

IRD Duhallow

**SPECIAL
POINTS OF IN-
TEREST:**

**ENTERPRISE
WORKING
GROUP**

**EQUALITY
WORKING
GROUP**

SAOI NETWORK

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Enterprise Working Group

Start Your Own Business Bootcamp

IRD Duhallow will be running a start your own business boot camp. Learn the fundamentals of starting your own business from important company start up to writing your business plan and practical marketing tips. We are currently taking expressions of interest. **Contact Louise at 029-60633.**

IRD Duhallow Mentoring Programme

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

Brand Management Programme

The Enterprise Working Group is looking at organising a one day Brand Management Programme. Branding and Brand development is an essential part of any business. Discover What Brand Marketing Is, Why Branding Is More Than A Logo, Tools To Develop Your Brands, How To Create Your Branding Campaign, Strategies For Branding, and How To Exploit Your Brands For Growth. **Expressions of interest are currently being taken. Register your interest today by contacting Louise at 029-60633.**

Back to Work Enterprise Allowance

Are you unemployed and thinking of starting your own business?

Then consider the BTWEA as an option.

If you qualify for the Back to Work Enterprise Allowance you can keep the following portion of your social welfare payment for a maximum of 2 years; 100% for the 1st year and 75% for the 2nd year. **For Further Information contact your local social welfare office or our Enterprise Officer Louise at 029-60633.**

Information Seminar for Businesses on Internships

IRD Duhallow will hold an information night for business on the various schemes on offer to them by the Department of Social Protection such as Jobs Plus, Jobs Bridge and the work placement scheme, which can assist in the process of getting people back to work as well as having benefits for the employer.

This event is a must, for all small to medium businesses in Duhallow. This information evening will take place on **Tuesday 25th February in the James O'Keeffe Institute, Newmarket, at 7.30pm.**

Registration for this event is essential and should be made with Peter at 029-60633.



Newmarket Afterschools

The **After Schools Service** continues to operate a daily 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** enabling 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. Instead, parents have the flexibility to book a place only when required.

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

Employment and Training Working Group

IRD Duhallow Social Protection CE Scheme is recruiting Childcare Assistants for Boherbue Educare Centre and Banteer Creche, if you are in receipt of a Social welfare payment, over 25 years of age, 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 Employment Services Officer. Please note the successful applicants 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, Co. Cork. **Closing date for applications is the 21st February, 2014.**

Computer Training for Beginners

IRD Duhallow is planning to run a series of computer training courses for beginners or those seeking to improve their skills. These courses are designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media and how to shop, digital photography and/or skype. This training is open to everyone and will be delivered during the day or night 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).

It is important to book your place early as places are limited. For more information please contact Peter on 029-60633.

Equality For Women Measure 2013/2014

An eight week **Training course on how to Grow Your Own** Fruit and Vegetables will be delivered over the Spring 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.

If you are interested in this course and would like to register please contact Peter at 029 60633.

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

IRD Duhallow Literacy Support Workshops 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 you child?

IRD Duhallow is running weekly literacy classes in James O'Keeffe Institute, Newmarket to support primary aged children in the area. The classes are run by a registered Dyslexia 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 / email duhallow@eircom.net.**

TTRS (Touch Type Read and Spell) is a specially devised computer programme for children with learning difficulties. The programme has two functions, firstly, it teaches children to touch type, which is a vital skill for all ages. In addition, the words used for typing are the most commonly misspelt words, so children are unknown to themselves, learning how to spell. **For further information and registration please contact Louise at 029-60633 or email: duhallow@eircom.net.**

Equality Working Group

Towards Occupation Programme 2014

Are you experiencing emotional and/or mental health challenges? Are you out of work for a long period of time and looking for direction? Would you like to boost your confidence and self esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? If you answered **YES** to any of these questions then maybe this programme is for you. The Towards Occupation Programme is designed to assist people who are in receipt of a social welfare payment in developing the skills and confidence to move into education, training, voluntary work, employment or other directions. Participants are supported in exploring a range of new skills and set achievable goals, whilst also focusing on confidence building, communication skills and increasing self belief. The programme is flexible and part time training opportunities include Life skills/ Personal Development, Computers, Crafts, Horticulture and Furniture REVAMP. **For more information please contact Triona or Fiona at 029-60633.**

REVAMP - Furniture Restoration Project

We are grateful to people who have donated items of furniture to the REVAMP Furniture Restoration Programme. We are currently looking for donations of curtains and fabric to support the REVAMP Programme. Tús and Towards Occupation Participants have done an excellent job in revamping items. We now have many pieces of furniture, for example, tables, kitchen chairs, wardrobes, armchairs, and couches available to low income households and the elderly. **For further information on donating unwanted items or purchasing items please contact Eamonn at 029-60633.**

Duhallow Carers - Music Therapy Information Seminar

The Duhallow Carers will be having an information seminar on the **Benefits of Music Therapy** on **Thursday 6th February** in the James O'Keeffe Institute @ 8pm, Newmarket. Learn about the benefits of music for someone you are caring for and get some valuable insight into how you can support them through music. Meet others who are in a caring role and enjoy a friendly cup of tea and a chat. **For further information contact Louise at 029-60633.**

Cancer Care Support

IRD Duhallow is interested in establishing a support service for people who are going through cancer as well as their family members or for those who have lost a love one from cancer. This informal session will give people the opportunity to share their experiences and communicate with one another over a cup of tea in a comfortable environment. All are welcome. **For further information and to register your interest please contact Helen 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 this coming month for all new volunteers. These three services require volunteers to be able to give of their time freely, maintain confidentiality, and respect the privacy of the users of the services. **If you feel you can bring something to this service please contact Helen at 029-60633.**

ALCOHOLICS ANONYMOUS - Closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday morning at 11.30am and Thursday night at 8.30pm.

AI ANON If you are affected 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.**

PAL

PAL is a group of lone parents who meet for a friendly chat and cup of tea. Bringing up children on your own can be tough, meet and greet with other friendly mothers and fathers who are going through the same experiences as you. The next PAL Meeting will be on **Monday 10th of February** at 8pm in the James O'Keeffe Institute. **For further information contact Louise 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.**

SAOI Network

The SAOI Network is looking to support the development of two new actively retired groups in Ballydesmond and Kanturk. Public Meetings will be held in:

Ballydesmond on Monday the 10th of February @ 2pm in the Community Hall

Kanturk on Wednesday the 12th of February @ 2pm in the Temperance Hall

All are welcome. If anyone would like to establish an actively retired group in their area, please **contact Louise on 029-60633.**

Bealtaine Festival

Our Silver Jubilee Annual Bealtaine Festival will run throughout the month of May 2014.

This 4 week festival celebrates the Actively Retired in the community and is co-ordinated by the SAOI Network.

There is funding available for community groups and organisations to hold a Bealtaine event(s).

Applications must be received by the 14th of February 2014.

For further information and to get an application form please contact Louise at 029-60633 / email duhallow@eircom.net.

Agricultural Working Group

The Agricultural Working Group in conjunction with XLVets is organising a workshop on “Calf Birth to Weaning.” This will be a free half day farm-based event, providing practical, relevant and implementable skills to a group of 15-20 farmers. Places are limited, a date for the workshop is to be confirmed please contact Katie at 029-60633 to register your place.

2014 the International Year of Family Farming

Family farms are the foundations on which Europe's Common Agricultural Policy was built. That's the view of European Agriculture and Rural Development Commissioner Dacian Ciolos, welcoming the launch of the International Year of Family Farming 2014. During the year IRD Duhallow Agricultural Working Group will organise a number of workshops, seminars and information evening specifically aimed at farm families, if you are a farmer or a member of a farming family with any ideas for events please contact Katie at 029-60633 to discuss your proposal.

Clonakilty Agricultural College Open Day 2014

Courses in Agriculture and Horticulture have changed radically in recent years. All courses are now nationally accredited with 12 courses on the CAO list, and there is now the opportunity to progress right up to honours degree level. The open day in Clonakilty Agricultural College is taking place on **Tuesday, 11 March 2014** from **11am-1pm**. Students will have an opportunity to talk to college teaching staff and educational experts, meet students currently attending courses and hear from potential employers of course graduates. Further information can be obtained by contacting 023- 8832500 or email

clonakilty.college@teagasc.ie

KANTURK FARMERS MARKET, which is located at the rear of Twohig's Supervalu takes place every Thursday and Saturday from 10.30am-2.30pm. Each week at our Market you will find a fine 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.

GIY Duhallow

The February meeting of the GIY Duhallow will take place on **Tue 25th Feb commencing at 7.30pm** in the James O'Keeffe Institute Newmarket.

IRD Duhallow LIFE Project

This project is supported by the LIFE Financial Instrument of the European Community

Thank you for all the Christmas Trees

We would like to thank all of you who kindly donated your used Christmas Trees to help with our river restoration project. Funded under the LIFE financial instrument of the EU Commission, this project aims to protect Freshwater Pearl mussel, salmon, otters, kingfishers and dippers. Last year we put the donated trees to great use and they have proven very effective on the River Dalua in Kanturk in helping to protect treated river banks from erosion during floods. This in turn has helped reduce siltation of salmon spawning beds and Freshwater Pearl mussel habitat and protect valuable farm land. We hope to do the same in 2014! Thank you.

