



Transforming Ireland

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IRD Duhallow Community News

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Community Development Working Group

National Heritage Week

This year national heritage week will run from the 18th -26th August and provides communities with an opportunity to raise awareness on local heritage sites and areas of special interest to the general public. All types of events are welcome during Heritage Week and the key message that should be emphasised by all communities is the benefit of protecting our heritage.

IRD Duhallow will be running 2 different events during heritage week. The first will focus on the 'Tools of The Trade' where each community will be asked to collect and document the traditional hand tools associated with the built heritage in their local areas such as those used in carpentry, masonry, joinery and plastering. **The collection will then be displayed in a community exhibition on Monday 20th August at 2.00pm in the James O'Keeffe Institute, Newmarket.** The aim of the project is to highlight the traditional skills and community knowledge that underscores all built heritage. We are asking individuals and communities to contact us if they have any of these tools or know of someone who may have them. We will arrange to photograph the tools and collect any stories relating to them with the permission of the owners.

The second event entitled "In Praise of Historic Buildings" will involve communities organising a joyful performance event such as a reading, instrumental or voice performance in a public or privately owned local historic built environment. The aim of the project is to celebrate historic buildings with an emphasis on their acoustic qualities while at the same time highlighting their suitability for contemporary usage.

For further information and to organise an event 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 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.



Duhallow Boxing Club

The Duhallow Boxing Club will reopen on Monday 27th of August in the Boxing Club Kanturk. Training will take place every Monday, Wednesday and Friday.

Under 12s – 6.30-7.30pm

Under 16s – 7.00-8.30pm

Adults – 7pm -9.30pm

For further information please contact Jim at 087-8122405.

Mass in Memory of St. Mary McKillop

On Wednesday 8th of August Sr. Maureen of the Sisters of St. Joseph and friends will host a mass in memory of Saint Mary McKillop in the James O'Keeffe Institute at 5.30pm. Registration is essential please contact Louise at 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 of trained volunteers 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 but a friendly and supportive listening 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.**

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 or 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.**

Enterprise Working Group

Thinking of Starting Up or Expanding a Business?

LEADER Grant aid is available for new business creation and existing business expansion at the new increased rate of 75%, but applicants must fulfill specific criteria. Pick up the phone today to see can we help you! **Contact Louise at 029-60633.**

IRD Duhallow **Mentoring Programme** is free and 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.**



Training Course for Walking Leaders

IRD Duhallow is looking at the possibility of hosting a training programme for hill walking guides. Learn how to be a walking leader to take tourists and visitors around the

scenic areas and iconic walks of Duhallow. For further enquiries and expressions of interest please contact **Louise at 029-60633**.



Self Employment Opportunities Programme

IRD Duhallow will offer a course which focuses on the fundamentals of starting your own business and becoming self employed. The course will run from Mid September and places will be allocated on a first come first served basis. For further enquiries and expressions of interest please contact **Louise at 029-60633**.



Hands of Duhallow

IRD Duhallow would like to invite any crafts person who currently is not member of the IRD Duhallow Hands of Duhallow Craft Network to contact us to receive information on the supports available to them to develop their enterprise. The IRD Duhallow Christmas Craft Fair will once again be held this November and IRD Duhallow would welcome new crafts people who wish to exhibit their unique pieces. **For further information please contact Helen at 029-60633**.

Employment & Training Working Group

IRD Duhallow's Job Centre continues to be a core element of our service to the unemployed and to other job seekers and local businesses. The job centre provides the following services to those seeking employment: **CV assistance and compilation, Interview guidance and preparation, access to training and educational opportunities.**

Employers can avail of an effective local recruitment service whereby you can advertise your current vacancies with us. From our database of candidates we will select applicants that have the job specific criteria and forward their Curriculum Vitae to you. For further information or to register with the Job Centre please phone **029-60633**.



Recording of Historic Graves

All Community members interested in recording the stories of the historic graveyards in their area using 21st century technology are invited to attend an information session at the James O' Keeffe Institute, Newmarket on **Wednesday 15th of August 2012 at 8.00p.m.** **Speakers on the evening will include John Tierney Eachtra Archeological Projects and a representative from Cork County Heritage Unit.** The information session is free but registration is essential - **contact Mary Mc Hugh at 029-60633**. Light refreshments will be served on the night and all are welcome.



Information Seminar on the Apprenticeship System

Denis Buckley FÁS Apprenticeship Training Advisor for North Cork and John Twohig Head of the Centre of Craft Studies with C.I.T. will speak at an upcoming seminar organised by IRD Duhallow on the current Apprenticeship System. This seminar will focus on a number of key areas including; Refresher Programmes for apprentices, Transferable Skills for redundant Apprentices, Craft Education Programmes, Redundant Apprentice Programme (RAPS), Schemes for New Entrants and an overview on what programmes are in place for people seeking to become an Apprentice. This free seminar will take place on **Wednesday 29th of August at 8p.m. in the James O'Keeffe Institute, Newmarket** and all are welcome to attend.

To register your name please contact Mary Mc Hugh at 029-60633.

IRD Duhallow are pleased to announce the **opportunity for people living in Duhallow to complete University Certificate Programmes** on an outreach basis in association with the University of Limerick.

A University Certificate in History of Family and Genealogical Research Methods in partnership with University of Limerick. This is a one-year part-time course which will lead to a recognised Certificate in Genealogy Studies. The course will consist of four modules and will be delivered one evening per week in the James O'Keeffe Institute, Newmarket, 6.30p.m. to 9.30p.m. during the UL Autumn and Spring Semesters. The aim of the course is to provide an introduction to the theory and practice of genealogy and family history research. Entry requirements stipulate that applicants must be 23 years or over.

University Certificate in Oral Heritage Studies -

This is a one-year, part-time certificate course which will examine the wealth of recorded national and local oral narrative sources in Ireland in both oral history and folklore. The course will consist of four modules and be delivered one evening per week in the James O'Keeffe Institute, Newmarket, 6.30p.m. to 9.30p.m. during the UL Autumn and Spring Semesters. Entry requirements stipulate that applicants must be 23 years or over.

The completion of one of these certificate courses can lead to the option of completing a Masters with the University of Limerick. If you would like more detailed information on any of the above including a breakdown of modules or a meeting with the tutors **IRD Duhallow will be hosting an Information Seminar on Tuesday 7th of August at 8p.m. in the James O'Keeffe Institute.** Application forms will be available on the night and all are most welcome to attend. **For further information on these please contact Mary Mc Hugh at 029-60633.**



Diploma in Rural Development

UCC are currently accepting applications for a BSc Diploma in Rural Development by Distance Learning for September 2012. The NUI Diploma by Distance Learning programme is a professional qualification for mature students active in development in rural area. Through the LEADER Programme there is the possibility of a bursary being available for adults who have left education to complete this Diploma.

If you are interested please contact Mary Mc Hugh at 029-60633 as soon as possible. For further information on the Diploma please go online to <http://www.ucc.ie/ruraldevelopment>



It's Never Too Late to Learn!

IRD Duhallow will be facilitating and supporting older learners (60years+) in Duhallow to access **Life Long Learning** opportunities including: Basic Computers, Internet and email or Photography. These courses and workshops will be commencing this coming September/October (dependent on the level of interest) here in the James O'Keeffe Institute, Newmarket. **Please contact Triona at 029-60633 for further information.**

Equality For Women Measure Extension 2007-2013

An eight week **Training course on how to Grow Your Own Fruit and Vegetables** will be delivered over the Autumn period. This programme will be open to women who are interested in growing their own fruit and vegetables. Modules

will include planning a kitchen garden, crop rotation, sowing seeds and manuring, growing under cover, weed control etc.

IRD Duhallow is now taking names for women interested in undertaking a **Personal Development Training Course** which will include the following modules: Positive versus Negative Thinking, Saying No, Developing Self – Esteem, Rights and Responsibilities, Communication Skills, Conflict Resolution, Anger Management, Listening to your Intuition, Management of Feelings. The duration of this course will be once a week for eight weeks.

Work Life Balance for Employment – Cooking on a budget, Preparation of Healthy Meals, Considering Time Constraints and Healthy Eating. This course will take place over six weeks and will begin in September.

A twelve week training course in **computers** will commence in September for women seeking to develop their computer skills. Learners are required to have Level 3 Certificate, Junior Certificate or equivalent. The aim of this programme will be to provide participants with an understanding of the computer and its environment. The syllabus includes basic terminology associated with computer hardware and software. It provides practical experience in data entry skills, word processing, file management and the use of the internet.

To find out more about the above Courses or to book your place please contact Mary McHugh at 029-60633.

Youth and Education Working Group

Summer Camps

IRD Duhallow will run its IT and Little Chefs Summer Camps for all primary school aged children. These camps are fun filled with activities ranging from baking, cooking, arts and crafts, planting flowers, sports and computer skills. The camps operate from 10am-2.30pm from 7th to 10th August. Places are limited so early booking is advisable. **For further information please contact Helen at 029-60633.**



Angling Summer Camp

A three day Angling Summer Camp will take place in Duhallow starting on **Monday 20th August to Wednesday 22nd August**. It is open to boys and girls aged from 10 to 16 years of age. No previous angling experience is necessary. If you want to learn a new sport or if you already are an angler and want to brush up on your skills why not come along for three days of fun and learning. Experienced anglers will be present to teach the young anglers the basic skills of fly fishing and river craft. For further details & application forms contact **Tom Ankettell at 086-0827484.**



Newmarket After Schools

The Newmarket After Schools has received a number of queries from parents regarding the availability of the service in September. Interest has been expressed from some for the establishment of a **morning club**. This would facilitate parents in getting to work, on time, safe in the knowledge that their child is in a secure environment and will be dropped to school on time. IRD Duhallow is very interested in starting this service if there is sufficient demand. If you are interested please contact with us as soon as possible.

The facility will continue to operate its After Schools Service in September from 2pm-6pm for children attending Newmarket and Lismire Schools. Currently transport is available from these 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 their dinner before starting class.

Please note IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. There is no requirement to book a place for a full week, rather 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 afterschools please contact **Helen at 029-60633.**



Literacy Support for Primary School Children

Is your child experiencing difficulty with reading, spelling or writing? Has your child been diagnosed with a learning difficulty and are you concerned about their progress? Do you need advice on how to support your child?

IRD Duhallow is running weekly **literacy classes in James O'Keefe Institute, Newmarket** to support primary aged children in the area. The classes are run by an experienced Primary teacher who has specialised in teaching children with learning difficulties and the classes aim to support the students' literacy needs, taking account of their strengths and weaknesses. The service also provides regular advisory clinics for parents/guardians to discuss the students' progress in class, offer advice on how to support the child at home or to discuss any other educational queries/concerns. Classes are open to children aged between Senior Infants and 6th Class. **For further information and registration please contact Louise at 029-60633.**

Agriculture Working Group

The Focal Farmer Programme assists Low Income Farm Families to maintain a viable family income by maximising the farm enterprise and by providing a number of key services which include: AI Grants, Milk Recording Grants, and Soil Sampling subsidies. For further information on the qualifying criteria please contact Katie at 029-60633.



STRESS is the reaction people have to excessive pressure placed on them. Farmers work under extreme pressure and have no control over various aspects of their work including the weather. We often hear the term stress used in relation to other occupations but it is not a term commonly used by farmers. Farming by its nature is a very stressful occupation. Confidential advice and help is available from many sources including the following Helplines:

Farm & Rural Stress Helpline 1800 742 645

A free-phone helpline open from 6.00pm to 10.00pm daily. This helpline is aimed at people who may be feeling down, suffering from stress or depression or those who are concerned about someone.

Aware Helpline 1890 303 302

Aware is a voluntary group which provides support for those suffering with depression.

Samaritans - 24 hour support phone **1850 609090** delivered by volunteers.

Suicide Prevention Helpline – 1800 742 745 - A free phone helpline open from 6.00p.m. to 10.00p.m. for people who are suicidal or equally for a family member or friend who is concerned about someone.



GIY Duhallow -The GIY Group will not meet during the month of August. The next scheduled meeting is due to take place on **Tuesday 25th September 2012** which will incorporate our annual **Harvest Festival Feast**.

IRD Duhallow LIFE Newsletter

Project Update

Summer is finally with us and in between the rainy spells we have had a few glorious days of sunshine. Wildlife in Duhallow is busy at this time of the year feeding young or just growing tall. IRD Duhallow have been busy too working on the various actions of the EU LIFE project.

Himalayan Balsam - the invasive weed

Work has continued throughout the River Allow catchment to remove this non-native plant from the banks of the Rivers Allow, Dalua and Brogeen. We are now into our second year and the results are encouraging as our Rural Social Scheme workers report a dramatic decrease in the densities of this plant due to its removal last year.

Bird Boxes and Otter Holts

This spring we placed bird boxes under bridges in areas where our bird survey last year found evidence of nesting activity. High water levels due to flooding prevented us from placing the boxes up over the winter; the recommended time for their instillation. Despite this, quite a number of boxes were used by both dippers and wagtails for nesting, which is a great result considering the time constraints. We are also monitoring the otter holts and hope to see positive results in time.

LIFE 20th Anniversary Celebration Workshop

IRD Duhallow attended a workshop on the 10th of May, organised by the four Irish LIFE Nature/biodiversity projects. Experts gave presentations on current and former life projects and various aspects of this EU financial instrument were discussed.

DVD

A DVD has been produced for the LIFE project covering the motivation behind IRD Duhallow's drive to have such a project in the Duhallow area and the various actions being undertaken for the conservation of the River Allow's habitat and wildlife. The activities of the various participants are also outlined and it is intended that this DVD will be launched shortly.

School Species Recording Project

A "map the wildlife in your own area" project was launched and rolled out in 12 national schools in Duhallow. This included a visit by the LIFE team to explain the project to the students. Students were given tailored recording sheets to map the wildlife in their neighbourhood and this information will be posted on to the National Biodiversity Data Centre Website for all to enjoy. The programme is concentrating in the River Allow catchment for 2012 but will expand out into other schools in the Duhallow catchment in 2013 and 2014.

Something Fishy

Inland Fisheries Ireland with the assistance of the LIFE team have also started their educational programme in the national schools. This entails a talk on the river ecology and issues concerning water in Ireland, followed with a visit to the river with demonstrations on aquatic invertebrate sampling and electrofishing methods to survey fish. This was great fun even if some of us got a little wet!

Survey of Parasitic Phase of the Pearl Mussel

The Freshwater Pearl Mussel has an unusual life cycle. During the first few months of its development it is actually a parasite attaching itself to the gills of young salmon and trout. Later the developing mussels drop off and become sedentary not moving much if at all on the river bed. We used this parasitic phase to determine the potential distribution of the Freshwater Pearl Mussel. Members of the Kanturk Trout Angling Fishing Club kindly assisted by catching fish at predefined locations. It was determined that the parasitic phase, known as glochidia, were present on mussels from Kanturk to Freemount. Unexpectedly glochidia were also found on the gills of fish on the River Dalua where no adult pearl mussels have been recorded!

Bank Erosion

Bank erosion is a major problem in the catchment and although some of our willow trials were successful, clearly in some locations other techniques must be used in tandem with fencing. We still await the relevant licensing from the relevant statutory agency. **For further information on the LIFE Project please contact 029-60633 or email duhallow@eircom.net or visit www.duhallowlife.com**

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Duhallow Ltd.



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