

IRD Duhallow

SPECIAL POINTS OF INTEREST:

SLIABH LUACHRA MUSIC TRAIL

SOCIAL PROTECTION SCHEME

SAOI NETWORK

VOLUNTEER TRAINING

SAFE TALK &

ASSIST WORKSHOP

WARMER HOMES SCHEME

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AUGUST 2013

Enterprise Working Group

IRD Duhallow Mentoring Programme

Thinking of starting up a business? Then why not avail of the advice and guidance of the mentors on the IRD Duhallow mentor panel. The IRD Duhallow mentoring 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 business 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.**

Successful Selling

The Enterprise Development Working Group is organising a training programme for businesses entitled 'Successful Selling' topics covered will include: How to improve pre-call planning; The Initial meeting; Confidence Building in speaking; Asking powerful questions to engage clients; Handling objections; Learn how to gain access to the decision makers in the sale; To close the sale and get commitment from the client; Following through and deepening the relationship with the client; The importance of after sales service and building the future for your business; Evaluation of sales – measuring your progress and tools for evaluating sales. Expressions of interest are currently being accepted by contacting **Louise at 029-60633.**

Community Development Working Group

Sliabh Luachra Cultural Trail

Sliabh Luachra music is distinctive and instantly recognisable by an exceptional ornamentation and a rich variety of rhythms including jigs and reels, slides, polkas and hornpipes. Above all, it is dance music, formerly played in kitchens for house dances, and outdoors, sometimes on specially constructed timber-floored platforms, at level places such as crossroads and bridges.

IRD Duhallow with support from Kerry and Cork County Council are together promoting the unique tradition of Sliabh Luachra music and culture through the development of a music and cultural trail in the region. The first phase of this is the development of a 6 night music programme for **July and August** where Sliabh Luachra music will be available in various locations for tourists and locals. Sliabh Luachra music is essentially fiddle music though the melodeon, tin whistle and other instruments also form part of the tradition. In the playing of jigs and reels, the bowing styles are crucial in distinguishing it from other music traditions. For the month of August live music will continue to be held in the following locations;

Monday Nights Scully's Bar, Newmarket at 9pm. Scartaglin Heritage Centre host a rambling house the 2nd Monday of every month which is home to the great fiddle player Pdraig O'Keeffe.

Tuesday Nights Bruach Na Carraige, Rockchapel at 8.30pm

Wednesday Nights Doyle's Bar, Knocknagree commencing at 10.30pm

Thursday Nights The Heritage Centre, Scartaglin who will host seisons on Thursday 25th July & 22nd August at 8.30pm which is where music, song and dance will ensure a great night.

Friday Nights Kate Pats Bar, Brosna at 10.00pm

Saturday Nights Sliabh Luachra Bar, Ballydesmond at 9.30pm

Sliabh Luachra Summer School on 30th July - 6th August. Further information www.sliabhluchra.com

Scully Fest is on 10th to 12th August at Scully's Bar, Newmarket. Further information www.scullybar.com

National Heritage Week will run from the 17th - 25th August. National Heritage Week 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 of the benefit in protecting our heritage. IRD Duhallow will be running a **Duhallow Community Archives workshop on the Care and Preservation of Personal Photograph Collections and Illustrated Lecture focusing on the "Irish Craft of Thatch" on Monday 19th August at 8.00pm in the James O'Keeffe Institute, Newmarket.**



Transforming Ireland

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



UCC School of Asian Studies

The School of Asian Studies at University College Cork - Ireland's leading centre for Chinese and Asian teaching and research – has launched two exciting new programmes as part of the Springboard Initiative in Higher Education.

1. **Higher Diploma in Chinese Business, Language & Culture**
2. **Certification, Business, Language & Culture in East Asia**

Both courses will begin in early September 2013. The Deadline for applications for both of the above courses is 30th August 2013.

For further information contact Prof Deirdre Hunt dhunt@eircom.net and Dr Leung Wing-Fai wfl@ucc.ie of the School of Asian Studies, UCC and see www.springboardcourses.ie and <http://www.ucc.ie/en/asian>

Employment & Training Working Group

IRD Duhallow Social Protection CE Scheme is recruiting additional participants. The successful applicants will be placed in a Laundry and Recycling Furniture Project as well as a Childcare Facility. If you are in receipt of a social welfare payment and over 25 years old, 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 FÁS Enterprise Officer. Please note the successful applicant 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. **Closing date for applications is 9th August 2013.**

The Employment and Training Working Group is proposing to deliver a number of courses. **If you are interested in registering for any of these please contact Mary at 029-60633.** Early booking is advisable as spaces are limited.

Computer Training for Beginners

IRD Duhallow is seeking to run a series of computer courses for beginners or those seeking to improve their skills. These courses are designed to provide the necessary skills and knowledge required to access a website, access web addresses, social media and how to shop and bank online. Two further hours will be available on Digital Photography and/or Skype. This training is open to everyone and will be delivered during the day or evening time one session a week for five weeks. The total course cost per participant is €20. We are trying to ensure that no one is left behind as the digital gap widens therefore we are taking names of people interested in participating. (Please note that this project is dependent on Benefit 4 funding being awarded).

Digital Heritage and Tourism Recording Course

IRD Duhallow is proposing to deliver a four day training course to communities in Digital Heritage and Tourism Recording. The aim of this course is to train attendees in digital recording and publication of heritage places in their locality and to build a central dataset of geo-located photographs to which will be attached concise text, audio and video records. All of the work will be practical, aiming to build a digital dataset for publication of local heritage areas such as historic houses, shop fronts, tower houses, National Schools, Army barracks, workhouses, place names, and/or field names. Both class learning and field surveying will be utilized.

Equality for Women Measure 2013 / 2014

Interested in accessing Certified Training Courses? IRD Duhallow will deliver the following training Courses for Women who are or will be seeking employment.

FETAC Level 6 Accredited Supervisory Management Training Course

A Supervisory Management Training Course for women who are about to undertake a supervisory management position or for those who wish to seek employment at this level. This course will equip women with essential knowledge to strengthen and develop their supervisory management skills and participants will learn how to promote good practice in planning, managing and delivering a quality service. Modules will include; Analysis and Decision Making; Quality and Customer focus; Planning, Organising and Prioritising; Strategic Planning and lastly Change Management. Preferred entry level for this is Level 5 Certificate, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences.

FETAC Level 5 Occupational First Aid Course

A three day training programme on Occupational First Aid will be delivered in October in the James O'Keeffe Institute, Newmarket. This programme is specifically for people who are seeking employment. There will be a FETAC Level Five Component Certificate for completion of this course. This is relevant for anyone who wishes to be trained and certified as an Occupational First Aider and deliver first aid care according to the protocols taught in the course.

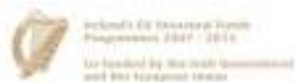
Personal Development Training Course

IRD Duhallow is taking names of 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 & Responsibilities, Communication Skills, Conflict Resolution, Anger Management, Listening to your Intuition, Management of Feelings. The course will be once a week for eight weeks

Grow Your Own Training Course for Women

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 and it will give participants the information and knowledge needed to grow successfully – what to grow, when and how to grow it. Modules will include planning a kitchen garden, crop rotation, sowing seeds and manuring, growing under cover, weed control etc.

If you are interested in registering for any of these please contact Mary at 029-60633. Early booking is advisable as spaces are limited.



Investing in your Future

The Equality for Women Measure 2010-2013 is funded by the European Social Fund (ESF) through the Human Capital Investment Operational Programme 2007-2013 and the Department of Justice and Equality

Equality Working Group

Basic Sign Language Classes

IRD Duhallow will hold **Basic Sign Language Classes** beginning in September. The classes will run for 6 weeks and will cover such topics as: Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc. The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. Please note that there is a course fee of €55 per person to take part in this course. **If you are interested in participating or require further information please contact Mary at 029-60633.**

Script Writing Course

Learn to write scripts from concept to development. The **10** day course which has an interactive approach rather than focusing on just screenwriting theory is aimed at inspiring you to create your own ideas and develop skills as a scriptwriter. The course will assist you to write scripts and generate filmic ideas, be creative with writing exercises, understand how short films work, use correct script formats and layouts, learn about the correct use of lighting and sound and understand how to receive and give feedback.

Please note that no prior experience with cameras/filming is necessary. Please note that places on this course are limited. **For more information or to receive an application form please contact Triona at 029-60633.**

SAOI Network

Retirement Options

Have you recently retired or are you thinking about retirement? Have you taken voluntary or early retirement? IRD Duhallow will deliver an active citizenship training programme for retired (or soon to be retired) people who have an interest in becoming more actively involved in their own communities (dates of course to be confirmed). The programme will provide a range of retirement-related subjects including planning for retirement, demystifying pension information – personal and state provision, explore the opportunities that are available to you in this next stage of your life including leisure, lifelong learning, volunteerism etc. **To register please contact Triona at 029-60633.**

Safe Talk & Assist Workshop

Most people thinking about suicide signal and share their pain – they offer us opportunities to respond. Suicide Intervention Training can help all of us to see, hear and respond to these invitations. It can also increase our confidence to ask about suicide when someone's safety may be in the balance. If someone is at risk, suicide first aid prepares us to work with them to increase their immediate safety and get further help. This workshop is for all caregivers (any person in a position of trust), including professionals, paraprofessionals and lay people. It is suitable for Mental Health Professionals, Nurses, Physicians, Teachers, Counselors, Youth Workers, Gardaí, School Support Staff, Clergy, and Community Volunteers. The course will be held on **Tuesday 24th September** from **7pm-10pm** in the James O'Keeffe Institute. After completing the Safe Talk course you will then be free to take part in an **Assist Workshop**. This two-day ASIST workshop is for persons aged 18 years or older who are interested in supporting people who may be at risk of Suicide. The ASIST workshop is an intensive, interactive workshop where participants develop their skills through simulations and role-plays. ASIST is designed to help caregivers become more ready, willing and able to help persons at risk of taking their own lives to get further appropriate help to stay alive. This workshop will be held on **15th & 16th October from 9am-5pm** on both days. If interested in attending or for further information please contact Helen at 029-60633. Please note places are limited, so early booking is advisable.

A Gathering – with a Difference

A warm invitation is extended to people of Duhallow to experience a day of Retreat – a time to reflect and rest awhile with your God.
Place: James O'Keeffe Institute, Newmarket
Date: Saturday 24th August. Time: 11am - 4pm
Presenter for the Day: Sr. Antoinette Dilworth. The facilitator for the event - Sr. Maureen Cahill.
Cost (to include lunch) €20. N.B.: It will be essential to register your attendance with Louise at 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.

Duhallow Carers Group

The Duhallow Carers will have a meeting on **1st August** in the James O'Keeffe Institute. This will include a **BBQ** for all the Carers and the people they are caring for. All family and voluntary carers welcome. **For further details contact Louise 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 in September for all new volunteers. These services require volunteers to be able to give their time freely and to be able to have the most respect and privacy for the users of the services. **If you feel you can bring something to this service please contact Helen at 029-60633.**

Domestic Violence Support Helpline

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. **Domestic Violence Support Helpline @ 087-7733337 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 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.**

Coderdojo

IRD Duhallow are looking at establishing a Coderdojo Club for the week of the **29th July – 2nd August** for children aged 8 - 13 years initially; with the **possibility of expanding the club into the month of August**. Coderdojo is a global movement providing **free** and open learning to young people, especially in programming technology. This club would enable children to learn code, develop apps, games websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software industry. Coderdojo encourages children to share their knowledge, doubts and ideas. It enables like minded youths to interact in a cool environment to develop their own programme and games. For further information please contact **Helen at 029-60633**.

Angling Summer Camp for Children

The Duhallow Angling Centre will run a **three day Angling Summer Camp for children commencing on 21st August 2013**. The Camp is open to both boys and girls. All angling equipment will be provided. For further details and application forms contact Tom Ankettell at the Duhallow Angling Centre of Excellence at 086-0827484 or email anglinginduhallow@gmail.com

Doneraile Park, Co. Cork

Guided Walks covering the history of Doneraile Park, Court and Gardens, 1 Hour duration - Minimum Group Number 10 people. 10-20 €5.00 P.P.

For booking Arrangements contact: guides@doneraile.ie
Tours are provided by Doneraile Development Association and guides work on a voluntary basis. The entire income goes towards the promotion of Doneraile Park and Court.

Catering can be arranged as part of the Tour in **Doneraile Park Tea Rooms, Contact Mint Catering at 022-24448**.

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 2002.

Thanks to increased funding our waiting list for houses is not as long as previous years so applications taken this month will have works completed before next winter. If you or a member of your family are eligible for this service please contact Colm or Eileen at **029-60633**.

Newmarket Afterschools September Bookings

The Newmarket After Schools will reopen in September. The facility will operate its **Breakfast Club** due to demand from a number of parents requiring it 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 will commence at 8am and will include transport to Newmarket Girls and Boys School.

The **After Schools Service** will operate from 2pm - 6pm for children attending Newmarket and Lismire School. 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 to receive a reduction in price. There is no requirement to book a place for a full week parents instead 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 Breakfast Club / After Schools please contact Helen at 029-60633.**

Agriculture Working Group

Reminder: Burning Land from 1st of March to 31st August is not permitted.

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 [please note you can now forward in your AI & Milk Recording Invoices.](#)

Capital Gains Tax Relief

Budget 2013 included a new relief on capital gains tax for agricultural land transactions leading to efficient farm restructuring. The relief is aimed at improving the viability and efficiency of farm holdings. The commencement order to give legislative effect to the provision for the relief as outlined in the Finance Act 2013 has now been signed by the Minister for Finance. Following on from this, guidelines for farmers wishing to avail of this relief have been developed in conjunction with Teagasc and are now available on <http://www.agriculture.gov.ie/media/migration/formsdownloads/CGTGuidelines020713.pdf> and www.teagasc.ie.

Kanturk Farmers Market, which is located at the rear of Twohig's Supervalu takes place every **Thursday and Saturday** from 10.30am -2.00pm. Every week at our Market you will find a range of fresh local produce. Watch out for our special 10% discount days, New Stallholders Welcome for further information please **contact Katie at 029-60633**.

IRD Duhallow Birdwatch Group

Duhallow Birdwatch group was formed in 2010. The group consists of professional, advanced, and beginner bird watchers. The group is of interest to any person who has an interest in birdwatching. Seminars, Workshops, and fieldtrips are just some of the activities organised by the group. **If interested in joining or require further information contact Katie at 029-60633.**

The GIY Group will not meet during the month of August the **next scheduled meeting** is due to take place on **Tuesday 17th September 2013** at the garden of Tracy Jones, Reandallane, Kiskeam **contact 029-60633 for further details.**