



IRD Duhallow Community News

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Community Development Working Group LEADER Rural Development Programme

As part of the LEADER Rural Development Programme the Community Development Working Group would encourage all communities to look at possible projects that they would like to undertake under the "Village & Countryside Enhancement Measure" and the "Preservation of Rural Heritage Measure". Grant aid to a maximum of 75% is available to communities for eligible projects. For further information please **contact Helen or Triona 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.**

Trained Volunteers are also available to give **informative presentations to groups** on domestic violence. If you are a member of a group such as a community group, youth club, women's groups, men's groups, sports club, GAA group etc and would be interested in learning more about domestic violence and the supports available, IRD Duhallow would be delighted to facilitate such a presentation. **For further information please contact Helen 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 consists of a group of trained volunteers who provide a **free confidential listening 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.**

A trained volunteer can meet on a one to one setting with a client at a time suitable to both parties.

For information on this service please contact Helen at 029-60633 or **to make an appointment with a trained volunteer please ring the Bereavement Support Helpline on 087-6279000. Please note that this service is free of charge.**

Rainbows for Children

IRD Duhallow is planning to run a Rainbows Programme to assist children and youths who are grieving a death, separation or other painful transition in their family. **The Rainbows Programme provides a safe setting for children and youths** to share their feelings, emotions and struggles with others who have similar experiences. They are supported through this process by a trained facilitator. This programme is free of charge. If you are interested in sending

your son or daughter to take part in this programme **please contact Helen at 029-60633.**



Cancer Support Group

IRD Duhallow is seeking interest from people who are living with cancer who would be interested in meeting with others in a similar situation to themselves in a group setting.

At these meetings former cancer sufferers and people who are currently experiencing cancer will have the opportunity to share their experiences and communicate with one another over a cup of tea in a comfortable environment. **For further information please contact Helen at 029-60633.**

Celebration of the Life of St. Brigid

On **Wednesday 1st of February** at 8.00pm in the James O'Keeffe Institute, Newmarket, Sr. Maureen Cahill will facilitate a **celebration of the life of St. Brigid.** Enjoy an informative, prayerful, ritual honouring St. Brigid as a role model for Irish women. Learn and pray about the life of St. Brigid and the symbols associated with her. Registration is essential, **contact Louise at 029-60633.**

Duhallow Carers Group

The Duhallow Carers will meet on **Thursday 1st March** in the James O'Keeffe Institute at 8.00pm.

Whether you are caring for someone young, or old, suffering from a mental or physical illness, you are always welcome in Duhallow Carers where you can enjoy a cup of tea and a chat with others in similar situations. Further enquiries please contact **Louise on 029-60633.**

Duhallow Carers Computer Course

The Duhallow Carers Group in association with Caring for Carers will be running a computer course for part and full time voluntary carers commencing in February covering practical use of internet and email.

This will be run over 3 weeks on Tuesday 7th, 14th and 21st of February from 7-9pm. Cost €20. To register please contact **Louise at 029-60633.**



"The Origins, Ethos and Evolution of Co-operative Credit in Ireland – Celebrating the Centenary of the Birth of Nora Herlihy"

Following the recent launch of the Book entitled "The Origins, Ethos and Evolution of Co-operative Credit in Ireland – Celebrating the Centenary of the Birth of Nora Herlihy" This publication is honouring one of our great pioneers who was a native of Ballydesmond. It was published by the Duhallow Women's Forum and UCC. Proceeds will go towards the erection of a monument in her honour in Ballydesmond.

Copies of the publication are now available for purchase from all good Book Stores or by **contacting Helen O'Sullivan at 029-60633.**

Cork Co. Council Community Fund 2012

Cork Co. Council has announced a "Community Fund" of €1million to be distributed between the 10 Electord Districts. There are 5 categories:

- 1 Youth / Aged
- 2 Health / Education
- 3 Dev. & support for Sustainable Community & Voluntary Effort
- 4 Match funding linked to third party funding lines
- 5 Community Contracts.

Application forms are available from Cork Co. Council
Tel No: 021-4285445. Completed application forms must be returned **by post to:**

The Senior Executive Officer, Corporate, Community & Emergency Services Department, Floor 14, Co. Hall, Cork
by 29th February 2012.
Successful projects will be notified in April 2012.

Duhallow Care and Repair Programme Care Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly or Daily 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 new service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further details contact Helen at 029-60633.**

Repair Programme

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.**

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, Denise or Colm at 029-60633.**

To qualify for the **Free Fuel Allowance** a person must be in receipt of a **qualifying payment** from the HSE or the Dept. of Social Protection, satisfy the condition that they are unable to provide for their own heating needs and satisfy a means test.

If you wish to **apply or check your eligibility** for the Free Fuel Allowance please contact the **Department of Social Protection, Newmarket at 029-22110.**

Do you have a Smoke Alarm in your Home?

IRD Duhallow is compiling a database of Older People, households in receipt of the Fuel Allowance or other long term social welfare payments, **in need of Smoke Alarms** in the **Kerry region of Duhallow.** These Alarms will be supplied and fitted *free of charge* to those who qualify. For further details please **contact Colm at 029-60633.**

Youth and Education Working Group

IRD Duhallow After Schools Facility – is open Monday to Friday from 2-6pm during term time.

The Newmarket After Schools is looking for parents from the Lismire, Newmarket and Kanturk area who are interested in sending their children to our afterschools to make contact for information on the availability of reduced fees for attending this facility. Currently transport is available from Lismire and Newmarket Schools. A route can also be piloted from Kanturk Schools if there is sufficient demand from families. Please note IRD Duhallow offers a tiered pricing system for families in receipt of a social welfare.

If you are interested in sending your child to the Afterschools please contact Helen at 029-60633.



Duhallow's Youth Forum

IRD Duhallow's Youth and Education working group emphasise that young people's views, priorities and needs should be encouraged, listened to and acted upon. IRD Duhallow plans to develop a youth forum in Duhallow as a structure for young advocates to influence change and have a meaningful say on issues affecting young people. **If you are interested in getting involved please contact Triona on 029 60633.**



Duhallow Boxing Club

Make good on those new year's resolutions, and join the Duhallow Boxing Club. See the IRD Duhallow website www.irdduhallow.com/community-supports/duhallow-boxing-club to download application forms.

Annual membership is €20 and weekly training fee is €6 per week. Boxers must be aged 10 years and over.

For further information please contact Jim 087-8122405.

The Duhallow Boxing Club will be doing a fundraising bag pack in Twohig's Super Valu, Kanturk on Saturday 25th February. We would greatly appreciate your support for the young people in the area. We would like to thank Twohig's Super Valu for their ongoing support of the boxing club.

Enterprise Working Group

Mentoring Programme

IRD Duhallow is pleased to announce details of our new mentoring programme which is 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.

The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. The hours can be used in whatever manner is most beneficial to your business. E.g. for businesses most concerned about finance, the mentor apportionment will be weighted to reflect

this need. 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 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.**



Start Your Own Business Course

IRD Duhallow is presently taking registrations for a one day boot camp in starting your own business. The day will equip you with the skills to set up and establish your own business, learn the basics of finance, marketing and practical advice. The boot camp will take place Thursday 23rd February in the James O'Keeffe Institute, Newmarket. The cost is €20.00 per person. To enrol please **contact Louise at 029-60633.**



Eco Tourism Training

IRD Duhallow is accepting applications from people wishing to partake in an ecotourism training course delivered by Mary Mulvey of EcoTourism Ireland. Receive group and one-to-one training support on how to maximise your business. All kinds of tourist businesses and are welcome, from self-catering, to B&Bs, outdoor centres, Pubs, Restaurants etc. For further details on this course, visit the IRD Duhallow website www.irdduhallow.com/tourism/ecotourism

To register for the training course please contact **Louise at 029-60633.**

Equality Working Group BUDGET 2012 IMPACTS

**Information Seminar on this Issue will take place on
Wednesday 29th February at 7.30p.m. in the James
O'Keeffe Institute, Newmarket**

It is clear that the recent budget will affect all parents who have children with special needs. The purpose of this seminar will be to provide you with information, tips and strategies on how to improve your family's personal financial situation. The talk will cover: New Rules for Carers Allowance and Benefit, Changes to Drug Payment Scheme, One Parent Allowance and Family Income Supplement; Changes to Fuel Allowance, Back to School Clothing Allowance and Household Benefit Package, Impact on Inheritance, Savings and Pensions and Financial cost if government implements new disability allowance legislation. The talk will also cover entitlements, family protection, budgeting, debts, wills and trusts. Please note all families regardless of their personal circumstances can benefit from this seminar.

**Registration is essential for this seminar so please contact
Mary McHugh on 029 60633 for more information.**



Mental Health and Well being

The Towards Occupation Programme strives to provide and deliver a meaningful and holistic combination of training, guidance and support to people with mental ill health in their own community. TO targets those feeling isolated, lacking confidence and those who are long term unemployed for whatever reason. Participants explore a range of new skills and are supported to set achievable goals.

If you would like to get involved or require more information, **please contact Triona 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.**

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.**

The 'Pathfinder' programme is now also available on appointment. This is a psychometric tool designed to aid career decision-making. Career Pathfinder can be used by anyone who wants a clearer picture of the possible career directions and the skills and competencies required to perform in their chosen field.

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 contact **Yvonne at 029-60633.**



Employment Services Clinic – Takes place in the James O'Keeffe Institute on 2nd and 4th Tuesday of every month from 10.00am to 12.30pm. No appointment necessary.



It's Never Too Late to Learn!

Life Long Learning changes the lives of many older people enabling them to gain new insights and experiences and by improving self confidence and motivation to learn. IRD Duhallow will be facilitating and supporting older learners (60years+) in Duhallow to access new training opportunities including: Basic Computers; Internet and email; Photography and Heritage Activity.

These courses and workshops will be dependent on the level of interest. If you are interested in any of the above or would like to discuss other types of training which maybe suitable for your needs **please contact Triona at 029-60633.**



Upcycling/Recycling Your Clothing

IRD Duhallow is seeking to determine interest in running a training course on upcycling and renewing your clothing. This course will allow you to discover the sense of achievement in revamping or altering your once loved clothing whilst learning a new skill. Be provided with inspiration and ideas and how to develop your skill level on a domestic sewing machine. Learn how to upcycle using fabric, buttons, classic embroidery stitches, corsages and beads. This course will take place over ten weeks and will be provided one night per week.

If people are interested in undertaking such training **please contact Mary McHugh on 029-60633 to register your name.**



An Exploration of Jane Austen

A course will take place one night per week for six weeks during Spring commencing on **Wednesday 22nd February in the James O' Keeffe Institute, Newmarket from 7p.m. to 9p.m.** The aim of the course will be to seek to understand why Austen's novels are still popular 200 years since first publication, and what is it that resonates with us in the 21st

century. We will explore and contrast each novel and its various themes through discussion and close reading. Themes such as women's role in regency society, the importance of money, family bonds, or lack thereof, and how and to what extent these themes have changed since. Participants will also learn about Austen's 'Britain' of the time, and her life, all in a setting befitting the novels themselves. This course will be facilitated by a U.C.C graduate and the first book that will be looked at will be Northanger Abbey. To express your interest in partaking in this workshop please **contact Mary McHugh at 029-60633.**

Kanturk Cookery School with Suzanne Mc Cauley Bourke

A wide range of courses will commence in the coming weeks and will include Cupid Course! Italy's Best, Soups & Breads, Wheat free cooking, Pre organised simple dinner party, Big Pots, Desserts and Easter Baking. All courses are run for two hours and cost €25.00 each.

A full 6 week Course will commence on Thurs. 1st March and run each Thursday until Thurs. 5th April from 8.00pm – 10.00pm and will include stocks, gelatine, yeast, emulsion, sauces etc. The cost is €200.

For bookings contact Barbara Lucey at 086-1014532 or email: barbaralucey1@gmail.com

Agriculture Working Group

IRD Duhallow FARMERS MARKET takes place each Thursday and Saturday from 10.30am until 2.30pm located at the rear of Twohigs Supervalu, Kanturk. A wide variety of locally produced products are available including: Oven Ready Chickens (Sat only), Homemade Bread and Cakes, Seasonal Vegetables, Free Range Eggs, Vegetable & Fruit Plants, Home Made Jams, Duhallow Honey (Sat Only), Fresh herbs and garden plants are available at the market. **New Stallholders are welcome for further information please ring Katie at 029-60633.**



Farm Assist

Farm Assist is a supplementary income to assist Farm Families when business isn't at its best. It is a means-tested payment which is administered by the Department of Social Protection. In order to qualify for Farm Assist you must be a farmer, farming land and aged between 18 and 66 and satisfy a means test.

For further information please contact Katie at 029-60633 or Newmarket Social Welfare Office at 029-22110.



Bee Keeping Training

Bee Keeping Training will commence Tuesday 6th February 2012 and will continue for four consecutive weeks. For further information or to book your place **please contact Katie Crowley at 029-60633.**



Farm & Rural Stress Helpline-A Lifeline for Rural People 1800 742 645(freephone) If you feel things are getting on top of you, feelings of loneliness or isolation we can help... The helpline is open daily from 6.00pm – 10.00pm and is staffed by professionals who offer callers a listening ear, support and advice in complete confidence.



GIY Duhallow

A meeting of the GIY Group will take place in the James O'Keeffe Institute on **Tuesday 28th Feb 2012 @ 7.30pm** new members are always welcome.

IRD Duhallow Bird Watch Group

The monthly meeting of the Bird Watch Group will take place on **Monday 13th February 2012 at 7.30pm.** New members are welcome for further details please contact **Katie Crowley at 029-60633.**

Rural Social Scheme

The Rural Social Scheme was introduced to provide income support for low income farmers in return for part-time community based work. Participants also experience new opportunities to use and develop their skills while being involved in valuable community work. Participants work across a range of measures including; Warmer Homes, grass cutting, village maintenance, painting, landscaping, walkways, caretaking and meal preparation and delivery throughout the Duhallow region.

To qualify for the RSS a person needs to be in receipt of a social welfare payment, have use of a herd number and have a copy of their single farm payment application. If you feel you meet the criteria or have any queries **please contact Tim, Sheila or Denis at 029-60633.**

To Communities: The Rural Social Scheme provides valuable work for communities. Any Community Groups, Community Centres, Community Councils, Childcare facilities or Sports Halls wishing to have indoor or outdoor work completed by RSS participants should submit a **written request to the Manager of IRD Duhallow.** Communities or Groups must cover cost of materials and of other work undertaken.

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

Duhallow Area Rural Transport operates for those living within the Duhallow Area. It is our aim to provide an integrated accessible and affordable public transport service.

If you are interested in **setting up a service in your area** eg: Transport to local Town / Village Morning or Evening, After School Service or Social Events or would like a brochure on current services available, contact **DART at 029-60648 or checkout the full schedule on www.irdduhallow.com/duhallow-initiatives/dart**

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.

Duhallow Community Food Services provides 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.

Photo and Novelty Celebration Cakes for all occasions available to order. Many styles available to choose from.

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

Calling all families, relatives, friends and neighbours of the Titanic Disaster Passengers lost or saved from the Duhallow area, to the launch of a DVD on the life story of Danny Buckley, late of Boherbue and Ballydesmond a Titanic survivor but later killed in action.

It will be launched by Mr Seán Radley, LTV Presenter in Anne's Kitchen Restaurant, Boherbue on Friday 24th Feb. at 8.30pm. All profits to charity.

Enquiries to Star Trex Studios, Knocknagree at 064-56499 or 087-2593878