



Transforming Ireland

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IRD Duhallow Community News

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Enterprise Working Group

How to Write a Winning Tender

In an era where tendering and public procurement is becoming common practice, the Enterprise Development Working Group is organising a seminar on the How to Write a Winning Tender. Learn how to make your tender document stand out from all the others to ensure that it is your company that will get the job. The seminar will be given by tendering specialist Ian McKay from Navigate Change Consulting and will be held in the James O’Keeffe Institute on **Monday 3rd of December from 10.00am to 4.00pm**. Registration fee is €20. **For further information and registration contact Louise at 029-60633.**



Ireland Reaching Out Seminar

The Ireland Reaching Out (Ireland XO) project is based on a simple idea; instead of waiting for people of Irish descent to trace their roots, they go the other way. Working through voluntary effort at a townland, village and parish level here in Ireland, they identify who left, and trace them and their descendants worldwide, proactively engaging with them and inviting them to become part of an extended “virtual” community with their place of origin. In this way, the entire Irish people from around the world can be systematically reunified online and invited back or to engage with their ancestral parish for the benefit of all.

To visit the Ireland Reaching Out website please visit www.irelandxo.com. With the Gathering in 2013, the Reaching Out website will be a vital tool to engage people who are abroad and so we would strongly encourage representatives from every community and parish. Registration for the seminar is essential. Please contact **Louise at 029-60633** to book your place.

The Gathering 2013

Have you got an idea for the Gathering 2013? If so, we want to hear from you!!! The Gathering is a National Event taking place across Ireland in 2013. Ireland will open its arms to hundreds of thousands of friends and family from all over the world, calling them home to gatherings in villages and towns. There will be clan gatherings, festivals, special sporting events, music and concerts taking place all across the country, all year long Communities throughout Ireland will showcase and share the very best of Irish culture, tradition, business, sport, fighting spirit and the uniquely Irish sense of fun. Over 70 million people worldwide claim Irish ancestry and the Gathering Ireland 2013 provides the perfect excuse to reach out to those who have moved away, their relatives, friends and descendants, and invite them back to Duhallow.

Whatever you are thinking of organising, pick up the phone and ring and see can we make it a gathering event! Call Louise on **029-60633**.



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 fulfil specific criteria. **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.**

Warmer Homes Scheme

Extra funding has been allocated to IRD Duhallow’s Warmer Homes Scheme. 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
- Family Income Supports
- Job Seekers Allowance (for more than 6 months and have children under 7 years of age)

Services provided include:

- Upgrading of attic insulation
- Cavity wall insulation
- Draught proofing windows and doors
- Fitting lagging jackets on cold and hot water tanks
- Providing low energy light bulbs
- Energy Advice

Houses must be owner occupied and constructed before 2002. If you or a member of your family are eligible for this service please contact **Colm or Eileen at 029-60633.**



Duhallow Care & Repair Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly Phone Call Service to ensure that they have regular contact with someone.** The purpose of this service is for older people to receive a phone call from trained volunteers to check in with them to ensure that they are safe and well as well as having a friendly chat and give them information on services and activities that they can avail of in the locality. IRD Duhallow is inviting individuals as well as actively retired groups, day care centres and family members to contact IRD Duhallow regarding this service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further information please contact Helen at 029-60633.**

Are you 65+ years of age? Do you live in the Duhallow area? Have you a small repair job which you would like to have done for you?

Care and Repair Duhallow uses a pool of trustworthy volunteers and handypersons to carry out minor repairs for older people.

The service is free to those who cannot afford it; you only pay for the materials used. However, a small contribution to defray costs payable to Duhallow Care and Repair Programme would be welcome. The programme is run by IRD Duhallow in association with Age Action Ireland. For more information please contact 029-60633.



REVAMP – Furniture Recycling Project

We are very grateful for the many items of furniture which we have received over the past few months and thank all donors most sincerely for their generosity.

Thanks to Tús and Towards Occupation Participants who have done an excellent job in revamping all the items.

We now have many pieces of furniture e.g. tables, kitchen chairs, arm chairs, couches etc. available for low income households. For further information please contact Con or Don 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.

Equality Working Group

Multi Cultural Christmas Communities Events

This year IRD Duhallow is holding three Multi-Cultural Christmas Community Events across Duhallow:

- **Tuesday 11th of December in the Trade Union Hall, Kanturk from 6.00p.m. to 7.30p.m.**
- **Thursday 13th of December in Teach Iosagain, Rathmore from 6.00p.m. to 7.30p.m.**
- **Monday 17th of December in Millstreet Community Hall from 6.00p.m. to 7.30p.m.**

These events will give local children & adults the opportunity to meet new friends, have some festive refreshments and sing Christmas carols. Santa and Mrs Claus will be in attendance. The events are free of charge and everybody is welcome. **It is important that people register for this event beforehand and you can do so by contacting Mary at 029-60633.**



MABS – An Outreach Clinic is available in the James O'Keeffe Institute, Newmarket. Please contact the MABS Mallow Office to arrange an appointment Tel: 076-1072440.

AL 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.

Youth and Education Working Group

"Manage Your Life by Managing Your Mind"

.....Bullying in Teenagers and Coping with Stress in the Home

At the James O'Keeffe Institute, Newmarket

On Wednesday 5th December 2012 @ 7.30pm

This seminar will bring you a new way of understanding in a very fun way how anxiety plays out in families and will offer new insights into how to manage it within the Family Context. Also coping with bullying is becoming more of a predominant issue and this seminar will explore ways to deal with it.

GUEST SPEAKERS –

Dr. Fergus Heffernan has over 30 years experience of working with Families all over the world on anxiety and distress in the home.

Dr. Brendan Byrne is a counsellor, psychotherapist and author on the subject of bullying. He was a member of a government working party on bullying behaviour.

Light refreshments will be served everyone is welcome.

To book your place please contact, Mary at 029-60633.



Newmarket Breakfast Club & After Schools

IRD Duhallow's **Breakfast Club** opens from 8.00am to facilitate parents to get to work on time while knowing their child is in a safe environment and will be dropped to school in time. This new service includes transport to Newmarket Girls and Boys School.

The facility also continues to operate its **After Schools Service** 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, 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 rather parents have the opportunity to be flexible and book a place only when they need to.

This year the Breakfast Club and Afterschools service will close on Friday 21st December and re-open on Monday 7th January 2013. If you are interested in sending your child to the Breakfast Club and / or Afterschools please contact **Helen at 029-60633.**

Agriculture Working Group

New Arrangements for Slurry Spreading

The Minister for the Environment, Community and Local Government following consultation with the Minister for Agriculture, Food and the Marine, have announced a number of measures to assist farmers in light of the very difficult weather conditions which have persisted throughout and since the summer. The closed period for the application of slurry will end earlier in 2013.

The closed period will end on 1st January 2013 in zones A and B and on the 15th January 2013 in zone C.

For further information log onto www.agriculture.gov.ie



Beginning with Bees

Beekeeping for Beginners will commence early in the New Year if interested in starting with bees **please contact Katie at 029-60633.**

Know Your Entitlements

The number of farm families in receipt of Farm Assist has increased to over 11,000 but, looking at the national average income, it could be a lot more. With poor weather conditions and the increased input costs we urge more farmers to look for the payment. If farmers qualify for a small payment through Farm Assist it could allow them apply for other schemes such as the RSS and the Household Benefits Package.

Cut –off Points for Farm Assist

Home Situation	Annual Income
Single	€11,501
Married Couple	€19,136
Married couple with one child	€20,959
Married couple with two children	€22,782
Married couple with three children	€24,605

For further information please contact Katie at 029-60633 or Department of Social Protection, Newmarket at 029- 22110.



KANTURK FARMERS MARKET, located at the rear of Twohig's Supervalu takes place every **Thursday and Friday** from 10.30am -1.30pm. A selection of farm produce can be sourced at the market including Home Baking, Chutneys, Jams, Eggs, Cooked chicken's (Fri only), Homegrown Vegetables, etc If you are interested in getting someone special a wonderful food hamper this Christmas contact Orlaith at 029-76375.



Dealing with Stress

The appalling weather conditions of the summer together with increasing input costs, uncertainty in commodity prices, isolation and long working hours results in many farmers and their families facing difficult challenges, it is easy to let it get to you. You can protect yourself and others from the stresses of farm life by:

- Learning to Recognise the Symptoms of Stress
- Identifying the Causes
- Taking Steps to Reduce and Manage Stress

Useful Contacts & Supports

Shine	1890 621 631
Samaritans	1850 609 090
Aware	1890 303 302
Grow	1980 474 474



Managing Lameness in Cattle

The Agriculture Working Group and XLvets are organising a seminar on lameness in cattle.

The Main Objective of this workshop is to equip farmers with the knowledge to pre-empt cattle lameness problems and to provide guidance on how to treat cases of lameness cases appropriately and effectively.

Topics covered to include: Basics of hoof anatomy, problem diagnosis, hoof paring, treatments, causes and prevention of lameness. This workshop is free of charge to all Focal Farmers Members, Farmers on Farm Assist and Farmers on the Rural Social Scheme. **For further information or to book your place please contact Katie at 029-60633.**

“Cooking From Local Hedgerows”

The Environment Working Group are in the process of collecting recipes for the production of a cookbook entitled “Cooking From Local Hedgerows” if you know of any recipes that consists of ingredients from Hedgerows **please contact Katie at 029-60633.**

Community Development Working Group

The Duhallow Carers will be hosting a **Christmas Flower Arranging Workshop on Thursday 13th of December at 8pm** in the James O’Keeffe Institute and is open to all family and voluntary carers. To book your place, please contact **Louise 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.

One to One sessions are also available with a trained volunteer at a time suitable to the individuals. 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.** **The helpline will operate right through the Christmas Period and into the New Year.**

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 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 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.**

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, Retirements, Office Parties and Special Occasions. We supply a wide range of menu’s delivered to your door to suit your budget.

Christmas Baking – Orders are now being taken for Christmas Cakes, Puddings, Mince Pies etc. Gluten Free Products are also available.

For Further information on any of our **services** please contact **Orlaith Tomkins at 029-76375.**

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

Over the Christmas period, D.A.R.T **will not operate** from the **22nd of December 2012 to the 7th of January 2013 inclusive.** DART Office will re-open on Mon. 7th January 2013.



IRD Duhallow offices will reopen at 9.00am on Monday 7th January 2013.



*Beannachtaí na Nollag
agus Athbhliain faoi
mhaise*

IRD Duhallow LIFE Newsletter

Project Update

Winter is upon us now, with the days getting shorter and colder most of us are battenning down the hatches in homes, warmed by log fires or central heating. Not so for some of the wildlife in Duhallow. This is the time of year that Atlantic salmon swim up the small tributary streams to spawn, depositing thousands of eggs in gravel beds to provide for future generations of fish. IRD Duhallow too has been keeping busy working on the various actions of the EU LIFE project. Here are a few examples:

Himalayan Balsam - the invasive weed

The Himalayan balsam flowered late into the autumn this year and plants were still being removed by the project in November. The large stands have been removed completely but smaller opportunistic plants still popped up in places. These have been removed together with previously unknown stands reported to us by members of the public.

Fishing for LIFE

Angling is a past time that can be enjoyed by people from all walks of life. This was certainly the case on the River Allow, where IRD Duhallow organised a beginners fishing class for the landowners with land bordering the river at the end of the fishing season. This initiative is possibly the first of its kind in Ireland. The aim was to bring the enjoyment of angling to local people in the area who are also best placed to look after the river into the future. After all it is much easier to appreciate something that brings us some enjoyment. Best catches of the day were caught by Marjorie O'Regan who managed to catch two trout and by Jerry O'Callaghan, who caught an 11" Trout. A great afternoon out was had by all and it was agreed that more angling sessions would be organised into the future.

Acorn Project

An important part of the LIFE project is promote a balanced riparian zone along rivers in Duhallow. In other words the project is promoting a diversity of tree species and other native plants along the river bank. Rural Social Scheme participants have planted large areas of river bank with native willow species. As part of the project, National Schools have been contacted by the LIFE team to encourage students to collect Acorns. The plan is to grow these seeds and plant out oak trees to encourage a richer diversity of plants and promote food for animals such as the native red squirrel.

The Kanturk Trout Angling Club have undertaken a large scale restoration project on the River Dalua upstream of Kanturk. The project area originally surveyed by the LIFE team received funding from Inland Fisheries Ireland and LEADER after a detailed survey and restoration plan was drawn up. This work show cases some of the techniques being promoted by the LIFE project, including environmentally friendly river bank protection, novel tree planting techniques and flood friendly fencing. An apartment block was even built for sandmartins by staff from IRD Duhallow to provide extra homes for these gregarious migrant birds.

Fish Surveys

The electrofishing monitoring exercise was repeated again this year with Inland Fisheries Ireland. An additional survey was carried out by the LIFE team to examine juvenile lamprey. The young of this unusual eel like fish (there are three separate species in the Blackwater) burrow into mud for the first few years of life feeding on organic material before emerging to breed or migrate to sea and feed parasitically on fish.

Community Workshops and Talks

The LIFE+ team plan to hold information sessions in the local libraries in Duhallow and also will be organise a series of information lectures. Check out our website for more details www.duhallowLIFE.com. This site also gives ongoing updates on the project and also has a Facebook page.

Floods

Flooding was a major issue this summer causing considerable damage not only to river banks but also to silage in some areas. High water hindered work at times, causing delays in electrofishing work and making it impossible to survey Freshwater Pearl Mussel this year.

Volunteers support the LIFE+ project

The LIFE team would like to acknowledge the support of volunteers to the project. Members of local Angling Club's assisted in the removal of Himalayan balsam. Additional members of the public also spent many days assisting the project team, removing Himalayan balsam, monitoring otters and collection of samples. One volunteer travelled all the way from the United States. Sponsored by the clothing company Patagonia, this volunteer worked on the project for three weeks! We would like to take this opportunity to thank all those volunteers and their sponsors for their hard work and support over the year.

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Iascach Intire Éireann
Inland Fisheries Ireland