will also be awarded to what the judges deem as being the best Duhallow Business amongst all the categories.

Closing date for applications will be the 4th of April and the awards will be presented at a Gala Banquet at the end of May. **Contact the Enterprise Office at 029-60633** or visit www.irdduhallow.com to get your application form today!

IRD Duhallow Mentoring Programme

This programme is open to 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 business advisor. 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.**

Walk Leader Training

The Enterprise Development Working Group is organizing a LEADER funded trail walking leader course. Learn how to be a Walking Leader to take tourists and visitors around the scenic areas and iconic walks of Duhallow. For further enquiries please contact **Louise at 029-60633.**

Social Media Training for Businesses

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 from these mediums. Please note this is for people who are intending to set up, or have an existing business. To register your interest please contact **Louise at 029-60633.**

Start Your Own Business Boot Camp

Enterprise Development Working Group is organising a Start Your Own Business Boot Camp, which is basically a one day crash course in the fundamentals of what is required to set up your own business. This will run on **Monday 29th of April** in the James O'Keeffe Institute and the 9am – 5pm. The course will cost €15. Places are limited and registration is essential. Please contact **Louise on 029-60633 / email duhallow@eircom.net** for further details.



Youth & Education Working Group

Breakfast & Afterschool Club

The IRD Duhallow Breakfast Club operates from 8am to help facilitate parents to get to work on time while knowing their child is in a safe environment and will be dropped to school on time. This service includes Breakfast, and activities and transport to Newmarket Girls and Boys School.

The After Schools Service operates from 2pm -6pm for children attending Newmarket and Lismire Schools. Currently transport is available from these two schools. A warm nutritious home cooked dinner is provided along with homework support daily. Children attending the IRD Duhallow Literacy Programme can also avail of this transport from school and receive dinner before starting their classes.

Please note IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a **social welfare payment, Family Income Supplement** or a **medical card** to receive a reduction in price. There is no requirement to book a place for a full week. Parents have the opportunity to be flexible and book a place only when they need to. If you are interested in sending your child to the **Morning Club and/or Afterschools** contact **Helen at 029-60633**.

Summer Camps

IRD Duhallow Afterschools Facility will be holding **Little Chefs Summer Camps and IT Camps** during July and August. For Primary School children. For Further details please contact **Helen at 029-60633**.

We also plan to hold a **Laugh and Learn Literacy Support Summer Camp** for Primary School children. For further information please contact **Louise at 029-60633**.

PAGE 2

Employment & Training Working Group

The Employment and Training Working Group is proposing to deliver a number of Courses and Workshops. If you are interested in registering for any of these please telephone **Mary at 029-60633**. Please note early booking is advisable as spaces are limited.

Career Decision Making for Adults over 50 years old

RD Duhallow recognises that there is a challenge for men and women who are being laid off from declining sectors to re-focus and re-invent themselves to thrive in new areas of employment. IRD Duhallow is planning to hold a two day workshop **specifically for people who are over fifty** to help with clarifying career and educational options and specifically how to **“search for that job effectively”**. Numbers will be limited to 12 people to ensure that the workshop will focus on personal, individualised contact with participants. We are taking names of people interested in taking part in this workshop which is free to attend.

Job Search Strategy / Skills and Interview Preparation Workshops

The Employment and Training Working Group is proposing to deliver the following workshops:

Job Search Strategy & Skills which will enable participants to create a powerful targeted CV to win interviews and to write cover letters which will sell your CV to potential employers. Additionally participants will be shown the smart way to job hunt in today's fast moving environment and develop methods for researching employers.

Career Decision Maker Programme will allow individuals to identify a range of career/employment/self-employment options that they are suited to and motivated towards. The programme will encourage people to consider training courses to maximise attractiveness to employers and broaden their skill base allowing participants to access new roles and opportunities. Each person will receive a detailed career report and will achieve career clarity and make confident and informed career decisions.

Interview Skills Workshop which will help participants learn how to prepare for meeting with prospective employers. Participants will learn techniques for reducing pre-interview nerves; identify Interview Checklist of Dos and Don'ts and also learn about grooming and Dress Guidelines. Each workshop will be two days in duration from 10a.m. to 4p.m. Places will be limited therefore registration is necessary.

“Fast Forward to Work” Programme

The Employment and Training Working Group is currently determining interest in the possibility of delivering a Bookkeeping and Payroll Training Programme. This training programme will be delivered over a period of 8 weeks that will include Manual and Computerised Bookkeeping and Payroll whereby learners will be equipped with the necessary skills to operate an integrated accounts system for small to medium sized businesses. 2 days will also be spent offering an insight and guidance on what is required to achieve that job vacancy. A further 2 days will be spent learning how to use various Social Media platforms as a tool for Job Searching with a view to securing employment. Areas that will be covered will include LinkedIn, Facebook, Twitter and Networking. This course will take place during the day time and will take place over 12 days. Please note that that Basic Keyboard Skills will be required.

Introduction to Information Technology Training

This module will provide an important grounding in practical IT skills. It is proposed to introduce the concept of information systems which are used across all organizations and equip learners with essential practical IT skills using the current Microsoft Office suite of programs. Emphasis will be placed on File Management, word processing and presentation software. Participants will be able to perform file mgt tasks, create word processed documents to an intermediate standard, create professional presentations using Microsoft PowerPoint and create basic spreadsheets which demonstrate key functions of Microsoft Excel. It is proposed to deliver the training over fourteen evenings. Learners wishing to undertake this module will be required to be proficient in the English language and require basic ICT and Internet skills.

Kerry Jobs Fair & Education / Training Opportunities

Coiste Chontae Chairrai (Kerry GAA Board), Rural Depopulation Sub-Committee was established to address the depopulation facing Football and Hurling Clubs in Co. Kerry. It has proposed to organise a large scale Job's Fair and Education Options event. **This event will take place in the INEC, Killarney on Friday 12th April 2013 from 2.00p.m. to 9.00p.m.** All companies with job opportunities from all around the country will be invited to attend along with recruitment agencies, agencies involved with job creation and all third level institutions. A number of very large employers have already committed to attending. It will be free to the public and free to the companies and agencies that participate in the event. If you would like to attend IRD Duhallow will organise transport to and from this event from Newmarket. **To register please contact Mary Mc Hugh at 029-60633.**

Duhallow Angling Centre of Excellence

The Duhallow Angling Centre of Excellence will begin angling classes during the month of April. These classes are open to anyone interested in taking up angling for the first time or for anyone who wishes to improve their angling skills or learn new angling methods. Qualified angling coaches and experienced anglers will be on hand and fishing tackle will be available.

We are delighted to welcome Glenda Powell, world renowned fly casting instructor to our first angling course of the year which will be held on **Friday 19th April**.

Glenda is world ladies casting champion and travels extensively throughout the world teaching people the skills of angling.

For further information contact Tom Anketell Duhallow Angling Centre of Excellence mobile 086-0827484 or e-mail: anglinginduhallow@gmail.com.

Duhallow Carers

Seminar Coping with Stress in your Daily Life

Duhallow Carers are organising an personal development night entitled managing stress. The workshop is open to anyone who wishes to learn how to manage and cope with the stress in their lives. It will be held on the 4th of April at 8pm in the James O'Keeffe Institute. **For further information contact Louise at 029-60633.**

Duhallow Carers - Walking Night

Duhallow Carers are organising a walking night in the Island Wood on **Thursday 18th of April**. We will be meeting in the James O'Keeffe Institute at 7.30pm. Please note this is weather dependent. Contact Louise on 029-60633 if in doubt over the weather conditions to ensure it is still going ahead.

Duhallow Women's Forum

The Duhallow Women's Forum will be holding an information seminar for parents of children aged between 5 and 15 years of age.

This seminar is about developing ways to become confident as a parent and to promote positive relationships between you are your child. Topics will include communication, child centred play, discipline and strategies to deal with a variety of everyday childhood issues. This seminar is free and all are welcome.

It will take place in the James O' Keeffe Institute, Newmarket on Thursday 25th of April at 7.30p.m. To register your name please contact Mary Mc Hugh at 029-60633.

Cork Choral Fringe Concert

with Guest Appearance by Duhallow Choral Society

There will be a Cork Choral Fringe Festival Concert

In Drishane Castle on **Thursday 2nd of May 2013**

with the Sweedish Choir Katarina Kammarkor and guest appearance by the Duhallow Choral Society.

Tickets are €10 and Pre Booking is essential.

For further information contact **Louise on 029-60633.**

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.**

The Gathering 2013

In recent months community groups have expressed great interest in organising an event for The Gathering during the month of July. Applications forms are now available on our website @ www.irdduhallow.com or by contacting the office directly. The Gathering is an opportunity for people in Duhallow and those abroad to get involved in this national movement. It will provide a platform for Ireland to connect with its diaspora around the world. In Duhallow we are **seeking applications from local groups and individuals** to organise events during the month of July as part of **"Discover Duhallow ... A Day in the Region"** which IRD Duhallow developed last year as a 10 day event but due to its success will now run for a month this year from Monday 1st July to Sunday 3rd August. Events can vary in size and can be a once off event such as a guided walk, cultural event to a larger festival. **All applications must demonstrate how they will attract people home for their event and how it fits into the overall theme of the Gathering.** Communities who took part in Discover Duhallow in 2012 will need to look at broadening their events for 2013. **For further information please contact Helen at 029-60633.**

Equality Working Group

IRD Duhallow in association with UCC Disability Support Service will hold an information seminar to parents, second level students, teachers, SNA's, and interested parties to **create awareness of the assistive technology available to students with disabilities/learning difficulties to help students maximise their academic potential.**

A presentation will be given on what is Assistive Technology and how different forms of AT can support the student who may have a disability/learning difficulty. There will also be an opportunity to sign up for more specific assistive technology training. Additionally information will be given on (DARE) the Disability Access route to education which is a college university admissions scheme which offers places on a reduced point's basis to school leavers under 23 years with disabilities.

This seminar will take place in the James O' Keeffe Institute, Newmarket on Tuesday 30th of April at 7.30p.m. To register your name please contact Mary at 029-60633.

Bereavement 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 please call **087-6279000.**

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 please contact the **Helpline @ 087-7733337** from **Monday to Saturday** from **10am - 10pm.**

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 any of the following payments will receive the service free of charge.

Fuel Allowance

Family income support

Job seekers allowance for over 6 months and with children under 7 years of age.

For further information please contact Colm or Eileen at 029-60633.

Agriculture Working Group

Calculating Meat Content Workshop

Producing meat products such as burgers, sausages, ready-meals etc? Need to know the meat content of your product, what meat content should you declare on labelling?

Find out how to calculate the meat content at this workshop, newly available from Teagasc and delivered by trainers from Campden BRI. On Tuesday 16th April 2013, in Teagasc Conference Centre, Ashtown, Dublin 15.

Cost: €475 or €300 if approved for Skillnets Funding.

For further information contact the course administrator at courseadministrator@teagasc.ie or contact 01 8059520.

The Farmers Market takes place each Thurs. & Sat. at the rear of Twohigs Supervalu Kanturk commencing at 10.30am. If you are looking for home baking, jams, chutneys, eggs, cooked chickens and home grown vegetables please visit us at the market. **If you are interested in obtaining a food stand at the market please contact Katie at 029-60633.**

Environment Working Group

National Spring Clean is Ireland's biggest anti litter campaign and is now in its 15th year. It encourages people from all walks of life to take pride in their local environment and to take action against litter. This campaign runs for the month of April and everyone can become involved by registering with An Taisce @ 01-4002219 or www.nationalspringclean.org to receive a free Clean Up kit. IRD Duhallow will also loan litter pickers to groups who are taking part for the month of April. **For further information please contact Helen at 029-60633.**

Environmental Awareness Month

IRD Duhallow will once again host Environmental Awareness Month during April. The aim of the month is to raise awareness about the importance of our environment and promote positive environmental actions throughout Duhallow. During the month there will be a broad range of talks, seminars and workshops addressing different environmental topics.

Tuesday 2nd April Living the Wild Life RTÉ series featuring the work of the Duhallow Raptor Project RTÉ 1 at 7.00pm

Thursday April 4th 7.30pm River birds, wetland waders and other feathery fowl. An evening of fun stories and a visual treat by John Murphy, Film maker and renowned bird expert, in the James O'Keeffe Institute.

Tuesday April 9th 7.30pm CSI Otter. Who Dunit? A fascinating account of how modern science is unlocking the mysteries of how our native mammals live. Denise O'Meara, Mammals in a Sustainable Environment will take place in the James O'Keeffe Institute.***

Thursday 11th April 7.30pm Seminar with Jamie Durrant Bird Watch Ireland on Bird Identification & Birds of Gambia in the James O'Keeffe Institute.

Sat. 13th – Sat. 20th April.

Interested in growing your own food? GIY Sow a Seed Week is the moment you have been waiting for. The week is all about trying to encourage people that have never grown anything at all to sow a seed for the first time. The Sow a Seed Week coincides with the start of the 2013 growing season and also Environmental Awareness Month.

Thursday April 18th 7.30pm. Farming and river conservation: innovation, community partnership and practical conservation. An evening of how communities and scientists can work together to improve the environment. Mr. Ruairi O'Conchuir, MulkearLIFE project.

Friday 19th April Angling Classes with World Ladies Casting Champion with Glenda Powell, please contact Duhallow Angling Centre to book your place 086-0827484.

Tuesday April 23rd 7.30pm Three F words in Duhallow: Farming, Fishing and Forestry. Updates on the DuhallowLIFE project two years on. Dr. Fran Igoe and Kieran Murphy, IRD Duhallow LIFE.

Wednesday 24th April - Birds of Prey in Duhallow, John Lusby Bird Watch Ireland will provide an update on the Raptor Project in Duhallow followed by a site visit to a nest box in Kanturk. **Booking is essential the seminar will commence at 6.00pm** please contact Katie at 029-60633.

Thursday 25th April Fun Environmental Table Quiz, teams of four with six rounds of questions focusing on different aspects of the environment, in the James O'Keeffe Institute, commencing at 7.30pm all are welcome.

Tuesday 30th April Developing a Home Composting System commencing at 7.30pm. Booking is advisable for all of the above please contact Katie at 029-60633 to book your place or for further information.

****Denise O Meara, Waterford Institute of Technology who is giving the talk on the otters on April the 23rd will also be discussing how volunteers can get involved in this exciting new research along the river Blackwater, **it is hoped to follow this presentation with a workshop on Otters in Duhallow.** Anyone with an interest in wild animals such as otters, foxes, badgers and pine martins will find this talk interesting. This will include a discussion for volunteers who would like to help monitor otters on the Blackwater.

