

IRD Duhallow

Progress Report



2012 - 2013

Duhallow

THE SPIRIT OF RURAL IRELAND

COMMUNITIES IN DUHALLOW



Duhallow The Land & People

The IRD Duhallow region includes North West Cork and South East Kerry. It is approximately 1,800 sq.km and has a population density of 16 per sq.km. It is a largely rural area. Over 85% of the population live in the open countryside or in settlements of less than 200 people.

The Duhallow region has four market towns: Kanturk (Pop 2263), Millstreet (Pop 1574), Newmarket (Pop 988) and Rathmore (Pop 778) and 36 villages.

IRD Duhallow

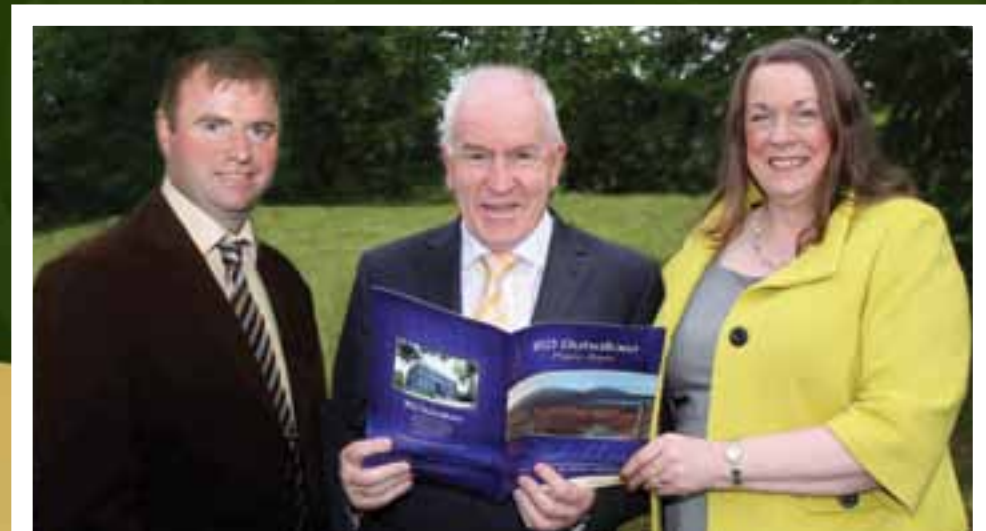
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Minister Jimmy Deenihan receives the company's Annual Report from Cormac Collins, Chairman and Maura Walsh, CEO IRD Duhallow.

Chairman's Address

When I accepted the role of Chairman of IRD Duhallow, I was keenly aware that I was following in a long line of accomplished leaders who have stood at the helm of this company during previous storms.

My first meeting as Chairman, coincided with the Board's annual training day under the expert guidance of Declan Carey. Having prepared carefully for this over a couple of meetings with Declan, the unexpected publication of the now infamous Alignment Report "Putting People First" threw our original agenda out of the window. What seemed a disaster at the time turned out to be the best timing any new Chairman could have hoped for. Collectively, Board, and senior management, old members and new, community representatives, elected representatives, State agencies and social partners all had to grapple with, read, understand and strategically deal with the report's recommendations with respect to our sector and indeed what was appearing between the lines as well as on the lines! Over the two day session we went through all the usual stages, from denial to anger and frustration on to our plan of action. We realised there was much to lose if we didn't act and much to gain if we responded and contributed.

It was like a crash course in prioritising what our core values are, what we are prepared to trade and what we are prepared to fight to retain. We know, from our previous year's training, which was themed on change management and facilitated by the Institute of Public Administration, that as a board we were definitely not risk averse and indeed that we constantly embraced change as we evolved to become what we are today. My mandate from the Board was clear; it was my duty to ensure that the work we did and how we did it was to be communicated to as many key decision makers as possible. I had the commitment of all members to work together, so that Duhallow would not be left behind or subsumed in any new arrangements.

We joined with our colleagues in the Irish Local Development Network and commissioned a report by Dr. Brendan O'Keefe that pointed a different way for the proposed Socio Economic Committees. The report highlighted the opportunities and possibilities that could be realised at county level if we only set our sights high enough. Putting People First has left enough space to accommodate all views.

Our consultation process for the next programming period 2014-2020 has already commenced and while the threat from the alignment process is very real, IRD Duhallow continues to strive to remain the best, most relevant rural and community development company Duhallow could have.

The mandate, we as a Board and staff have received from our communities is clear and unequivocal. Our communities have conferred on us legitimacy, that only they can remove. LEADER needs to remain at the core of our work and as a Board, we have a duty to oversee and decide on all aspects of governance, planning, implementation and financial control. To concede any of these key functions, to a separate entity, would be a dereliction of our duties as Directors and Officers of the Company.

The LEADER ethos which has developed over the past two decades has anchored us firmly like the trunk of an Oak tree, allowed us to spread our roots into every aspect of our communities, while we have branched out into areas such as social inclusion, equality, environment, social care and community enterprise. For that reason it is imperative that all aspects of LEADER remain with the Local Action Groups – LEADER is the tree trunk. To take a hatchet and hack into it will weaken and even topple the whole tree, and once toppled a tree cannot be stood again. Even if a new one is planted it will take another 20 years to get where we are now.



During the year IRD Duhallow has had the opportunity to feed into CEDRA – the Committee for Economic Development of Rural Areas, chaired by Pat Spillane. I wish to compliment him on his tenacity and single mindedness in pursuing his goal of identifying the best opportunities for developing rural economies.

IRD Duhallow has an impressive track record in creating jobs that last. I addressed the Inaugural Duhallow Business Awards recently and saw firsthand the lasting legacy of this company and the LEADER programme. There were six categories and three finalists in each. These eighteen companies employ 160 people. Some were established with LEADER I assistance, while others came on stream with LEADER II and LEADER +, the overall winner was recently established with grant aid from the current LEADER programme. I was also

heartened by the number of young people who have opted to remain in Duhallow and set up their own businesses, some with LCDP assistance. They have not only created jobs for themselves but are employing others. We also know that the LEADER investment in community facilities and village enhancement projects has sustained the construction industry in Duhallow, providing much sought after construction jobs and continued employment in the Builders providers sector. An external evaluation will be carried out and precise data collected so that by the end of the programme, independent, verifiable figures will be available.

As I pen this address, news has just come through that Minister Alan Kelly of the Department of Transport, Tourism and Sports has published his plans for the future of Rural Transport. It will see the number of local transport groups halved from 35 to 18. Cork currently has 6 but from the beginning of next year it will have just one. I regret, in particular, the loss of local jobs and the bleak employment prospects our staff face. I believe the Minister has missed a golden opportunity to integrate transport with the LEADER, LCDP and other development programmes through giving implementation to local LEADER partnerships.

The dedication, experience, local knowledge and passion for Duhallow of our voluntary Board members is unrivalled and I want to thank each and every one of them for their loyalty and commitment during the past year. In addition many serve on our working groups and through those structures bring practical realism and relevance to our work. In particular I want to thank our Vice Chair Anne Maria Bourke for her support. I am fortunate to have no fewer than three former Chairs currently serving on the Board and together with the 4 retired Chairs, our Vice Chair and CEO, have at the request of the board, formed a Chair's Advisory Committee, which will offer support and guidance to the board and myself in the upcoming campaign. I want to acknowledge in particular the service of outgoing Board members, Tom Stritch (Cork County Council), Barry O'Donoghue (NPWS) and Breda Moynihan Cronin (Kerry County Council) and welcome Michael Cremin (Cork County Council) and Sean Counihan (Kerry County Council).

Despite the uncertainty and upheaval of the past twelve months, business has gone on as usual. As you can see from this progress report, our programme implementation has surpassed all targets thanks to the dedication of our CEO Maura Walsh, flanked by her three competent Team Leaders and supported by a hardworking, flexible and committed staff. I am confident that IRD Duhallow will continue to play a central role in the lives of all of all our businesses and communities for many years to come.

Cormac Collins
CHAIRMAN

Manager's Report

In reviewing the past year's work, IRD Duhallow has again expanded its functions and remit, as it continues to address the needs of the communities we serve. The LEADER programme 2007-2013 which remains the foundation on which other programmes and initiatives are built approaches the final weeks of project commitments. Our staff and communities have done trojan work and when Minister Phil Hogan announced a final allocation of €12.8m for Duhallow we were delighted to have supported 400 projects, with an average grant of €26,000 each. I must thank in particular Finola Moylette and Deirdre Maloney and the staff of the DECLG in Ballina, as well as Mark McGuire and Breeda Dooley of the Inspection team.

We are now ready to switch emphasis from animation to administration of contracted projects to ensure all are completed and paid out by September 2014 and in doing so acknowledge the workload of our diligent and hardworking independent project evaluation working group under the Chairmanship of Mort O'Connor, Enterprise Ireland. We are especially pleased that our administration costs will be less than the 20% allowed by the Commission and Department.

2013 is "The Year of the Gathering" where communities and agencies are asked to put on events to encourage the Irish Diaspora back to visit. IRD Duhallow has organised two major initiatives. In May the "Bealtaine Festival" targeted the actively retired and had over 44 events in 15 communities during the 31 days of May. Likewise a LEADER Transnational project saw all of Duhallow's 37 communities involved in the "Day of the Regions," which runs from July to mid-August. In addition the Sliabh Luachra Music Trail was launched by Minister Deenihan, which has live performances every night of the week in seven different locations. Two Duhallow Communities received Pride of Place awards Freemount from Cork and Rathmore representing Kerry. Thanks to Louis Duffy and Fiona Hayes in Cork County Council and John Breen and Siobhan Griffin in Kerry County Council for supporting the communities throughout the competition.

Our Local and Community Development Programme with its new focus on Employment and Training has shown impressive results with all National Beneficiary Participation Rates set for IRD Duhallow by the DECLG and Pobal surpassed. No fewer than 635 people have been assisted to engage in education and a further 504 in training with 33 supported into employment and 145 into self employment.

Through my participation on Kerry CDB SIM and Chair of the Integration Working Group, thanks to the hard work of Noreen O'Connor and Anne Marie Fitzgerald, IRD Duhallow has benefitted from the Integration Strategy focusing our work and also the funding accessed from the office of the Minister for Integration. Unfortunately this funding has now ceased.

Our small holder initiative which supports over 100 farming families was stretched this year with the fodder crisis and bad weather taking a heavy toll on man and beast. We are proud of the excellent leadership shown by Board member John Linehan who Chairs our Agriculture committee along with previous Chairman Dan Riordan and community representative Richie O'Connor from Ballydaly who wearing their IFA hats addressed the Board and sought our assistance in the crisis.

Our thanks to Padraig de Burca and Joanne Hurley of Pobal and Clodagh McDonnell in DECLG for their ongoing support in implementing the Programme. However, it would be remiss of me while welcoming the emphasis on Employment and Training, not to note the relegation of the old programme stalwarts of community development and social inclusion. Other programmes have been 'tweaked' so that we were not obliged to turn our backs completely on the marginalised groups and individuals.



The DSP has co-funded an initiative, Towards Occupation, targeted at those with mental ill-health with excellent results. Thanks to John Dooley of DSP Cork for his ongoing support of this work. The Rural Social Scheme has done much to assist the participants and their families not just through income support but by providing a wide range of community work. We are appreciative of the work of Caroline Carey, Helen Kilcullen and Danielle Byrne and her team in Pobal in supporting the programme. Likewise, Tús has been a resounding success and IRD Duhallow now manages 5 schemes with 100 participants utilising their skills across a wide range of community and environmental work throughout the region. TJ Fleming and Chris McKinze in DSP Tubbercurry along with Frank Heffernan in DSP Cork and Colette Vaughan and her team in the local office have been a huge support to us in identifying participants and expanding the scheme

to benefit the unemployed and communities. IRD Duhallow sponsors a CE scheme which has seen its numbers expand from 18 to 28 this year. Thanks to Phil Hallinan DSP Cork for her ongoing support.

The Warmer Homes Scheme has also expanded its remit with two new initiatives introduced in the past year. One targeting Local Authority housing estates in conjunction with Mallow Town Council and another aimed at community facilities, which has proved very popular.

DART – Duhallow Area Rural Transport celebrated its 10th anniversary this year. The occasion was tinged with sadness and trepidation as we learned that the 6 rural transport companies that have served County Cork so well are to be replaced with just one group for all of Cork. So as DART ceases and CART (Cork Area Rural Transport) begins, let us hope that this rationalisation will deliver at least the same service to the rurally isolated passengers.

Our Life+ programme has also surpassed all targets and has overcome the many obstacles in its path. Thanks to Neil Wilkie programme monitor, Kevin Greene, Brian Earley and Breda Bailey in the DECLG.

I have once again been greatly assisted in my job by our excellent administration team of Margaret O'Connor, Marie Fleming and Derval Corbett, with special thanks to our enterprise officer Louise Bourke who co-ordinated the production of this year's progress report.

As CEO of IRD Duhallow I frequently represent the company on various bodies at County, National and sometimes EU level. I am able to do this work with the confidence operations of the company are in the very capable and willing hands of our Senior Team Leader Eileen Linehan supported by Helen O'Sullivan and Triona Murphy. Together they make the most formidable, efficient and effective management team any company could wish to have. Our staff are exemplary in their expertise, flexibility, dedication and commitment to the area. Long hours and weekend work is no stranger to them and in fact, they relish the challenges because of their passion for rural development and the communities of Duhallow. They are highly qualified and could hold their own with the best of private and public sectors. The staff profile on page 8 of this report further elucidates this point.

Finally I want to thank the volunteers who serve on our working groups and Board, in particular; Noel Dillon, Michael Manning, Michael Doyle, Anne Maria Bourke and Michael Twohig who Chair committees into which I report.

Finally, I want to thank the Board members and our Chairman Cormac Collins who provide the strategic leadership vision and inspiration and quiet confidence to lead this company and region to fully realise its potential.

Maura Walsh
CEO IRD DUHALLOW

IRD Duhallow Ltd. Company Structure

IRD Duhallow is a Community based Rural Development Company established in 1989. It is a company limited by guarantee without share capital. It has charitable status and our directors are voluntary and receive no remuneration for their contribution. It administers and implements a number of EU and National Programmes such as LEADER, Local Community Development Programme, Equality for Women and LIFE+ in order to achieve the economic, social, cultural and environmental development of the Duhallow Region.

The Company has adopted the good governance guidelines as prescribed by the Department of Community, Equality and Gaeltacht Affairs. Its Memorandum and Articles of Association also reflect this best practice and are in accordance with the Charities Act, 2011.

The Board membership has been laid down by the Government and reflects the integration of Social Inclusion with Rural Development, the importance of the environment and community volunteers and the democratically elected Local Authority Members.

Reflective of the integrated nature of our work, the Company's Board and Sub Committee Structures have evolved over the years and enjoy a massive amount of good will and voluntary contribution in the region. Upwards of 3,500 people participate from the bottom up through these structures.

IRD Duhallow has a number of working groups with representatives from our Board and staff as well as community and state sector representatives. This structure allows us to target specific expertise beneficial to the implementation of the strategic aims assigned to the particular working group.

IRD Duhallow continues to strive for excellence through the ongoing training and development of our staff. We have maintained the Excellence Through People Standard, Ireland's standard for Human Resource Management which is now administered by the National Standards Authority of Ireland.

Certification in Public Procurement for EU funded projects as well as in State aid rules for National and EU funds have also been achieved.



IRD Duhallow Board Members

STATUTORY FORUM AND ENVIRONMENTAL PILLAR

Cormac Collins

Cormac was recently appointed Chairman of IRD Duhallow. He is an ESB Networks Area manager, and was appointed to the Board to represent the State sector having previously served as Community Representative for Western Duhallow. The ESB has worked closely with IRD Duhallow's CLAR programme, delivering three phase electricity to many industries in rural Duhallow and has also supported the Warmer Home Scheme since the beginning. He is chair of Gneeveguilla Community Council, one of Duhallow's most active. He serves on the HR, Finance and Community Development Working Groups.



Suzanne Campion

Suzanne represents Inland Fisheries Ireland where she is Head of Business Development and is their nominated representative to the Southern and Eastern Regional Assembly and the Border Midland and West Regional Assembly. Suzanne has worked as a manager and accountant in the public and private sectors with experience in the agri-food industry. As head of Business Development with IFI, her focus is on developing the business of angling. Suzanne plays a pivotal role in the partnership between IRD Duhallow and IFI, as IFI are our partners in the EU Life+ Programme.



Michael Doyle

Michael represents the Environment Pillar on the board, he is a member of the Finance Committee and also chairs the Environment and Equality, Disability & Migrants Working Groups. He represents IRD Duhallow on the Cork County Development Board and the Cork Sports Partnership. He also represents the company on several National Fora dealing with Equality and Integration. Michael liaises with the Sports Council of Ireland and the National Trails committee on the development and maintenance of our long distance and looped walks.



Don Crowley

Don is from Castlemagner and is a former Chairman of IRD Duhallow having held the position from 2006 until 2009. He was appointed to the Board again in 2012 representing Cork Institute of Technology where he is Head of the Department of Continuing Education. He is an active member of the Employment & Training and Social Economy Working Groups. He brings experience of business and community projects as well as placing emphasis on lifelong education and training and delivering opportunities for our target groups.



Inspector Tony Sugrue

Tony joined the Board in 2011 as a representative of An Garda Síochána for the Statutory Pillar. He is an Inspector with An Garda Síochána and is presently stationed in Kanturk. While Tony was based in Macroom he was Area Administrator in Kanturk Garda Station from 1994 to 2003. He is a keen angler and is a member of Killarney Salmon & Trout Angling Club. Tony sits on the Social Economy Working Group. He is married to Anne and they have three children.



Michael Cremin

Michael recently joined the Board, having been nominated by the Cork County Manager, Martin Riordan. He is a Senior Executive Officer, based in the Council's Divisional Headquarters in Mallow. He currently manages cemetery operations across North Cork and the distribution of approved Amenity Grants and Community Fund grants. He also has responsibility for the provision of Divisional Services, including dealing with urban dereliction and dangerous buildings.



John Breen

John joined the Board of IRD Duhallow in September 2008, as the nominee of the Kerry County Manager, Mr. Tom Curran. John holds the position of Director of Services, Housing & Social Support Community and Enterprise. He is also Killarney Town Manager. John has previously worked in Dublin and Limerick City Council and Tralee Town Council. He and his staff in the Community and Enterprise Department support the work of the Kerry County Development Board including SIM and also have an overseeing role in relation to the Kerry Local Sports Partnership, Kerry Enterprise Action Team, Kerry County Library and Kerry Community & Voluntary Forum.



IRD Duhallow Board Members

LOCAL AUTHORITIES AND SOCIAL PARTNERS

Michael Twohig

Michael is a founder member of IRD Duhallow and served as Chairman from 2011-2013, he also in the past served as Finance Director of the company. He represents Kanturk Chamber of Commerce on the board. With his wife Noreen he manages the family owned Supervalu Stores in Kanturk, Abbeyfeale and Askeaton. A keen angler and hunter he has developed a number of angling projects in Duhallow. Michael is an active member of the Enterprise Working Group, Finance and Audit Working Group and HR Committee. He also sits on the Life + Steering Committee.



Anne Maria Bourke

Anne Maria represents the I.C.T.U. on the board. She is the Board's Vice Chairman and is Chair of the Finance Committee. She is principal of Liscarroll N.S. She is an active member of the teachers' union being the current committee member of the Cork Branch of the I.P.P.N (Irish Primary Principal Network), and is secretary of District 16 of the INTO Principals' Forum. She is the current Chairperson of the Board of Management of Scoil Mhuire in Kanturk and is Chairperson of the North Cork Primary Schools' Game. She is a keen bridge player and is the secretary of Brogeen Bridge Club.



Daniel Roche

Daniel is a 22 year old trainee accountant with Grant Thornton Accountants in Limerick. He studied Law and Accounting in the University of Limerick and is presently sitting the ACA chartered accounting exams. Daniel represents the agriculture pillar and Macra na Feirme on the board. He is a long standing Macra member and is affiliated to the Freemount Club. Daniel is an avid greyhound enthusiast who hails from Banteer.



John Linehan

John, a full time Dairy Farmer from Dromtariffe was elected on to the Board in July 2009 as a representative of the farming sector. John and his wife, Angela, have 3 children. He has a diploma in Rural Development. He is Chairman of Dromtariffe IFA, is an active member of the Duhallow IFA. He is also the Chairman of Dromtariffe Community Centre, sits on IRD Duhallow's Agriculture Working Group and a member of IRD Duhallow's Focal Farmer Programme.



John Sheahan

John was re-elected to Kerry County Council in 2009 and was re-appointed to the Board of IRD Duhallow. He is an active member of his local community in Killarney and is a member of the Tralee Road Residence Committee and the Legion GAA Club. John is a member of the Kerry County Council's Planning SPC, the Killarney National Liaison Committee, and the Associations of County & City Councils. He is also on the board of South Kerry Partnership and the Rural Water Committee of Kerry County Council.



Dan Joe Fitzgerald

Dan Joe is an elected member of Mallow Town Council since 1994 and Cork County Council since 1999. He is a Director of North Cork Enterprise Board and Mallow Development Partnership. Dan Joe is Chairman of the Housing SPC, Chairman of North Cork Area Roads Committee, a member of the Corporate Policy Group, Cork County Library and Cork CDB. He chairs IRD Duhallow's Enterprise Working Group and is actively involved in many sporting organisations including the Duhallow Hunt.



John Paul O'Shea

John Paul is a member of Cork County Council and was elected to the board of IRD Duhallow in 2009. Living in Laharn, John Paul has been involved in many projects in his own community and has assisted many other voluntary groups throughout Duhallow to enhance their communities. He is passionate about rural services and is committed to maintaining and developing Duhallow for the future. John Paul is currently chairman of IRD Duhallow's Youth & Education Working Group and he also sits on our Employment & Training Working Group.



Sean Counihan

Sean joined the board of IRD Duhallow in 2013. He is the Mediator with Killarney Local Employment Service. He is currently a member of Killarney Town Council and a former Mayor of Killarney. Sean is the Chairman of Killarney Twinning Committee and Killarney Industrial Committee. He has a keen interest in sport, as a Former Kerry Senior football selector and East Kerry manager, he is also a member of Killarney Golf and Fishing Club. He is married to Mary and they have two children. Sean is looking forward to participating in all levels of the company.



IRD Duhallow Board Members

COMMUNITIES OF INTEREST AND COMMUNITY FORUM

Sheila Crowley

Sheila was elected to the board of IRD Duhallow to represent the South Eastern Duhallow Region. Sheila is Chair of the IRD Duhallow Carers Working Group. She is secretary of Laharn Community Action Group and has worked diligently with the group to transform the old school house at Laharn into a newly refurbished Heritage Centre. Sheila is married to Ted and they have two children. Sheila is a chef by profession and is proprietor of Ard na Coille Bed and Breakfast in Laharn on the Duhallow Way walking route.



John Kirwan

John was re-elected to the Board of IRD Duhallow for a second term by the South Eastern Duhallow Forum. He chairs the Community Development and the Employment & Training Working Groups. John is a member of the Board of Management of Banteer N.S. and is currently Chairperson of Banteer, Lyre and Districts Community Council. He is employed by the Department of Justice & Equality and has a diploma in Rural Development. He is an active member of Banteer who have completed a number of community based LEADER projects.



Jack Roche

Jack is from Rockchapel and represents the SAOI Network of Active Retired Groups. He sits on the Social Economy, Human Resources and Community Development Working Groups and represents IRD Duhallow on a number of forums including Kerry Community Transport and ILDN. Jack also represents ILDN on ELARD the European Association for Rural Development of which he is past President. He pioneered the development of Bruach na Carraige Cultural Centre in Rockchapel and the Sliabh Luachra Cultural Trail.



Judy O'Leary

Judy represents women's groups on the Board of IRD Duhallow. She Chairs the Women and Childcare Working Group and is a member of the Human Resources working Group. Judy is a founder member of the Duhallow Women's Forum. She is actively involved with the Irish Country Women's Association and is Information Officer for the five North Cork Guilds and Vice President for the Dromtariffe Guild. She has also served as Vice Chair of IRD Duhallow for three years. Judy is from Millstreet.



Deirdre Green

Deirdre is from Freemount and was elected to the board of IRD Duhallow to represent North East Duhallow. She holds a Bachelor Degree in Business from CIT and a Higher Diploma in Education from UL. She works as an accountant in Mallow. Deirdre is very passionate about the development of rural areas and is deeply involved in the development of her local community. She is a founding member of Freemount Badminton Club and currently Joint Treasurer of Freemount Community Development Assoc. Deirdre sits on our Community Development Working Group.



John Cott

John was elected to the board of IRD Duhallow to represent the North Eastern Community Forum. He is a beef farmer from Cecilstown in the parish of Castlemagner. He is a long time member of Castlemagner GAA club, and is also involved with the Ladies Football Club, the Hall Committee and Lohort, Cecilstown Development Association. He is the current Chairman of Kanturk Mart and is also a board member of ICOS, the National network of Co-operatives. John is married to Una and they have three children.



Eugene O'Connor

Eugene was elected to the Board of IRD Duhallow in June 2011 to represent the Western Duhallow Community Forum. He is a Dairy Farmer from Boherbue and a member of Boherbue Dairy Co-Op with the past 10 years. He is also a member of the local St. Vincent de Paul Society, the Grotto Committee and the tidy towns committee in Boherbue. Eugene is married to Sheila and they have 3 children. He sits on IRD Duhallow's Community Development Working Group and Agriculture Working Group.



Collette O'Connor

Collette was elected to the Board to represent the Western Duhallow Community Forum. She has a Masters in Business Studies and spent 12 years working for Merrill Lynch, New York and was very involved in the Irish Community while living in the States. She served a term as secretary with the Cork Association. She now works for the Cork Foundation - an initiative to drive job creation in the Cork region. A long time member of Cullen Pipe Band Collette has always had a devout interest developing Irish music and culture. Collette is a native of Cullen.



Details of Staff



EILEEN LINEHAN, B.A. (Econ & Geog), MBS (Business Economics), Dip. Personnel Mng. Dip in Public Procurement EU funded projects
Eileen is Senior Team Leader with responsibility for the Enterprise team which includes the LIFE+ programme. She has responsibility for both the LCDP & LEADER Programmes. She supports the Manager in the daily running of the company and prepares the Programme of Activities and oversees the financial operations of a number of programmes. Eileen monitors the progress of the programmes through the IRIS & LEADER performance monitoring systems and represents Community Partnerships on the Cork County Childcare Committee, which she currently Chairs, Pobal's Pension Board & Cork North and East Citizens Information Service.



TRIONA MURPHY, B.Sc Public Health & Health Promotion, MBS Cooperative and Social Enterprise
Triona joined IRD Duhallow in 2007 and is now the Community Development & Employment Team Leader. Triona oversees the operations of the Rural Social Scheme, TUS and the Equality for Women Measure. She works in animation and capacity building with the communities in Western Duhallow and through LEADER funding assists them to develop high quality local services and amenities. Triona supports the work of both the Community and Youth and Education Working Groups and is coordinator of the Towards Occupation Programme and the SAOI Network.



MARGARET O'CONNOR, MAAT-accounting technician, AIPA – Payroll technician
Margaret is the Senior Accounts Administrator and has been employed by IRD Duhallow for sixteen years. She is responsible for the establishment and maintenance of the company's financial systems and procedures and the implementation of the apportionment of overheads across the various programmes delivered including LEADER and LCDP. She also oversees the Payroll and Pension administration and prepares Financial Reports for Management and the Board of Directors on a monthly basis.



MARY MCHUGH, B.B.S. Postgrad Dip in Rural Dev, Food Mkt & Co-ops, Cert in Agri. Cert in Comm. Dev, Cert in Health & Safety in the Workplace
Mary joined IRD Duhallow in 2006 and is responsible for Equality, Employment and Training. She promotes lifelong learning in Duhallow by ensuring access and opportunity for adults wishing to return to education by coordinating a range of training initiatives through both LEADER and LCDP. Mary coordinates the Equality for Women Measure, New Communities and Migrants and Empowerment of People with Disabilities. Mary is the staff resource for the Duhallow Women's Forum, the Employment and Training and Equality Working Groups. Mary is Chairperson of the Health and Safety Committee.



MARIE FLEMING, Dip. in Rural Development, Cert in Health & Safety in the Workplace
Marie joined IRD Duhallow in May 2006 as clerical officer; she provides administration support to Development Officers and supports the Manager's participation on a number of National and International fora. Marie co-ordinates the monthly board pack and provides the administrative support for Excellence through People, Ireland's standard for human resource development and co-ordinates training for staff members. Marie is secretary of the Health and Safety Committee. Marie is currently completing a Degree in Rural Development in UCC.



KIERAN MURPHY, BSc in Wildlife Biology
Kieran joined the Enterprise team in June 2012 and works on the LIFE Project. He is responsible for the monitoring and improvement of the habitat and wildlife along the River Allow and its catchment area. Kieran also delivers educational lectures to the schools of Duhallow, and the general public, on the LIFE Project and the environment. He reports to the IRD Duhallow's Environmental Working Group and the Duhallow Bird-watching group and has acted as guide for the annual Dawn Chorus.



DENIS O'LEARY, BSc in Government
Denis joined IRD Duhallow in October 2012 and works as a development officer on the Enterprise Team. He is responsible for the animation and development of LEADER projects and works with Tourism, Enterprise and Community Projects to support promoters through the funding process. Denis has also worked as project co-ordinator on a number of internal projects. A keen angler, Denis takes an active role in the environmental projects supported by IRD Duhallow.



DR. FRAN IGEOE, PHD in Zoology, BSc Science
Fran joined IRD Duhallow as the LIFE Project Scientist in 2011. He provides scientific support on key target species including Pearl Mussel, Atlantic Salmon, Otter, Kingfisher and Dipper. He designs and co-ordinates the technical element of the project, working with the local community to achieve the projects objectives. He oversees the educational aspects of the project working with local schools and provides regular inputs to media and the project website. As part of the Enterprise team Fran reports to the Senior Team Leader, the Environment Forum and the LIFE Steering Committee.



HELEN O'SULLIVAN, B.Soc.Sc., M.Soc.Sc, Dip Com, Leadership & Mgt, Cert in Agri.
With over 8 years' experience in both Community Development and Enterprise Helen is the Community Services Team Leader with responsibility for the management of both the Warmer Homes Scheme and the Rural Transport Programme. Helen works on animation and capacity building of community, youth and voluntary groups in South and North Eastern Duhallow for both LEADER and LCDP programmes. She is the co-ordinator of the IRD Duhallow After Schools Service, Days of the Region Initiative, Bereavement Support and Domestic Violence Helpline.



KATIE CROWLEY, B.B.S. Postgraduate Dip in Rural Dev, Food Mkt & Co-ops, Cert in Agri.
Katie joined IRD Duhallow in 2007 as enterprise officer on the Enterprise team and is responsible for the Diversification measure of LEADER and the LCDP Focal Farmer Programme, which supports over 300 farm families. She assists individuals with LEADER and LCDP grant applications. Katie is staff liaison for Duhallow's Bird-watch Group and GIY Duhallow. Katie supports the work of both the Agriculture and Environment Working Groups as well as Duhallow Beekeepers.



LOUISE BOURKE, B.C.L., LL.M.C., MiM, Cert in Agri.
Louise joined the IRD Duhallow Enterprise team in November 2010, as the Enterprise and Tourism Development Officer, co-ordinating LEADER and LCDP project applications. She is also the appointed staff liaison for the Enterprise Network, Business Mentoring Programme, the Duhallow Carers Group, the Lone Parents group and the Literacy Support Programme. She was responsible for the establishment of the Duhallow boxing club, and is a member of the club committee. Louise represents IRD Duhallow on the Go Kerry Tourism board.



DERVAL CORBETT, EC.DL, Cert in Supervisory Management
Derval has been employed by IRD Duhallow since 1999 as a clerical officer. She is based in the Reception and Administration Office. She deals with general enquiries and administration and supports the manager in participation on a number of National Networks. Derval assists in compiling the company's monthly Newsletter which is circulated to 10,000 homes in Duhallow. She is responsible for the company's stationery requirements and oversees the company's IT systems. Derval is the Authorised Signatory for the processing of Garda Vetting Applications for LEADER Partnerships' Tús and RSS participants.



KASIA MELLER, MA in Political Science, IPASS Payroll Technician, Accounting Technician
Kasia was appointed Accounts Officer in March 2007. In January 2008, Kasia took over as Finance Officer on the Community Development Team. She is responsible for the preparation of weekly and monthly accounts for RSS, DART, TUS, CE, Out of school, and prepares quarterly reports to Pobal. Kasia also processes the CE, Out of school, DART and Warmer Homes wages on a weekly basis and she prepares financial reports for the Social Economy Working Group meetings.



COLM FITZPATRICK, BBS.
Colm joined IRD Duhallow in 2013, as Accounts Officer and works in the central accounts office reporting to the senior accounts administrator. His responsibilities include the preparation of weekly bank reconciliations and the processing of invoices to be paid. He also assists in the compilation of financial reports which are presented to the Finance Board on a monthly basis and reports which are delivered to the main board at their monthly meetings.

Environment

Duhallow's Environment is a key strategic resource and valuable asset which must be protected and managed with care to ensure it continues to be the basis for our health, wellbeing and a sustainable economy. Protecting and managing Duhallow's environment is a shared responsibility, involving communities, farmers, businesses, industry and public bodies. The focus of IRD Duhallow's Environment Working Group is on the need for Duhallow to deliver positive environmental outcomes, by identifying environmental problems and devising active resolution of root causes. To this end the Working Group has identified five key goals to protect and improve Duhallow's Environment through, Environment Awareness, Sustainable Land Use, Hedgerow Management, Protection of Habitats and Ecosystems, and the safeguarding of Endangered Species.

Grow It Yourself Duhallow

Grow It Yourself (GIY) Duhallow was launched in 2009 by Michael Kelly, founder of GIY Ireland, IRD Duhallow's group currently has forty members whose vision is for a healthier, more sustainable and more connected community where people grow much of their own food. The problem is that many shops stock imports of highly-processed, unseasonal produce – broccoli from Kenya, mangetout from Senegal, carrots from Guatemala and so on. The way the food chain currently operates has implications for our health, community, environment, economy and jobs. GIY members believe that change begins with the decision to sow a seed, if we can encourage enough people to grow their own vegetables, we can transform the food chain and bring some common sense back in to our relationship with local food. GIY meetings take place on the last Tuesday night of the month. During the year the group organised a number of lectures, demonstrations and outdoor trips. The group are also actively involved in "Food is Garden Edible" which is a Grundtvig project funded through Léargas, members of the group have travelled to Germany, the UK, and Slovenia to see first hand the different growing methods used by individuals. This year Duhallow hosted a Grundtvig visit with sixteen individuals visiting from project partners Slovenia, England, Germany and Hungary.



Donnacha Lehane, Meelin, keeps a close eye on the progress of young tomato plants in the IRD Duhallow training tunnel.



Zsafia Pilhal, from Hungary, and Joan Foley, Newmarket, prepare ingredients for a pizza making workshop which took place during the Grundtvig study visit to Duhallow.



Brian Healy, an up and coming birdwatcher from Kanturk, listens carefully to the early bird songs during the annual Dawn Chorus meeting in the Island Wood Newmarket.



Duhallow Bird-watch group, take time out for an early morning photo during a study field trip to the Wexford Slobbs.

in the breeding population, a bird watching outing was organised to the lower slopes of the Macgillycuddy Reeks in Killarney and the group also visited the Wexford Slobbs and Nature Reserve where thousands of ducks, geese, swans and waders were sighted by the group. For the third consecutive year the annual Dawn Chorus took place on the 12th of May where over ninety individuals set their alarm clocks a little earlier than usual to enjoy a morning of wonderful birdsong guided by Brin McDonnell and Kieran Murphy of IRD Duhallow.



Jamie Durrant, BirdWatch Ireland, presented a photo presentation on "Birds of the Gambia" with Brin McDonnell, Duhallow Birdwatch Group, and Katie Crowley, IRD Duhallow.

Environmental Awareness Month

The month of April is dedicated to Environmental Awareness promoting positive environmental actions throughout Duhallow. This year's initiatives focused on schools, community groups, businesses and members of the public. A broad range of activities were organised including, a workshop by Jamie Durrant on the Birds of the Gambia, Rachel Budd coordinated a workshop on developing a home composting system, the Duhallow Raptor project featured on the RTE documentary "Living the Wildlife" John Murphy film maker and renowned bird expert spoke on River Birds and Wetland Waders and John Lusby BirdWatch Ireland provided an update on the Raptor project in Duhallow.



Rachel Budd demonstrates a home composting system, one of the many events organised as part of Environmental Awareness Month.

Hen Harrier Research

The upland area of East Kerry and North Cork has traditionally been a stronghold for Hen Harriers however; there have been significant declines in the number of Hen Harriers breeding here recently. With the assistance of LEADER Funding a full and comprehensive survey of the Duhallow region and its surrounds was undertaken in 2012. This survey confirmed the loss of breeding Hen Harriers from 80% of territories that were occupied between 1998 and 2011. The possibility of breeding was absent from 66% of these previously used territories. Maturation of forestry, degradation and loss of natural habitats, and an increase in predator abundance are the three main issues evident since a peak in population in 2005



This young Hen Harrier chick is tagged with a satellite tracker as part of the Duhallow LEADER funded Hen Harrier Project.



John Lusby, BirdWatch Ireland, rings a Barn Owl as part of the Duhallow Raptor Project.

Enterprise

Putting in Place Jobs that Last

IRD Duhallow fully recognises the importance of Micro Enterprise in driving this country out of the current economic recession. However, starting off, or expanding a business in this negative climate is an extremely daunting task for any entrepreneur. Since its very inception, IRD Duhallow has placed a keen emphasis on supporting and encouraging entrepreneurs to realise their vision, and to turn that same project into a viable, profitable enterprise, which will generate employment for people in the Duhallow area. Since its establishment in 1989 IRD Duhallow has generated employment for in excess of 1200 people and helped sustain 1500 existing jobs. Our enterprise team work very closely with businesses to animate start ups and help them become established.



Ingredient Solutions; The Boherbue based Cheese processing plant, was originally established with the support of LEADER and now it employs 38 people and has a turnover in excess of €24m.



Sean Twohill, Allenweld producing the customised Allenweld stables.



Some of IRD Duhallow's Enterprise Development Working Group who meet monthly to further the supports available to Duhallow Businesses.



LEADER

In LEADER 2007-2013 a total of 42 businesses have received capital grant aid to start up or expend their enterprise under the Business Creation measure of the programme. This ranges from capital, equipment and marketing grants to feasibility studies. This has led to over €3m of investment in local businesses since 2009.

Sapphire Signs received LEADER funding to manufacture and fit energy saving doors to open refrigerated units which can result in energy savings of up to 50% for the retailer. Brendan Dennehy, MD, with Eileen Linehan, IRD Duhallow, on a site visit to Supervalu, Boherbue where doors have been fitted.



IRD Duhallow and the Corkman launching the inaugural Duhallow Business Awards with Minister of State at the Department of Enterprise, Jobs and Innovation, Sean Sherlock TD.



Daniel O'Keeffe and Daniel O'Leary who were awarded the Best Duhallow Business 2013 for their LEADER funded company Alu Cat, who recycle precious metals from Catalytic Convertors and Copper Cabling.



Duhallow Business Awards

This year, IRD Duhallow teamed up with the Corkman newspaper to establish the inaugural Duhallow Business Awards. LEADER in Duhallow can be justly proud of supporting over twenty years of job creation. The awards afforded a platform to highlight these success stories. There were 6 award categories: Best New Start Up Business; Best Established Business; Best Women Led Business; Best Agri Business; Customer Service Award and Best Community Enterprise. The judges had no easy task in deciding a winner, and the prizes were presented by Minister of State for Enterprise, Jobs and Innovation Sean Sherlock, at a Gala Banquet in the James O'Keeffe Institute. Young entrepreneurs Alu Cat came away with the ultimate overall best Duhallow Business prize. Since it was established two years ago the company has expanded now offering employment to 7 local people.



Some of the participants of the Practical Social Media Training which was delivered by Mallow company Spiralli Solutions.

Training

During 2012 alone, 131 people received business related training from IRD Duhallow. Up-skilling and learning new competencies is essential to the continual development of any business and the enterprise development working group regularly organises training on topical subjects addressing the needs of local business. The majority of Duhallow businesses are sole traders and micro enterprises, this means that the business owner must be marketing manager, sales rep, managing director and company accountant all rolled into one. Many people enter self employment with the skill of the relevant industry, however, the mechanics of being self employed have many start up entrepreneurs floundering. The training programmes organised by IRD Duhallow support, help and educate business owners. Throughout the past 12 months the working group has facilitated training on Self-Employment Opportunities, a Start your own Business Bootcamp, social media training and website development, as well as specific topical seminars on Writing a Winning Tender, Sole Trader vs. Private Limited Company, Developing your Digital Strategy and E Commerce for your business.

Mentoring

The IRD Duhallow Mentoring programme was first introduced in January 2012 as a soft support for enterprises throughout Duhallow. Since then almost 100 businesses have received mentoring and obtained advice and guidance for their business from our independent business advisors on the panel. The programme has proved extremely successful and the expert counsel given by mentors has proved to be invaluable in the development of many Duhallow Businesses.

Enterprise



Veronica Murphy from the Discovery Partnership delivering a Start Your Own Business Bootcamp to budding entrepreneurs.

Ploughing Championship

The LEADER village is a prominent feature each year at the National Ploughing Championships. Duhallow businesses were once again out in force in the LEADER village with Aidan Walsh Hurleys, Ballyhass Lakes, Jeremiah Dennehy, DCFS & the LIFE + Programme all reporting an extremely successful few days at Ireland's greatest rural festival. Each year the Ploughing Championships afford rural enterprises the opportunity to showcase their products on a National platform.



LEADER funded Jeremiah Dennehy at the National Ploughing Championships makes a presentation to Minister for the Environment, Community and Local Government Phil Hogan with IRD Duhallow CEO Maura Walsh.

Cork County Council Economic Development Fund

Established in 2011, the Economic Development fund is administered through the Economic SPC which is chaired by Cllr. Gerard Murphy from Newmarket, and it awards funding to eligible businesses. Grant aid from the Fund can only be attained by a referral from the IRD Duhallow Project Evaluation committee or County Enterprise Board. IRD Duhallow has been working closely with the Economic SPC of Cork County Council in evaluating potential enterprises for the Economic Fund.

Jeanette Dennehy who received LEADER grant aid to expand her memorial card business "Thoughts that Count". Jeanette was a finalist in the Women Led Business Category of the Duhallow Business Awards.



LCDD

One of the fundamental aims of the Local Community Development programme is to help those who are unemployed and encourage them into employment or self employment. Under the programme IRD Duhallow gives a number of supports including grant aid to those who are looking to start their own business, but may have difficulty getting it off the ground. The working group links closely

Denis McAuliffe of ICU Security erecting calving cameras on John O'Connor's farm with equipment funded through the Local Community Development Programme.



with the Department of Social Protection in helping people to attain the Back to Work Enterprise Allowance and supports them in writing business plans and developing their business ideas.

E Centre

2013 saw the launch of the Duhallow's first E-Centre in Millstreet. Spear headed by the Millstreet Development Group this LEADER and Cork County Council funded initiative has seen the development of 7 hot desks, which can be used as office space for new and start up businesses. It has everything a business would require without any of the hassle of setting up an office or taking out a long term lease. In general, a hot desk can be rented out on a month by month basis and there is also a flexi-desk option available for those who would like to use the centre for just a day or half a day. The centre is staffed by Tús participants, who co-ordinate the daily activities in the centre.



Tús participant Joanne Cotter overseeing the running of the LEADER funded Millstreet E-Centre.

Craft

The Hands of Duhallow craft network continues to offer a perfect opportunity for local crafts people to exhibit their goods in one central place through the IRD Duhallow Annual Christmas Craft Fair. This two day event showcases what Duhallow has to offer and the high quality and variety of goods produced locally. The 8th Christmas fair saw both existing and new artists coming together to market their products with many new items; such as handmade jewellery woodcraft and knitwear. Duhallow Community Food Services had a significant presence once again this year at the fair with their Christmas Tea rooms offering a selection of seasonal delicacies.



Putting you in the Festive Mood. Scenes from last year's Hands of Duhallow Craft Fair.

The IRD Duhallow Revamp Furniture project also proved very popular with many people offering to donate pieces to the project for restoration and redistribution into the community. The craft fair is a perfect opportunity for someone who is starting off in the sector to showcase their talent and to identify demand for their product.

The craft sector continues to play a very important role in the local economy with many people trying to now turn it into a full time viable income. The short listing of local man Jeremiah Dennehy of Brogeen Crafts in the "Best New Start Up Category" in the Duhallow Business Awards has also greatly helped to raise the profile of the crafts sector locally.



Deirdre O'Reilly leading a spinning class in Agility Fitness Studio, Deirdre was awarded the Best Woman Led Enterprise at the Duhallow Business Awards.

LIFE+

The IRD Duhallow LIFE+ programme is an innovative €1.9m four year project aimed at conserving wildlife species in harmony with the needs of people in Duhallow. Co-financed by the EU Commission and the Irish exchequer, the project is being run in partnership with Inland Fisheries Ireland. Key project actions aim to protect threatened European species; European otter, Kingfisher, Atlantic salmon and Freshwater Pearl Mussel within the upper reaches of the River Blackwater (A Special Area of Conservation under the EU Habitats Directive).

The LIFE team were especially busy in 2012, despite the bad weather and constant flooding, working on 27 key project actions. These works ranged from the removal of non-native vegetation on river banks, planting and coppicing of trees, placement of bird nesting boxes under bridges and the creation of resting areas for otters, to the reduction of river bank erosion by fencing to control livestock grazing on river banks and the reduction of siltation by placement of silt traps in drains. These substantial ground works are carried out by our Rural Social Scheme participants. In addition, significant emphasis has been placed on public awareness initiatives, as ultimately the future of all of these species rests with the people of Duhallow.



Nuala O'Riordan and Fran Igoe, rescue frogs spawn following a flood on the River Dalua.



River bank erosion is a major problem along rivers.

Fencing

Research by the project has found that cattle are able to graze up to 1.2m under single strand electric fencing wire and so we are recommending that farmers move their fence line further out, to allow vegetation growth needed to strengthen river banks. In addition the project has developed a flood friendly fencing technique which should help preserve fences during large scale flood events.

Christmas tree appeal and bank protection

We were delighted with our appeal for used Christmas trees this year. These were recycled to help protect river banks on the River Dalua. When secured to exposed river banks the trees reduce bank erosion during flooding periods and help stop the destruction of Salmon spawning beds and Freshwater Pearl Mussel habitat (caused by the deposition of silt and mud from unprotected eroding river banks). The response to our appeal was unbelievable, with over 1,000 trees donated. People travelled from as far as Tralee and Limerick to give their trees a second lease of LIFE. A journalist from the Daily Telegraph Newspaper in the UK described it as the "greenest solution I have found yet" for the use of recycled Christmas trees.



The public response to our Christmas tree appeal was exceptional, as people donated hundreds of left over Christmas trees in January.

How old is that Pearl Mussel?

Pearl mussel are a very long lived species often reaching ages of over 100 in Ireland. This year we ran a competition inviting the public to guess the age of a Pearl mussel shell. We had a fantastic response which included prominent politicians who tried their luck. With the assistance of the Geology Department in University College Dublin and the University of Glasgow, we hope to be able to determine its age and announce the lucky winner shortly.



Dr. Igoe of the LIFE project holds up a small lamprey during a snorkel survey.

Nature detectives

Our school "species recording in your neighbourhood" initiative got off to a great start in 2012. To date we have managed to target all outstanding schools on the programme and roll out the secondary school phase which involved computer mapping and analysis of results from the National school children's surveys. Results of this work can be viewed on the project website at www.duhallowLIFE.com



Children from Kanturk Girls' National school wet their feet for the LIFE project.

Silt trap to reduce siltation of the river bed

Land drainage can be a major source of silt into rivers and poses a serious threat to the survival of Freshwater Pearl Mussel. Levels of silt in the River Allow are not compatible with the Freshwater Pearl Mussel long term survival. The project designed a novel silt trapping device suitable for land drains and test results on water samples showed that it was very successful in reducing sediment into the river.



Project scientist Kieran Murphy empties monitoring buckets used to examine accumulation of sediment on the river bed.

Landowners are reminded that there are new regulations concerning land reclamation and we strongly advise that they consult with their local farm planners before embarking on works that might impact on the SAC.



Transition Year Students Louise Igoe, Kasja Gwozdek and Lauren Hunt from the Presentation Convent Clonmel exploring the potential of Environmental Science as a future career choice and spent a number of weeks with the Life+ Project.

LIFE+

Local people donate native trees

Tree planting is an important aspect of the LIFE project and IRD Duhallow has decided to follow best scientific practice and only plant trees of local native varieties. These trees are better adapted to the local climate and conditions and more suited to the bees and other bugs that depend on them. We are delighted that a number of people have donated native tree saplings to the project and to date we have collected over 700 trees, ranging from willow, alder, ash and oak.

Landowners fishing for LIFE

In association with the Duhallow Angling Centre of Excellence, the LIFE project organised angling classes for landowners along the river. This proved very popular and a fun day out. Many participants had never fished before and the experience opened their eyes to the wonderful amenity on their doorstep. If you are interested please contact us in IRD Duhallow as further angling classes will be arranged with the Duhallow Angling Centre of Excellence. Tight lines!

Local man Willie Nunan proudly displaying his fine catch at the Angling lessons organised by the LIFE project and the Duhallow Angling Centre of Excellence.



Conferences and universities and volunteers

The project has received wider international attention and we hosted a large number of visitors from a range of countries. The LIFE team presented at conferences specialising in Invasive species, water management, river restoration, an International Otter Symposium and seminar on Freshwater Pearl Mussel and the project has been invited to take part in the EU INTERREG IV initiative (TRAP - Territories of Rivers Action Plans) as an example of good practice water management on a large scale. Five universities are actively involved and supporting the Life project.



Dr. Cathal Gallagher (IFI), Thomas Anketell (Duhallow Angling Centre of Excellence), Suzanne Campion (IF), Minister of State (Fergal O'Dowd), Theresa Collins (LIFE) and Neil Wilkie (EU LIFE monitor).

Fairness in farming

The LIFE project fully supports IRD Duhallow's efforts to work towards fairness in farming and long term sustainability of rural communities. Lessons learnt from the project will help to inform what works and doesn't work for farmers and wildlife. This is particularly important as new EU Directives mean that Ireland needs to develop measures to protect important wildlife communities



Andrew Gillespie, Environmental Fisheries Officer with project partners Inland Fisheries Ireland, carries out an electro-fishing survey.

and their habitats. The LIFE project is a suitable vehicle to study the practicalities of these on a large scale. IRD Duhallow and the project are taking a keen interest in the current CAP reforms and are actively promoting the development of no nonsense agri-environmental measures for Duhallow.

The community

IRD Duhallow is working hard to ensure that not only wildlife but also the local economy benefits from the LIFE project. Where possible, equipment is purchased locally and local contractors are used.



Chairman Cormac Collins makes a presentation to Barry O'Donoghue on his retirement from the Board of IRD Duhallow. Barry was very involved in all the environmental projects during his time on the board.



New signage to highlight the hazards of road traffic for Otters in Duhallow.

Glochidea survey by anglers

This year we have expanded our Glochidea survey (juvenile pearl mussel) to include the other reaches of the Blackwater. This year by working with the Angling Clubs along the River Blackwater and the Duhallow Angling Centre of Excellence, we are determining the distribution of Freshwater Pearl Mussel using this novel and simple technique. Samples of Trout and glochidea are being retained for DNA analysis by Queens University Belfast for genetic testing.

Become involved

The LIFE project is always looking for volunteers and local information. Volunteers are particularly welcome to assist us with our monitoring, Himalayan balsam removal work and glochidea angling survey. So if you feel you might be in a position to help please contact us at IRD Duhallow or through the project website www.duhallowLIFE.com.



Kasja Gwozdek (TY Presentation Convent Clonmel), Darrien Garland (Galway and Mayo IT), Tomasz Siekaniec, (LIFE volunteer), and Ger Moore (Tralee IT) receive laboratory demonstration from Dr. Fran Igoe, IRD Duhallow LIFE project.

Agriculture

At farm gate level the past eighteen months has certainly been a challenge for farming families in Duhallow and beyond. With a disastrous summer last year, increasing input costs and a desperate fodder shortage it is a period farmers will want to forget fast but we fear the wider rural economy will be left with deep financial scars that will take many years to recover from as a result of the inevitable contraction in farm family spend in rural towns. However the agricultural sector has always been resilient, it has overcome many challenges in the past and has demonstrated a capacity to adapt and innovate which will ensure rural communities will remain vibrant for future generations.



Tom Dunne of Newstalk speaking to John Linehan Chairperson of IRD Duhallow's Agriculture Working Group during his visit to Duhallow to report on the impact of the fodder crisis.

Focal Farmer

The Agricultural Working Group oversees the work of the Focal Farmer Programme which supports one hundred Farm Families in Duhallow whose farm household viability is under threat. The programme aims to maintain as many small-holder households as possible to live in economic security in Duhallow. We focus on breaking down barriers, tackling directly, issues affecting farm families and assisting them to plan for a viable future. The services provided through the Focal Farmer include: On Farm Efficiency Grants, Soil Testing to reduce input costs, Access to Training Courses, Tailored One to One Supports, Assistance with Form Filling, Access to Information and Support Group Meetings.



"Happier Days" when fodder is plentiful in Duhallow.



The importance of having correct covers on PTO shafts is demonstrated to farmers during a Farm Safety Walk.



Guest Speakers at the Farm Family Seminar Katherine O'Leary (Irish Country Living), Siobhan McSweeney (IFA) and Katie Crowley (IRD Duhallow).

with guest speakers Katherine O'Leary columnist in the Irish Country Living and Siobhan McSweeney who represents Cork Central IFA on the National Farm Family Committee, the meeting was entitled "Personal Journeys" which took place during the Bealtaine festivities in May.

Agriculture accounted for almost half (45%) of all work place deaths in Ireland last year, the Agricultural Working Group hosted a very successful farm safety walk on the farm of John and Angela Linehan Dromagh with presentations from Health and Safety Authority Staff and Margaret Healy National Chair of the IFA Farm Family and Social Affairs Committee. The aim was to raise awareness on the importance of farm safety and to promote "safe farming" in Duhallow. Following on from this event a talk was given to Transition Year Students in Scoil Phobail Sliabh Luachra to assist them with their final year project focusing on farm safety.



Ger Cusack of XLVets demonstrating the correct hoof paring practices to farmers on an IRD Duhallow workshop funded through skills net.

We also teamed up with XLVets to deliver two Skillnet funded workshops on Herd Health Nutrition and Bovine Lameness. XLVets is a group of nineteen independently owned, progressive veterinary practices committed to the future of the Irish livestock sector. Donal Murphy, partner in the Sliabh Luachra Veterinary Centre Rathmore spoke to over 90 farmers on Herd Health and Livestock Nutrition and Ger Cusack Chairperson of XLVets and partner in a five vet practice in Waterford delivered a highly successful practical workshop on cattle lameness on the farm of Con and Niall Guiney, Rockchapel.

Duhallow Beekeepers

While many people associate bees only with honey production they in fact play a much more significant role. The real importance of bees lies in their role as pollinators. This makes it critically important for us all to play our part in maintaining and promoting healthy honeybee populations. Honeybees are thought to be responsible for up to 80% of crop pollination internationally and are of immense benefit to farmers. Duhallow Beekeepers organised a number of lectures earlier this year focusing primarily on individuals starting out with bees. The association was very fortunate to have beekeeping expert Micheál Mac Giolla Coda lecture on "My system of Beekeeping" Micheál is a founder member of the Galtee Bee Breeding Group, past President of BIBBA and FIBKA and has over 50 years' experience in Beekeeping.

Andy Bourke Secretary of Duhallow Beekeepers during an outdoor demonstration in the IRD Duhallow Apiary.



Agriculture



Members of the Duhallow Beekeeping Association who attended a lecture on "My System of Beekeeping" delivered by expert beekeeper Micheál Mac Giolla Coda from Tipperary.

Farmers Market

The "local food" concept, although relatively new to Ireland compared to some of our European counterparts, is becoming increasingly popular throughout the country. Kanturk Farmers Market has once again been awarded the Voluntary Code of Good Practice from the Department of Agriculture, Fisheries and Food in conjunction with Bord Bia. The market is located at the rear of Twohig's Supervalu in Kanturk and is open from 10.30am to 2.00pm every Thursday and Saturday.



Winner Alright, Abby Shannon who competed at the Newmarket Agricultural Show.



Lucy Healy & Cormac Dillon enjoying their well deserved Ice Creams at Newmarket Show.

Women in Agriculture

For the third consecutive year fifty four farming women from Duhallow attended the "Women in Agriculture" conference which took place this year in the Hotel Europe Killarney. Each and every year the speakers



Jeremiah Dennehy of Brogeen Crafts and Katie Crowley of IRD Duhallow making a presentation to Mairead Lavery, Editor of the Irish Country Living, at the Women in Agricultural Conference.

inspire, educate and inform women involved in agriculture. This year's theme included "The Farming Journey" and "Personal Journeys". Matt Dempsey reflected on the road we have travelled over the past 25 years in agriculture and the direction it may take us in the future. Katherine O'Leary explained how all of us set out on a path in life but sometimes it takes us on a different curve and leads us on a journey we never expected, Teena Gates, Sile Gorman and Áine Lawlor provided us with real examples of how to cope with adversity, and emphasized the energy, resilience and hope required when dealing with difficulties both inside and outside the farm gate.

LEADER

Although LEADER has sometimes come in for unfair criticism from some quarters due to the low uptake by farmers of the "Diversification" measure – many farmers, and farm families benefit from LEADER supports and grants including feasibility studies, analysis and development, training, capital grants for agri tourism projects as well as micro enterprise grants.

Romac Construction received LEADER funding for the development of an innovative Modular Precast Milking Parlour System revolutionising milking parlour construction and cutting construction time by 75%.



John McSweeney of Romac Construction updating Katie Crowley on their innovative Modular Precast Milking Parlour system, which is set to revolutionise milking parlour construction.

Due to the increasing role of economies of scale in mainstream farming combined with a reduction in off-farm employment opportunities many farm households need to explore new ways of employing farm assets if they wish to continue to operate their farms and enjoy a rural lifestyle. Self catering cottages, chalets or lodges in a good location can provide additional income. Tourists are becoming more discerning and self catering accommodation must provide all the amenities found in a modern home. Under the current LEADER Programme projects have received grant aid assistance under the Diversification and Tourism measures of the LEADER programme.

Newmarket Agricultural show is an important part of the cultural life in Duhallow attracting large numbers of competitors and spectators to the area. The show is a public event showcasing, equipment, livestock, bloodstock, trade stands, competitions, entertainment and displays from local entrepreneurs and farmers. LEADER funding was secured by the committee last year to assist in the development of the show. Originally the Show's main focus was agriculture but this has broadened considerably to adapt to all families living in the area and to attract larger numbers of tourists and individuals to the event. The show promotes an enhanced awareness and positive appreciation of our heritage, traditions and way of life.



Members of the IRD Duhallow Agriculture Working Group who met with Áine Collins TD, at her constituency office in Millstreet to discuss the severe fodder shortage in Duhallow.

Community Development

Building Community Leadership

From the outset IRD Duhallow has recognised capacity building as an essential component in the process of community development in Duhallow – supporting people to develop the skills and knowledge that they need to enable them to work together to bring about positive change within their own communities as well as encouraging the discovery and development of untapped potential. IRD Duhallow supports communities to build on the existing skills, knowledge and talents already available, providing opportunities for people to learn through the valuable experience gained through the LEADER approach and increasing people's awareness and confidence to both manage and deliver projects. Time and time again, the Community Development working group has deliberately targeted and engaged the most marginalised in Duhallow, seeking to inform, support and empower them.

Through IRD Duhallow's long term animation and training on the ground, communities have been assisted in developing organisational structures and mechanisms for managing projects empowering people to act on behalf of their own communities. Furthermore, groups are continuously facilitated to explore best practice in other communities in Duhallow and further afield including opportunities to share and learn from other countries. IRD Duhallow's 'bottom up' approach to local development empowers people to articulate their needs, retain ownership of community projects and share in the successes and challenges that emerge. As a result, many new leaders, both young and old have come forward with the capacity to take the reins in developing and leading quality sustainable projects for rural communities including: community centres, recreational facilities, amenities and enterprises.



The Freemount Playschool Stand at the Village's Pride of Place Exhibition. Over 200 people attended the showcase event displaying the community groups and organisations in the Freemount area.



Moses Roche turning his hands to milking 'the udder way' as part of the LEADER funded Freemount Macra Field evening.

Championing Excellence in Community Development Practice

Over the past 20 years, the LEADER approach to community-led local development (CLLD) in Duhallow has proven an effective and efficient tool in stimulating innovation, entrepreneurship and capacity for change. Inspired by the success of LEADER and locally led groups



The official opening of Bweeng Community Playground. IRD Duhallow has funded 6 such playgrounds under LEADER 07-13.



John Cott and Deirdre Green were re-elected to the board of IRD Duhallow representing the North Eastern Communities with Michael Twohig who chaired the elections and Helen O'Sullivan.

like IRD Duhallow, the European Commission is now promoting CLLD in the context of the next funding round 2014-2020. This CLLD model has evolved considerably in Duhallow with a dramatic increase in local community-driven activity since the first LEADER programme. The proposals coming from the European Commission, provides both an endorsement of the approach thus far in Ireland and potentially provides access to a range of additional funds which will be led and determined by the communities themselves. IRD Duhallow continues to promote the role and contribution of local volunteers who are fundamental to and best placed in identifying community directed solutions to local problems.

Empowering the voice of Rural Communities

IRD Duhallow's community forum consists of representatives from community and voluntary groups throughout the region. This cross community network works collectively to engage and bring forward the issues and challenges facing rural communities. The Duhallow region is divided into 3 community fora; North Eastern, South Eastern & Western Duhallow. Each group elects two members onto the voluntary board of IRD Duhallow through a community election process. The North Eastern Duhallow elections were held in 2013 which saw existing board members John Cott and Deirdre Green re-elected for a second term.



Helen O'Sullivan, IRD Duhallow with Donoughmore Community Council members Patrick Buckley, Monica Kennedy and Art O'Leary after winning the overall Muintir na Tire Pride of Cork County for their LEADER funded projects.



Donoughmore community hall has seen a transformation and complete refurbishment with the help of LEADER. Many of the community halls around Duhallow have been upgraded under the current programme.

Community Development



Catherine O'Sullivan, Nora Leader, Ellen O'Leary, Julie Guerin, Katie Leader and Samantha O'Shea with Minister Sean Sherlock. The girls are members of the Rathmore Social Action Group who took home the Best Community Enterprise Prize at the Duhallow Business Awards.

Pride of Place

The All-Island Pride of Place Competition recognises and celebrates the vital contributions that community groups make to society. The focus is on people coming together to shape, change and enjoy all that is good about their local area. It differs from other similar projects in that they specifically recognise the involvement of the local community in all aspects of rural and urban regeneration including: promoting social cohesion, involvement in planning, the promotion of heritage and environmental awareness. The community of Freemount who were nominated by Cork County Council for the first time received 2nd place in the Category of a population less than 200. Rathmore also tasted success representing Kerry in the competition and received 3rd place in the Previous Winners category. Donoughmore also proudly took first place in Muintir na Tire's Pride of County Cork Awards 2012. All communities commended the assistance of the Rural Social Scheme and Tús participants who greatly aided with their preparatory efforts. Special mention was also given to the assistance of the LEADER programme in the development of community amenities and village renewal projects.



With the assistance of IRD Duhallow's LEADER funding the two-and-a-half kilometre walkway between the two halves of Rathmore has finally been lit up.

Kerry Community and Voluntary Awards

Duhallow has been an avid supporter of the Kerry Community Awards for the last 10 years where it has grown under the auspices of the Kerry Community and Voluntary Forum of Kerry County Council. Over the last decade community and voluntary groups throughout Kerry have had their

IRD Duhallow Board Member Judy O'Leary with Siobhan Murphy the Kerryman, Tom Curran Kerry County Manager, and Siobhan Griffin Kerry Community & Voluntary Forum at the Kerry Community Awards.



efforts recognised and rewarded for the work they have achieved in improving the social, economic, cultural and environmental quality of life in local communities. Rathmore Social Action Group were the overall winners in the Awards in its inaugural term 10 years ago which inspired them to develop even further since then. All former winners over the last 10 years were acknowledged at the 2013 awards.

Domestic Violence

Domestic Abuse is not a social class issue rather it can effect males and females, young and old regardless of financial circumstances or backgrounds. Duhallow is no exception with nationally, 1 in 5 women and 1 in 16 men at risk of experiencing some form of Domestic abuse at some stage in their lives. Now over 2 years in existence the IRD Duhallow Domestic Abuse Support Initiative has received over 200 calls on its Helpline and facilitated over 30 one to one support sessions. The service continues to provide information workshops to transition year students in the local secondary schools on domestic abuse in relationships and in the home. Every November we take part in the 16 Days of Action Awareness Campaign and this November the service together with the Duhallow women's forum held a public information evening on Domestic Abuse and Bullying in the Home with guest speakers Dr. Brendan Byrne and Dr. Fergus Heffernan. The Domestic Abuse service is run on a Daily basis by trained volunteers who continues to up skill through training and information sessions.



Volunteers of the IRD Duhallow Domestic Violence service partaking in LEADER funded training to equip them with the skills to operate the Domestic Violence helpline. Ongoing training and support is required for all volunteers.

PAL: Parenting Alone in Duhallow

The 2011 census data shows that almost 18% of households in Duhallow are headed by a Lone Parent and the proportion of lone parent households in Duhallow is greater than in County Cork as a whole. The PAL (Parenting Alone) group was established to provide a peer support network to lone parents within the region. Bringing up a family as a single parent can be extremely stressful and the members of the group are under immense stress in making parenting and family decisions. The support received in PAL from other parents has proven invaluable to many, and the group regularly organises seminars on specific parenting issues as they arise such as cyberbullying and cooking on a budget. The second function of the PAL group is to provide social inclusion for children of one parent families. Outings are frequently arranged for the children



who can meet with others from similar family situations.

Enjoying the Summer Sunshine! Members of the PAL group enjoying their annual summer outing at the Farm in Grenagh.

Tourism

Tourism in Duhallow is focused on our natural resources through the development of activity holidays. IRD Duhallow's Enterprise & Tourism Development Working Group has worked tirelessly to capitalise on this by putting in place a number of targeted initiatives to develop the region's tourism industry.



Maura Walsh, IRD Duhallow, officially opens the Kanturk LEADER funded Cycling Velodrome.



Helen Dalton and Jeremy King from Malachy Walsh & Partners with Louise Bourke and Tim Ring from IRD Duhallow mapping out the walking route around the Paps as part of the feasibility study.

A feasibility study is currently being carried out on the environmental impacts of the routes, which are expected to be formally launched in early 2014.

Hill Walking

Nine Duhallow walks have been developed under the LEADER programme and these are maintained, by the Tus and RSS participants, as well as land owners who receive support under the walks scheme. The working group identified that Duhallow lacked walking leaders to take tourists on guided walks. The Hill Walking Leader course is a specially designed programme, which teaches participants the fundamentals of leading a group including; emergency first aid, the leave no trace policy, map reading and compass navigation. A further course is organised for the coming months.



Members of the Hill Walking Leader Training Programme having a welcome break at the summit of the Eastern Pap.

Eco Tourism Training

The Eco Tourism training programme was run throughout 2012 and delivered by Eco Tourism Ireland. The 17 tourism providers who took part received training and mentoring from some of the industry's leading experts. Four of these then went on to apply for Eco Tourism certification, to add value to their existing product.

Accommodation

Accommodation is severely lacking in Duhallow and over the past twelve months a number of self catering cottages have been funded under the LEADER programme. Close links with Failte Ireland has seen the organisation of seminars and site visits highlighting to new and existing accommodation



Some of the graduates of the Eco Tourism Training Programme at IRD Duhallow.

Walkers at the Millstreet Walking Festival crossing the Bog Bridge at Coomacheo. This bridge was built by the Rural Social Scheme Walks Team.

providers the newly launched Failte Ireland badges. Particular emphasis was placed on encouraging Duhallow Accommodation owners to apply for the Hill Walkers Welcome and Angler Friendly badges which fit in with the region's Eco Tourism Strategy.

Festival Training

The Enterprise and Tourism Working Group has embraced the Gathering theme of 2013, and have a number of events planned throughout the year. In preparation for the Gathering a Community Festival Training programme was run with AOIFE, which focused on helping festivals with marketing, financial planning, committee structure and developing health and safety statements.

Duhallow Angling Centre of Excellence

Angling is an important sector for tourism development given the quality trout and salmon fishing available in our rivers. IRD Duhallow identified the need to establish an angling centre of excellence in order to promote tourism and last year, Thomas Ankettell was appointed as an animator for its development. To develop an angling centre of excellence, we need to support river and development groups in waterway management, conservation, pollution elimination and move towards the preservation and protection of water as a source of life. While the quality and quantity of fishing is the basis for selecting Centres of Excellence, other variables such as physical access, infrastructure, proximity to tackle/bait shops, angling guides, boat hire, angler friendly accommodation and social amenities are just as important. Duhallow provides angling enthusiasts with a variety of excellent fishing opportunities, including still water angling at Ballyhass lakes and angling in the many rivers that flow in Duhallow. During the year, we provided weekly angling classes including classes for children, fly dressing classes, fishing summer camps and also promoted our angling experience through angling journalists.

We are currently developing plans for access to the rivers for disabled anglers. A number of locations for this development have been identified and we hope to begin work in the coming months.



Dan Murphy recently availed of LEADER funding to develop a self catering tourism accommodation in Newmarket. He is one of 7 similar accommodations funded under LEADER 07-13.



Tom Ankettell, animator of Duhallow Angling Centre of Excellence.



Theresa Kelleher, displaying her catch at one of the Angling lessons run by the Duhallow Angling Centre of Excellence.

LEADER

The European Parliament's Committee on Regional Development has described the LEADER method as "The world's most successful way of revitalising rural areas and strengthening the socio-economic development of areas in all their diversity." Through focusing on the key principals of innovation, sustainability and economic viability LEADER has made significant contributions to sustaining rural enterprise and improving the quality of life of rural dwellers.

Since 2009, LEADER in Duhallow has supported 160 businesses with an investment of over €3m, trained in excess of 2,000 people, 29 communities have been supported to refurbish and improve their halls and villages with an investment of over €1.7m, and 6 new community playgrounds have been established. LEADER supports to tourism include establishing 7 new self-catering accommodations, 12 new tourism products and 3 new loop walks, as well as an impressive range of environment projects, 19 Heritage Projects and 16 publications. The entire Duhallow community is animated and involved in one or other aspect of IRD Duhallow's work.



Invited speakers at the ILDN CLLD Conference: Roman Haken, (European Economic & Social Committee), Katherine O'Leary (Irish Farmers Journal) and John Walsh (Acting Chairman of ILDN).



Phil Prendergast MEP meets with Duhallow local community representatives Sean Radley (Millstreet), Denis Withers (Banteer), Cormac Collins (Gneeveguilla and Chairman of IRD Duhallow), Billy Murphy (Lyre), Jack Roche (Rockchapel and IRD Duhallow), Mary O'Mahony (Millstreet) and Breda Cronin (Millstreet).

As we enter the final months of the current LEADER programme 2007-2013, IRD Duhallow is well pleased with our progress. August is the final month for commitments and not only have we successfully committed our original budget we were delighted that Minister Phil Hogan sanctioned a further €2.5 million for Duhallow from the National pot.



Eileen Linehan presents a bouquet of flowers to Department Inspector, Breda Dooley, at her last inspection before taking maternity leave.



Chairman of IRD Duhallow Cormac Collins speaking at the Duhallow Business Awards. Developing rural business and creating employment is one of the key priorities of the LEADER programme.

The impact of LEADER is now clearly visible in every community and in every corner of Duhallow. We know that LEADER creates jobs that last, however we intend carrying out a detailed evaluation of the current programme and previously funded LEADER projects to verify our contention.

Given the depressed state of our economy and the economic impact of the fodder crisis, LEADER has offered a life line to many local builders who have been engaged in construction and refurbishment of community

facilities. Likewise, Builders Providers and local shops have all benefitted from the injection of LEADER funds in the local economy. While the micro and social enterprise sector got the largest budget allocation, tourism, village renewal and heritage measures were tied for second, with basic services and training coming in behind them.

LEADER has set the foundations for Community Led Local Development. IRD Duhallow was honoured to be invited to speak at DG Regions Conference in Brussels during the year, where we outlined the nature of Local Action Groups in Ireland as Community Led Rural Development Companies that address the Social, Economic, Cultural and Environmental needs of the areas we serve.



A number of LAGs met politicians and policy makers in the Dail to lobby politicians about local government reform. The group consisted of Carmel Fox (Ballyhoura), Jerry Buttimer TD, Ryan Howard (SECAD), Brenda Cahill (Cork City Partnership), Noel Dillon, Triona Murphy and Jack Roche (IRD Duhallow), Sean Hegarty and Valerie Murphy (Avondhu Blackwater).

ILDN organised a conference in Cork entitled 'Sustaining Resilient Communities,' which was attended by almost 400 people and sponsored by Phil Prendergast MEP. Having heard the speakers the conference voted on and adopted a new Cork Declaration which stated that any reforms through the alignment process such as the establishment of SECs should promote greater collaboration between State agencies and not duplicate the functions of Local Action Groups and Urban Partnerships.



Eoin O'Shea (B.L. and Formerly of the European Court of Auditors) with Joe Dermody (Business Editor of the Irish Examiner) at the Sustaining Resilient Communities Conference.

The Portuguese LEADER Network had a symposium which looked at how LEADER will form the bedrock for all aspects of rural and even urban development drawing on several European funds. They are only too eager to become involved in the bottom up community led approach. We were delighted to present the Duhallow experience.

As part of the network of Local Development Companies (ILDN), we visited Brussels where we met Commission Officials and MEPs. We appreciate very much being invited by Mr. Jim Higgins, MEP to showcase LEADER in the exhibition area of the Parliament building, during Ireland's European Presidency. Our Sliabh Luachra musicians and dancers did Duhallow and Ireland proud once again.



Jim O'Brien from the Farming Independent and Ann Phelan T.D. who spoke at the ILDN conference held in Cork.

The next eighteen months will see us focus on assisting communities and businesses complete their projects to meet programme deadlines. Our evaluation will inform our next planning period and we are confident that our resilience will see us through any challenges that we may encounter.

LEADER Projects 09-13

PROJECT NAME	DESCRIPTION	€
Support for Business Creation & Development		
Allens of Allensbridge	The purchase of new Rola Trac flooring.	€ 149,996
Allenweld	To purchase new capital equipment.	€ 56,662
Alu Cat	The purchase of new capital equipment.	€ 120,532
Ballydesmond Cemetery Committee	Develop Ballydesmond Community Cemetery.	€ 150,000
Ballydesmond Leisure	Funded to develop an astro turf pitch in Ballydesmond.	€ 109,716
Bioatlantis Manufacturing	Development of a new production line.	€ 52,311
Brian Patterson & Sarah Evans <i>trading as The Secret Garden</i>	To construct a classroom facility, develop outdoor demonstration area and provide car park.	€ 16,100
Care 2 Share	Equipment & Marketing.	€ 324
Cube Business Consulting	Feasibility to establish Business Consultancy.	€ 17,625
Dan Twomey	Purchase of Equipment for Waterpower Engineering.	€ 40,000
Deirdre O'Reilly	Purchase of Equipment for Agility Fitness Studio.	€ 7,459
Derry Fitzpatrick	Feasibility study into the viability of a ditch filter.	€ 11,250
Enterprise Development WG	To organise an enterprise seminar fostering innovation amongst entrepreneurs.	€ 7,783
Fleur Daly	Purchase of candle making equipment for Bluebelle Eco Candles.	€ 20,796
Front Line Talent Agency	Purchase marketing and promotional material.	€ 9,979
Hickey Metering	Funding to start up & develop the business.	€ 46,025
James Healy	To purchase equipment for Healy Sound.	€ 40,780
James Hickey	The purchase of equipment for a new craft enterprise.	€ 21,059
James O'Keeffe Foundation	To develop a food innovation centre.	€ 148,024
Jeanette Dennehy	Upgrade of facilities and purchase of equipment.	€ 11,164
Jeremiah Dennehy	Capital development of Craft Studio for Brogeen crafts.	€ 92,181
Jerry Pat O'Leary	Purchase of equipment for the Loft Fitness Studio.	€ 10,534
John McSweeney	Development of Prototype for Milking Parlour Modular Precasting.	€ 40,166
Kevin Collins	Purchase inflatables and equipment for Just 4 Leisure.	€ 50,000
Leo Fitzgerald	Purchase recording equipment for a music studio.	€ 15,045
Maritime Tourism	Feasibility study and development of CRM system.	€ 17,010
Millstreet Community Dev. Assoc.	Development of e-centre.	€ 10,000
Murphy Trailers Ltd.	The purchase of new equipment.	€ 59,214
Night Owl Blending Co	Feasibility into new business start up	€ 30,000
Night Owls Blending Ltd.	Funding for capital works and building fit out including test kitchens for Night Owls Blending Company.	€ 150,000
Patricia O'Reilly	Purchase exercise equipment for Cork Kangoo Jumps.	€ 12,194
Patrick Lynch	Purchase 3 phase electricity and marketing.	€ 8,250
Paul Smith	Purchase equipment to manufacture surf boards.	€ 22,500
Remote Healthcare	Feasibility study into Remote Healthcare Solutions.	€ 30,000
Rota Contracts	Purchase capital equipment for Rota Contracts.	€ 142,500
Sapphire Signs	Purchase equipment and develop a building for the manufacture of open freezer door covers.	€ 119,243
Sheila Carver	Marketing for corkentertainment.ie	€ 1,335
Social Economy Working Group	DCFS and Farmers Market Feasibility	€ 4,410
Solido	Purchase of new equipment.	€ 12,584
Diversification into Non Agriculture Activities		
Ballymaquirke Fruit Farm	Upgrading of facilities for jam production.	€ 11,422
Declan & Patricia O'Riordan	Development of 4 star accommodation & walk	€ 47,000
John Walsh	Development of a self catering accommodation	€ 22,500
Kilguilkey House Equestrian	Development of Equestrian Facilities at Kilguilkey Hse.	€ 62,755
Niall Moynihan	Development of organic learning farm and shop.	€ 32,250
Basic Service for the Economy and Rural Population		
Ballydaly Community Hall	Purchase of new heating system.	€ 4,035
Ballydesmond Community Centre	Refurbishment works to hall.	€ 47,857
Banteer Community Hall	Renovation of Banteer Community Hall.	€ 205,390
Banteer Community Sports Field	Repairs to Spectator Stand.	€ 4,436
Bweeng Community Hall Committee	Development of amenity area.	€ 37,256
Castlemagner Community Hall Committee	Refurbishment of Castlemagner Community Hall.	€ 4,657
Community Development WG	The development of media training facilities.	€ 25,477
DCFS	The expansion of Duhallow Community Food Service.	€ 115,045
Dromtariffe Parish Hall Ass.	Refurbishments work to hall.	€ 54,540
Duhallow Choral Society	Purchase of new equipment & uniforms.	€ 15,700
Duhallow Community Food Service	Equipment for the development of a meals on wheels.	€ 12,558
Duhallow Community Laundry	Purchase of Equipment.	€ 71,250
Duhallow Meals Service	To equip a Meals Kitchen.	€ 150,000
Freemount Comm Playground Ass.	Development of Playground.	€ 42,020
Freemount Dev Ass.	Freemount Hall Refurbishment.	€ 78,088
Gneeveguilla Dev Ass.	Development of Community Centre.	€ 144,510
Kanturk Community Council	Kanturk Arts Festival, Upgrade of the Edel Quinn Hall and the Purchase of Crib Figures.	€ 41,252
Kiskeam Dev Ass.	Refurbishment of Community Centre.	€ 85,724

LEADER Projects 09-13

PROJECT NAME	DESCRIPTION	€
Lismire Dev Ass.	Development of picnic area, outdoor gym & playground.	€ 20,514
Lyre Dev Ass.	Development of new community hall.	€ 150,000
Meelin Community Hall	Refurbishment works to hall.	€ 16,135
Meelin Community Sports Complex Committee	Refurbish Meelin Community Sports Centre.	€ 93,750
Newmarket Afterschools	Refurbishment of kitchen for after schools service.	€ 42,372
Rathmore Social Action Group	Equipment for drama & variety shows.	€ 11,196
Rockchapel CCE	Bruach na Carraige Refurbishment.	€ 10,732
Rockchapel Community Centre	Refurbishment works to hall.	€ 30,938
Youth and Education WG	Training young people to become actively involved in their communities.	€ 10,071
Village Renewal & Development		
Araglen Development Association	Extension of glouneen river walk.	€ 120,000
Ballydesmond Community Centre	Upgrade of Ballydesmond Hall.	€ 6,082
Ballydesmond Dev Ass.	Renewal works to the village.	€ 21,866
Banteer Community Sportsfield Ltd.	Upgrading of walk in Banteer Pond Field.	€ 28,996
Boherbue Dev Ass.	Restoration of the Village Pump and Planting.	€ 2,238
Boherbue Grotto Subcommittee	Development of grotto	€ 63,877
Boherbue Parish Hall	Refurbishment works to hall	€ 150,000
Bweeng Community Hall Committee	Bweeng Sports Grounds Feasibility Study, development of playground, community walkway & refurbishment of community hall	€ 136,724
Castlemagner Community Centre	Replacement of the roof and extension to the hall.	€ 98,432
Community Forum	Feasibility study into Locality Budgeting.	€ 30,000
Cullen Community Centre Committee	Refurbishment of Cullen Community Centre	€ 150,000
Donoughmore Community	Dev of Outdoor Fitness Amenity & Community Green area Village Renewal Project & Playground.	€ 91,306
Donoughmore Community Centre	Refurbishment of Community Centre.	€ 130,000
Dromtariffe Parish Hall Ass.	Refurbishment of Parish Hall.	€ 27,393
Foilogohig Dev Ass.	Development of Heritage Centre incl. Signage.	€ 22,818
Freemount Dev Ass.	Feasibility and Village Renewal Works.	€ 84,600
Gneeveguilla Dev Ass.	Feasibility into community facility.	€ 26,136
Kilbrin Community Hall	Refurbishment of hall and village enhancement.	€ 6,889
Kilcorney Dev Ass.	Develop a community playground.	€ 38,751
Kiskeam Dev Ass.	Erect a Footbridge and Village Renewal Works.	€ 53,836
Laharn Community	Upgrading of the heritage centre.	€ 15,989
Lismire Community Playground	Development of community playground.	€ 38,769
Lyre Community	Feasibility study into the Lyre Village Green Area.	€ 4,230
Millstreet Community Council	Development of community astro-turf.	€ 75,000
Millstreet Tidy Towns	Village renewal works in Millstreet.	€ 1,792
Nadd Dev Group	Landscaping in Nadd village.	€ 2,100
Newmarket Dev Ass.	Upgrading of Playground, feasibility for amenities, Development of Town Park & Village Renewal.	€ 89,833
Rathmore Community Council	Village Renewal Feasibility Study, development of Playground & Lighting.	€ 160,000
Rockchapel Community Centre	Upgrade Rockchapel Community Centre.	€ 34,917
Rockchapel Dev Ass.	Renovate the amenity at the boundary of the three counties.	€ 11,140
Conservation & Upgrading the Rural heritage		
Aubane Social Club	Aubane Old School Centenary Celebration.	€ 2,470
Ballydesmond Dev Ass.	Publication of book "Ballydesmond Rural Parish."	€ 3,609
Ballyhass Parent & Toddler Group	Publication of Ballyhass Family Cook Book.	€ 2,141
Boherbue Dev Ass.	Book on history of Boherbue Village.	€ 4,496
Boherbue Parish Council	Book on the History of the Parish of Boherbue and Kiskeam.	€ 4,404
Boherbue Parish Hall Committee	To purchase equipment for Boherbue Parish Hall .	€ 37,127
Castlemagner Sinsir	Publish a Pictorial History & DVD of Castlemagner.	€ 8,289
Centenary Committee Infant Child of Jesus	Research and Publish book and DVD on Infant Jesus Sisters.	€ 59,552
Community Development WG	Two Cork Choral Fringe Festival Concerts.	€ 4,875
Community Development WG	Booklet & Information boards on Duhallow's holy wells.	€ 4,506
Community Development WG	Development of the Sliabh Luachra Cultural Trail.	€ 29,233
Community Development WG	Heritage Week - 'Tools of the Trade.'	€ 4,506
Community Forum	Built Heritage Conservation and Restoration Mentor Panel.	€ 40,000
Community Forum	Development of Community Websites.	€ 30,000
Cullen Pipe Band	New band practice hall, purchase of uniforms & equipment	€ 98,772
Cumann Luachra, Rathmore	Publication of the Sliabh Luachra journal	€ 15,075
Cumann Luachra, Rathmore	Purchase of stage equipment for the Pantomine.	€ 10,231
Donie Murphy	Book on the events of the Land Wars	€ 5,550
Donoughmore Community	Development of Community Carnival	€ 5,111
Donoughmore Historical Group	History of Cemeteries in Donoughmore	€ 6,352
Dr. Mary Joyce Leader	Publication of bilingual children's book.	€ 4,276
Dromtariffe Actively Retired	Publication of historical book.	€ 3,862
Duhallow Walk Way	Upgrading works & Information Boards.	€ 23,420
Duhallow Women's Forum	Erection of grotto of St. Mary MacKillop.	€ 52,073
Duhallow Women's Forum	Research and Book on Nora Herlihy & Credit Unions.	€ 43,301

LEADER Projects 09-13

PROJECT NAME	DESCRIPTION	€
Environment WG	Feasibility studies into bog land and hedgerows.	€ 13,095
Environment WG	Environment Resource Library and Field Trips.	€ 18,150
Environment WG	Raptor and Barn Owl Conservation and Satellite Tracking of Hen Harriers.	€ 68,723
Fr. John J. O’ Riordan	Publication of book “Kiskeam Versus The Empire.”	€ 1,949
Freemount CCE	Refurbish Freemount Heritage Centre.	€ 88,142
Gerard O’Keeffe	Publication of book.	€ 4,636
Glash Dev Ass.	Feasibility study and development of Glash Old School House .	€ 180,000
Gneeveguilla Community Council	Book on History of St Josephs Church Rathmore.	€ 3,730
Gneeveguilla N.S. BoM	Produce a Mural.	€ 450
Inchemay Historical Society	Erection of War of Independence monument.	€ 8,477
James O’Keeffe Foundation	Feasibility study & Development of Community Facilities incl. Meeting Room refurbishment & Pantry Restoration.	€ 120,997
Kanturk & District Community Council	Publication of historical book on Kanturk.	€ 3,846
Kanturk & District Community Council	Refurbishment works to Trade Union Hall.	€ 6,815
Kanturk Angling Club	Investigative monitoring & surveying of Freshwater Pearl Mussel in Blackwater & restoration of the River Dalua.	€ 43,982
Kanturk Town Twinning	Publication of book on history of twinning.	€ 2,025
Kilbrin Community Council	Feasibility and capital development of the restoration of Dr Crokes House Kilbrin.	€ 165,996
Kilcorney Community Council	The development of Kilcorney Community Feis.	€ 1,362
Laharn Community	Upgrading and landscaping works at Laharn Cross.	€ 9,606
Meelin Hall Committee	Publication of historical book ‘Meelin’s Journey’.	€ 6,300
Memorial Foundation James O’Keeffe	Restoration of Smoke House, Disability Access and Car Park.	€ 171,375
Millstreet Town Park Committee	History of Millstreet Town Park.	€ 4,496
Newmarket Pipe band	Publication of book on history of Pipe Band.	€ 3,163
Rockchapel Development Association	The History of the Parish of Rockchapel.	€ 6,300
Saoi Network	Development of Duhallow Bealtaine Festival.	€ 22,500
Tullylease Community Council	Restoration of Tullylease Banding Site.	€ 24,172
Youth & Education WG	Folklore project in Sliabh Luachra Primary Schools.	€ 10,806
Training & Information		
Agriculture Working Group	To deliver counterbalance forklift training.	€ 4,500
Agriculture Working Group	Grow It Yourself (GIY) Training.	€ 3,200
Community Development WG	Purchase of media equipment.	€ 7,925
Community Development WG	Volunteer Training.	€ 9,100
Community Development WG	Built Heritage Training Programme.	€ 32,166
Community Development WG	Delivery of two Folklore & Oral History Training Prog.	€ 12,085
Community Development WG	2 Duhallow Historic Graves Training Programmes & Equipment.	€ 38,514
Community Development WG	History of Family and Genealogical Research Methods Training.	€ 16,685
Community Development WG	Script Writing Training Course.	€ 6,060
Community Development WG	Traditional Skills Training Programme.	€ 20,000
Duhallow Choral Society	Training for members of Choral Society.	€ 6,000
Duhallow Women’s Forum	Delivery of eight Personal development Training programmes.	€ 18,075
Employment & Training WG	Water Meter Installation Training.	€ 31,250
Employment & Training WG	11 training courses delivered in Computer Applications.	€ 37,505
Employment & Training WG	Saor TV, Freeview and Digital TV installation Training.	€ 18,830
Employment & Training WG	6 programmes delivered in Rural Employment Planning & Opportunities Prog.	€ 44,903
Employment & Training WG	6 Furniture Restoration & Upholstery Training & Equip Prog.	€ 41,139
Employment & Training WG	Financial Accounts Training.	€ 6,620
Employment and Training WG	Genealogy, Local History & Heritage Training.	€ 5,870
Employment and Training WG	Two Taxation for Beginners Training.	€ 14,660
Employment and Training WG	Pre Start Up Business Programme.	€ 12,000
Employment and Training WG	Duhallow Digital Heritage & Tourism Recording.	€ 5,500
Employment and Training WG	8 Customised Basic Bookkeeping & Payroll Courses.	€ 57,425
Enterprise Development WG	Training on eco tourism principles and policies.	€ 45,349
Enterprise Development WG	One to one mentoring for new and existing enterprises.	€ 62,171
Enterprise Development WG	Three training courses delivered on Practical Social Media.	€ 7,320
Enterprise Development WG	Two training programmes starting a business.	€ 9,190
Enterprise Development WG	Delivery of three Hill Walking Leader Training Progs.	€ 17,530
Enterprise Development WG	Selling Successfully Training Programme.	€ 8,000
Enterprise Development WG	Festival Training Programme.	€ 3,000
Environment WG	Duhallow Environment Programme.	€ 7,130
Environment WG	Waste, Water & Energy Training & Eco Seminar.	€ 6,301
James O’Keeffe Memorial Foundation	Upgrade of Community Computer Training Room.	€ 20,000
Millstreet LTV	Millstreet LTV Equipment & Training.	€ 21,135
Rockchapel CCE	Master class on Irish Music & Dance.	€ 19,870
Rural Development Bursaries	Bursaries for 4 Diplomas & 2 Degrees in Rural Development	€ 34,010
SAOI Network	Memory through Media Training	€ 57,620
SAOI Network	2 Third Age training programmes	€ 10,055

LEADER Projects 09-13

PROJECT NAME	DESCRIPTION	€
SAOI Network	Two Reminiscence Training Progs. for Leaders	€ 4,110
SAOI Network	10 ICT & Photography classes for Older Learners	€ 11,274
SAOI Network	Media & ICT Mentor Training	€ 6,160
Youth & Education WG	Arts Education Programme in 30 Primary Schools	€ 7,000
Youth & Education WG	Delivery of 5 Youth Leadership Training Prog.	€ 66,315
Youth & Education WG	Youth Club Leader Training	€ 6,000
Encouragement of Tourism Activities		
Anna Leader	Development of Self Catering Accommodation.	€ 39,999
Ballyhass Lakes	Upgrade of Facilities.	€ 86,876
Banteer Community Sportsfield	Upgrading of carpark and dev. of outdoor gym.	€ 26,576
Community Development WG	Feasibility Newmarket Pitch & Putt Course.	€ 9,000
Community Development WG	Publication of walking guides and information panels.	€ 11,784
Community Development WG	Development of Newmarket Amenity Walk.	€ 81,075
Community Development WG	Community Events for the Gathering 2013.	€ 46,500
Conrad and Gisella Jones	Feasibility & Development of Eco Pods in Mushera.	€ 58,602
Dan Collins	Dennehy’s Lodge Self Catering.	€ 39,900
Dan Murphy	Development of Self Catering Accommodation.	€ 39,999
Dermot Moynihan	Development of Rowels Shaddock Self Catering.	€ 26,000
Donoughmore Community	Development of Community Walk.	€ 41,349
Enterprise Development WG	Purchase of Shell Scheme for craft fair.	€ 25,111
Enterprise Development WG	Feasibility study & Development of a loop walk in the Paps.	€ 170,625
Enterprise Development WG	Marketing for Discover Duhallow.	€ 11,250
Enterprise Development WG	To undertake a tourism feasibility study.	€ 30,000
Freemount Development Association	Revival of Freemount Festival.	€ 4,583
Freemount Macra na Feirme	Freemount Macra Festival.	€ 6,637
Kanturk & District Community Council	Publication of Historical Walking Guides of Kanturk.	€ 2,000
Kanturk and District Anglers	Development of Angling Centre Of Excellence.	€ 117,750
Kanturk Velodrome Committee	Development of off road cycle track.	€ 149,863
Kilcorney Angling & Leisure	Development of a walk.	€ 37,448
Meelin Community Centre Committee	Development of Meelin Community Festival.	€ 6,690
Millstreet Country Park	Development of Marketing Strategy.	€ 20,160
Millstreet Country Park	Marketing for Millstreet Country Park.	€ 60,000
Millstreet Dev Ass.	Replacement of the cross on Clara Mountain.	€ 3,953
Millstreet Horses Ltd.	Stables and Arena Fences for Green Glens.	€ 150,000
Newmarket Agricultural Show	Development of Agricultural Show.	€ 9,350
Newmarket Dev Ass.	Development of Pitch & Putt course.	€ 150,000
Rockchapel CCE	To extend Bruach na Carraige Rockchapel.	€ 49,308
Stephen Walsh	Development of a Self Catering Accommodation.	€ 39,900
Thomas Ankettell	Development of Self Catering Accommodation.	€ 39,999
Co-operation projects		
Agriculture Working Group	Training for rural abattoirs.	€ 8,500
Agriculture Working Group	Food stand at National ploughing championships.	€ 600
All Kerry Tourism	Development of tourism website.	€ 10,000
Community Development WG	Duhallow ‘Day of The Regions’ Festival.	€ 90,000
Economic Dev Steering Group	Tech. Study Economic Dev. Kerry & Duhallow.	€ 30,000
Enterprise Development WG	Young Entrepreneurial Programme for 5 secondary schools .	€ 48,340
Enterprise Development WG	Young Entrepreneurial Programme Evaluation.	€ 1,045
Kerry Graveyards Steering Committee	Digitising of graveyards in Kerry.	€ 1,000
LEADER Small Food Steering Group	Small Food Programme & Leader Village Initiative.	€ 11,000
SAOI Network	Memory through Media Transnational project.	€ 9,502
St. Joseph’s Foundation	St Josephs Equestrian Centre.	€ 35,000
TO Steering Committee	Evaluation of the Towards Occupation Initiative.	€ 2,700
Youth & Education WG	Secret Musical festival.	€ 34,443
Skills Acquisition & Animation		
Community Development WG	Provision of a Heritage Animator.	€ 42,000
Community Development WG	Provision of a Community Archivist.	€ 35,000
Community Development WG	Provision of a Built Heritage Conservation and Restoration Mentor Panel.	€ 20,000
Employment & Training WG	Animating employment opportunities in Furniture Restoration.	€ 30,500
Enterprise Development WG	Host an Enterprise Conference for Duhallow.	€ 10,000
Enterprise Development WG	Angling Centre Of Excellence Animator.	€ 35,000
Annex 1		
Cronin’s Rural Abattoir	Upgrading of Abattoir Facilities.	€ 10,48
TOTAL		€ 9,721,175

Local Community Development Programme

The Local Community Development programme is funded through the Department of Environment, Community & Local Government, managed nationally by Pobal and implemented on the ground by the 34 Rural and 16 Urban Partnerships. The LCDP aims to tackle poverty and social exclusion through partnership and constructive engagement between government and its agencies and people in disadvantaged communities. The programme has 4 goals, with the main emphasis on goals 2 & 3 which must account for 80% of the programme's funds.

- Goal 1:** Promotes awareness, knowledge and uptake of a wide range of statutory, voluntary and community services.
- Goal 2:** Increases access to formal and informal educational, recreational and cultural development activities and resources.
- Goal 3:** Increase peoples' work readiness and employment prospects
- Goal 4:** Promotes active engagement with policy, practice and decision making processes on matters affecting local communities.

Targeting Disadvantage and Deprivation in Duhallow

According to the Haase Index of Deprivation published at the end of 2012, the IRD Duhallow catchment territory has some of the most disadvantaged communities in the South West Region. The Haase data reveals that the actual and relative levels of deprivation in Duhallow increased in the most recent inter-censal period and that the gap between Duhallow and the rest of County Cork is widening in respect of the level of deprivation. Relative to the average values for County Cork, Duhallow has a considerably higher age dependency ratio, a significantly lower level of educational attainment level, a higher level of female unemployment and an overall Haase deprivation score that is almost four points lower.

There is a very clear need for a direct targeting of the entire Duhallow territory in tackling disadvantage, and a compelling case for specific and increased resources to tackle the experience of deprivation in Duhallow, which are on a par with conditions in designated Urban RAPID areas.

The Haase data for 2011 provides definitive confirmation of particular trends that IRD Duhallow's directors, volunteers and staff have been observing and addressing for the past few years. Duhallow towns have experienced unprecedented decline in the last 2 years due to the persistent decline of their rural hinterlands over many decades. This is characterised by rural re-structuring; agricultural decline, the marginalisation of family farms, service cutbacks

Brendan O'Keeffe with Acting ILDN Chairman John Walsh and Phil Prendergast MEP launching the position paper 'Stronger Local Democracy.'

Integration is an important aspect of the LCDP. Millstreet Town has one of the highest foreign national populations in the Country and through the LCDP programme many supports and intercultural events are organised to promote inclusion.

resulting in depopulation, which has deprived the towns of their main economic lifeline. Consequently, several businesses have been forced to close; even Newmarket's only bank shut its doors in May. Duhallow's experience demonstrates the importance of town and country inter-dependence. Rural decline has undermined the economic and social life of our towns and is delimiting employment and progression opportunities for our people.



Joe Webb (Independent Newspapers), Maura Walsh (IRD Duhallow), Minister Sean Sherlock, Jenny McCudden (The Sligo Champion), Brendan Malone (The Corkman), and John Feerick (Independent Newspapers), at the Duhallow Business Awards. A number of the shortlisted businesses received support through LCDP when they were starting out.

Other communities in Duhallow, which previously had a Haase Score that were on par with the State and County levels, have experienced a very considerable decline in their socio-economic fortunes, and are now among the most disadvantaged. Due to falling wages and rising fuel and commuting costs, an increasing number of people have become unemployed. The majority are in areas with young populations and consequently, more households are at risk of childhood poverty, rural isolation and mental ill-health. LCDP interventions are required to enable the 'new unemployed' avail of re-training and up-skilling opportunities.

Experience over twenty years of local and community development in Duhallow and good practice as documented in the pages of this Progress Report, emphasises the importance of linking the various strands of development such as LCDP, LEADER, Equality for Women, Tús, RSS, CE, CSP, Warmer Homes, Rural Transport, Community Child Care and the Rural Meals Service. It is now evident that Duhallow and the other former Community Partnership areas must be considered for the mainstream roll out of the Local Employment Service in order to adequately tackle the unemployment and outward migration issues. Thus, IRD Duhallow is committed to a direct and holistic approach to addressing the range of barriers that inhibit the progress of vulnerable people and those affected by social exclusion.

The lack of affordable childcare in Duhallow once distanced many people from the labour market. Banteer Community Childcare was one of 6 childcare centres established with the support of IRD Duhallow. The Creche was a finalist in the Duhallow Business awards and Manager Mary Murphy of Banteer Community Creche with some of the 38 staff employed by the company.



Tús participant John Geaney at work in the Newmarket Afterschools Facility. Participants greatly benefit from the cross programme approach and in particular the LCDP, as the majority avail of the Training, Jobs Club or Business Start-Up Advice.



Local Community Development Programme

FUNDS COMMITTED TO PROJECTS JANUARY TO DECEMBER 2012

GOAL	PROJECT NAME	DESCRIPTION	COMMITTED
Goal 1: To promote awareness, knowledge & uptake of a wide range of statutory, voluntary & Community Services	Information Dissemination Bereavement Support Group	IRD Monthly Newsletter Bereavement Phone I ASSIST and SafeTalk Training II ASSIST and SafeTalk Training	€7,858 €186 €491 €105
	Domestic Violence Support Group	Domestic Violence Phone Domestic Violence Seminar Domestic Violence Brochures	€197 €550 €467
Goal 2: Increase access to formal & informal education, recreation and cultural activities & resources	Adult & Second Chance Education	Bursary for Batt Curtin Julian Smith Bursary for Training to Develop Intercultural Actions Bursary Elizabeth Weathers Bursary Marie O'Keeffe Bursary for Emma McCarthy Bursary for Daniel McSweeney Bursary for Elaine O'Sullivan Bursary for Jason O'Sullivan Bursary for Jaqueline Gilligan Bursary for Noreen Courtney Bursary for Theresa Morrissey Bursary for Mary O'Connor	€540 €197 €500 €500 €180 €450 €500 €500 €500 €500 €500 €500
	Duhallow Women's Forum Employment & Training Working Group	Women's Upcycling/Recycling Course Accounts/Bookkeeping Computer Software 1 day Programme Internet & E-mail & Basic Computer Training	€700 €969 €515
	Rathmore Ravens Basketball Club Sliabh Luachra Macra Youth and Education Working Group	The purchase of new Club Jerseys The purchase of Club Jackets Putting the Pieces Together Training Programme Careers & Employment Exhibition 2012 Literacy Support programme for Primary School Children Afterschools Support for Scoil Phobail, Rathmore Afterschools Support for Boherbue Comprehensive Afterschools Support for St Lachteens NS Afterschools Support for Tullylease NS Afterschools Support for Colaiste Treasa, Kanturk Afterschools Support for Scoil Mhuire, Kanturk Afterschool Assisted Study for Millstreet Youth Club TTRS Licence for Dyslexia Support Dyslexia Seminar Literacy Support Awards Night Adult Literacy Literacy Support Programme Sept - Dec 2012 Eating Disorder Information Evening Laugh and Learn Summer Camps Essay Writing Workshops for Disadvantaged Young People Public Speaking	€442 €471 €644 €444 €5,200 €2,705 €2,369 €1,628 €1,891 €3,591 €2,370 €742 €1,845 €315 €817 €17 €2,786 €300 €791 €415 €613
	Agriculture Working Group Equality Working Group	Scoil Phobail Sliabh Luachra - Farm Safety Celebration of Ethiopian New Year Multicultural Christmas - Events, Kanturk, Millstreet, Rathmore	€400 €200 €1,777
	Donoughmore Actively Retired Castlemagner Community Centre Duhallow Boxing Club Supporting Volunteerism	Purchase a Projector for the Group Castlemagner Community Centre Catering Equipment Purchase of Boxing Equipment for Boxing Club Cork Volunteer Bureau Mandatory Contribution Kerry Volunteer Bureau Mandatory Contribution	€149 €158 €650 €3,329 €833
Goal 3: Increase in people work readiness and employment prospects	Employment and Training Working Group	Effective Job Search Strategies Recognition of Learning Ceremony Renewal of Pathfinder & HE License Infection Prevention & Control Training Course Information Seminar on Apprenticeship System	€3,905 €575 €354 €4,215 €255
	Towards Occupation Agriculture Working Group	Transport for Programme Participants Furniture and Recycling Training Sewing and Upholstery Training Horticulture Training Maximising Farm Efficiencies Farmers Market Bee Keeping for Beginners Focal Farmer Programme Julian Smith Women in Agriculture Farm Walk in Dromagh Livestock Nutrition Seminar	€2,283 €1,050 €1,172 €1,296 €19,931 €654 €153 €416 €900 €628 €310 €318
	Duhallow Community Food Service Enterprise Working Group	Hotlock HL15 Heated Food conveyor DCFS Feasibility Study on Meals on Wheels Start Your Own Business Bootcamp Grow Your Own Business through effective Networking Craft Fair 2012	€1,879 €2,000 €305 €540 €1,088
Goal 4: Promote engagement with policy, practice and decision making processes on matters affecting local communities	Castlemagner Sinsir Group Community Development Working Group Duhallow Carers Group	Men's Development Training Care & Repair Phone Flyers to Promote Carers Support Group Duhallow Carers Information Night on Holistic Therapies Coffee morning marking Alzheimers Tea Day Carers Outing	€1,200 €196 €547 €330 €55 €500
	Duhallow Women's Forum	Duhallow Womens Forum Information Seminar on the Titanic Redesigning on a Budget Public Infor Seminar "Living Well with Diabetes" Public Info Seminar "Manage Your Life by Managing Your Mind"	€86 €410 €290 €410 €725
	Empowerment of People with Disabilities	"Budget 2012 Impacts Disability Community" Sign Language	€285 €415
	Freemount Development Association Lone Parents	Community Concert re-Freemount Pride of Place PAL GIY PAL Outing PAL "Cooking on a Budget" PAL Outing	€678 €120 €204 €255 €357
	SAOI Network	SAOI Meetings Public Info Seminar on State Pensions Agewise Workshop Generations Together Network Basic IT for Older People Living Scenes - Journey of Life Our Lives Our Stories	€67 €250 €475 €110 €635 €596
TOTAL:			€108,720

Carers



Breda Buckley and her son Niall. Breda is extremely concerned about the ongoing cuts to services for carers.

The 2011 census shows that the number of carers in the Duhallow region is growing and there are now over 1500 people in this area classed as home based carers. The Duhallow Carers Support Group is playing an increasingly important role in the region where the dependent elderly population steadily rises each year.

Census 2011 for the first time recorded the number of hours devoted to caring by family and voluntary carers. The Duhallow Carers Support Group advocated amongst members that people accurately fill out the full amount of the hours spent caring to get a true picture of the level of volunteerism of carers. The results were overwhelming, 25% of Duhallow Carers surveyed spent over 43 hours a week looking after loved ones and this provides millions of euros of savings to the exchequer as the alternative would be to have those people taken into State care. Therefore, the importance of the roles of family carers cannot be underestimated, as the standard of care provided is by them is second to none. However, caring for others can have a serious impact on a person's physical and mental well being. As a result the functions of the Duhallow Carers Support Group are three-fold: To provide peer support for carers. To provide a relaxing environment and give members a much needed break from their caring duties and thirdly, to upskill new carers and provide them with the relevant training and mentoring they need to carry out their duties to the best of their ability.



Frankie Mueller knitting a scarf under the expert tuition of Duhallow Carers Group member Eileen Murphy.

Assertiveness for Carers

Severe budget cuts in health and respite services has meant that many of the Duhallow Carers group have had to lobby and speak out for carers and their families. The group has organised seminars on personal development and assertiveness to help carers advocate in these difficult times and best represent those they are caring for and equip them with the skills to insist on the retention of vital services.

Carers Week

This year National Carers Week ran from the 10th – 16th of June with events organised around the country to raise awareness of Carers. The Duhallow Carers Group organised a coffee morning in Kanturk and all the money raised was donated to St. Joseph's Foundation, which is benefiting from a LEADER funded inter-territorial project.



Kay O'Sullivan, Mandy and Noreen O'Connell and Noreen O'Connor enjoying a 'cuppa' at the Duhallow Carers' Coffee Morning in aid of St. Joseph's Foundation.

Monthly Meetings

The group meets on the first Thursday of each month. During this time, members are encouraged to speak openly about the difficulties they face in their caring role and they receive advice and guidance from others in the same situation. This year a number of members of the group volunteered to arrange demonstrations such as cookery and craft nights providing down time and a welcome break for all in attendance. Other social activities undertaken by the group include the Carers BBQ, as well as the Summer and Christmas outings.



Sheila Crowley, Chair of the Duhallow Carers Support Group giving a cookery demonstration at one of the monthly meetings.

Annual Carers Mass

Each year the Carers have a gathering of past and present members at their annual mass in the James O'Keeffe Institute. This special occasion, is held in memory of former Carers and those they have cared for that are now deceased.



Theresa Collins and her mother Theresa, who are part of the Duhallow Carers Group.

Social Media Training

Bereavement and loss can unfortunately be a big part of caring and the group works hand in hand with the Bereavement programme in IRD Duhallow to support carers through a difficult time.

Social isolation has one of the most significant impacts on carers. Quite often they are alone all day with the person they are caring for, who may not even be in a position to hold a conversation. As a result, study after study has proved that many carers suffer from stress which can lead to mental ill health. To combat loneliness and improve mental well being of carers, the Duhallow Carers Support Group organised an online communication programme whereby participants took modules in Skype, facebook and twitter. This enables carers to speak with people online during the day and encourages them to maintain links with family and friends abroad. The courses were part funded by Caring for Carers Ireland.



Some of the participants of the Carers Communication Course, where they learned how to use Skype, facebook and twitter.

Equality, Disability and Migrants

Equality is about ensuring individuals are treated fairly and equally including areas of race, gender, disability, religion or belief, sexual orientation and age. The Equality Working Group recognises that successive years of austerity have undermined the independence of people. Unemployment has had a profound impact on individuals and families. Community and voluntary sector budgets have suffered deep cuts but in particular it can be said that marginalised people have been the most affected. The Equality Working Group aims to address social issues and promote equality through the delivery of information, training and seminars.



The Multicultural Christmas events continue to be fun filled where the children love the opportunity to meet with Mrs. Claus and Mr. Claus.

Supporting Integration

The SIM Integration Task Group (ITG) was established in 2007 with the aim of bringing together statutory, community and voluntary bodies to develop a strategy which would improve the quality of life of migrants and new communities to assist their integration. Maura Walsh, CEO of IRD Duhallow has chaired this Task Group for the last number of years steering the success of Kerry's Integration Strategy 2010-2012. This strategy while ambitious has already been successful on a number of fronts. The Integration Task Group has now extended the Kerry Integration Strategy to 2013-2014 which will serve as an important roadmap for the future of our intercultural communities. However, the tightening of public purse strings for integration coupled with the new demands and increased strain placed on agencies who are trying to do 'more with less' is no doubt making Integration targets a more difficult challenge.



Liliana Ilch originally from Poland along with Khatija Matanda who was born in Zimbabwe and who is the oldest resident in Drishane Accommodation centre, getting to know each other as each sang beautifully for the IRD Duhallow Day of the Regions Celebration of Diversity.



Christine Phiri from Malawi with her baby girl Adelle Arleane at the Intercultural Food and Music Event.

Millstreet has the highest proportion of foreign nationals of any small town in Ireland. Kanturk too has a significant Lithuanian community. IRD Duhallow's work and that of the local communities has been significant and successful in promoting inter-culturalism, tolerance and inter-ethnic respect. However, the downturn in the Irish economy over the past five years has led to the re-emergence of some expressions of hostility, racism, prejudice, as foreign



A beautiful mix of colour whereby everyone eagerly anticipated the mix of recitals in Rathmore at the Day of the Region Intercultural Food and Music Event.

nationals are perceived as competing for 'Irish' jobs. IRD Duhallow through Local Community Development Programme has initiated a number of key activities in the area of equality, disability and migrants. IRD Duhallow supported the Celebration of the Ethiopian New Year in recognition of the different cultures and communities that now exist in Duhallow.

IRD Duhallow continues to host the Multi-Cultural Christmas events in Rathmore, Kanturk and Millstreet. Children and adults have the opportunity to participate and experience a variety of international Christmas traditions.



Irish performers were at hand to hear and perform music from a diverse range of cultures.

As a part of IRD Duhallow's Day of the Region Festival 2012, IRD Duhallow hosted an Intercultural Food and Music Event in Rathmore. This event celebrated the diversity

of our communities by bringing together musicians and singers from diverse communities. Additionally the public had the opportunity to taste a variety of traditional foods from many different countries. A multicultural showcase of talent was enjoyed on the night including music, songs poetry and dance.



Mary Mc Hugh IRD Duhallow with Allan Cuthbert of Financial Wellbeing - Special Needs Financial Planning and Guidance and John Fuller of IRD Duhallow's Equality Working Group presenting an important seminar for parents on financial planning for the future.



Deirdre Madden Assistive Technology Outreach Co-ordinator with Disability Support Service of UCC presenting at our seminar on assistive technology for people with learning difficulties or disabilities.

Disability

According to Census 2011, a total of 595,335 persons, accounting for 13% of the population, had a disability in April 2011. The Working Group is aware that people with disabilities are equal citizens and it is the job of the State, the business, community and voluntary sector to work towards opening up mainstream services for them. A seminar on Financial Wellbeing was organised by the Equality Working Group where up to date information, tips and strategies were provided for those interested in improving their financial situations. A seminar on Assistive Technology for Second Level students with a disability/learning difficulty was also delivered. This seminar informed parents, teachers and students on the assistive technologies that are available with a long term viewpoint of increasing access to higher education opportunities for students with disabilities.

Due to the ongoing demand for training in Basic Sign Language the Working Group continue to empower and educate members of the Duhallow Community through the provision of Sign Language courses, thereby heightening the awareness of those with disabilities in our community whilst also improving communication skills.



Basic Sign Language continues to be a necessary training course for the people of Duhallow and here we have TJ Blackwell giving instruction to participants.



Participants of the Basic Sign Language Training course going through their paces and practicing hard.

Employment and Training

IRD Duhallow is cognisant that the long term unemployed account for roughly 59.9% of total unemployment despite a haemorrhage of young people from the area and that the jobs market still continues to be variable. Prior to the crisis, long term unemployment averaged just 1.4% of the active age population this figure has now increased substantially and the question is what impact is this having on people and the type of services and supports that they need.

For this reason the Employment and Training Working Group has contributed considerably to increasing the range of education and training opportunities at local level. IRD Duhallow has organised training for over 400 individuals in the past year with 2,025 trained overall in the 2007-2013 period. The Employment and Training Working Group represents many different agencies within Duhallow including representatives from FAS, DSP, VEC, MABS, Local Employment Service and Third Level Institutions.

Job Centre

With no Local Employment Service based in Duhallow, IRD Duhallow set up a Job Centre to address the needs of local unemployed. From our experience people need focused supports that are available both on a one to one and group setting. IRD Duhallow's Job Centre provides the following supports: Job Placement, Career Advice, assistance with writing CV and/or Cover Letter, Interview Preparation including Mock Interviews and also the provision of a psychometric tool called "Pathfinder". Pathfinder is a tool that when used can help individuals assess what options are available in terms of Career Interests, Job Matching and information concerning training supports. The provision of Effective Job Search Strategies for Employment and Interview Skills Workshops are also important as they provide intensive guidance to help people re-focus and gain the confidence required when seeking employment. The success of these workshops is that participants are shown effective ways to job-hunt in today's fast moving environment. In 2012 16 people were able to avail of these targeted workshops.



IRD Duhallow provides Work Placement for Students
Annie Noonan, Jer Moore, Danielle O'Connor
and Stuart Allen.

Adult and Second Chance

IRD Duhallow recognises the need for an investment in adult and second chance education programmes locally. Education and training is essential to enabling people to develop and realise their potential and investing in adult education makes sense for individuals, families, communities and our local areas as a whole. In 2012, 12 higher education grants were awarded through LCDP. The areas of study range from Accounting, to Youth Studies. The availability of these bursaries in Duhallow is critical as there are a number of changes to the student grant system 2012/2013 with an unprecedented backlog in applications and award of funding through the new system of SUSI.

Additionally IRD Duhallow through the LEADER 2007 - 2013 Programme was in a position to fund three individuals to complete a part-time



Learners who completed Internet and Email Training with IRD Duhallow receive their Certificates at the Recognition of Learning Ceremony.

Diploma in Rural Development and two individuals to participate in a part-time Degree in Rural Development which was a collaborative initiative between the Department, LAGs and NUI Universities. IRD Duhallow continues to recognise adult learning and now what has become a yearly event IRD Duhallow held another 'Recognition of Learning Ceremony' with over 250 people coming out to celebrate the benefits of adult learning and accept their certificates.

Training Provision 2012/2013

The primary focus of the training delivered was on preparation for working life. We understand that entering training for the first time or returning to education can be challenging and taking those first steps can be daunting and an overwhelming experience but with the support of training that is local and affordable we know that the experience can be rewarding, enjoyable and importantly participants learn new life skills. IRD Duhallow has been approved funding from LEADER 2007-2013 and the Local Community Development Programme to provide support and training in a number of key areas.



Members on the Equality for Women Measure who participated in the Grow Your Own Training course receive their Certificates of Attendance at the Recognition of Learning Ceremony.

Accounts Administration and I.T. Training

The recession has not affected all segments of the labour market evenly. With areas like construction suffering sharp declines in employment levels, areas like ICT have been growing. Locally tailored interventions are required therefore IRD Duhallow developed an Accounts Administration Training Programme. This FETAC Accredited programme equipped individuals with the necessary skills to operate an integrated accounts system for small to medium sized businesses. Another programme that was developed was called "Fast Forward to Work", in addition to Manual and Computerised bookkeeping and payroll this training also allowed participants to gain insight and guidance on what is required to access that job vacancy. To develop the capacity of the participants a Financial Accounts training programme was also delivered which was FETAC Level 6 accredited. This training assisted learners to understand Financial Statements using Ratios and Analysis, Budgeting and Cashflow Management; Costing and Pricing and Capital Budgeting. 22 people have received training in this area in the last year.



Yvonne Brosnan offering one to one assistance to Margaret McAuliffe as part of the Basic Computer Training Course.



Mr. Tom Hackett tutor of the Career Decisions programme offering a dynamic programme that enhances self awareness and enables participants to broaden their horizons and identify employment/self employment opportunities.

Employment and Training



Participants on the Accounts Administration programme get ready for their FETAC accredited bookkeeping and payroll training course.

Taxation Training Programme

During the past year, a FETAC accredited training course in Taxation was delivered. This training was designed to provide learners with a basic knowledge of the Irish Taxation System, and a practical knowledge of the working of Income Tax and VAT. There was a high demand for this training and 16 participants completed the programme.



IRD Duhallow's summer placement programme offers work experience to students across a variety of different fields: Niall Ferguson (UCC), Laura Corcoran (GMT), Sarah O'Sullivan (ITT), Juliette Hannon (MIC), Gavin Keane (LIT), Peter O'Mahony (UCC), Brian Ferguson (UCC) and Brigid Ide Walsh (ICHAS).



Participants on the Taxation for Beginners Training Programme take time to prepare for their upcoming assessment.

Certificate Training in Oral Heritage Studies and History of Family and Genealogical Research Methods.

IRD Duhallow has long promoted the traditions and culture of the region through our various programmes. This year, in conjunction with University of Limerick, we delivered two Certificate programmes in Oral Heritage Studies and History of Family and Genealogical Research Methods. The need to target third level training for the local people of Duhallow coupled with the need to preserve our unique culture and heritage was identified and it is an excellent opportunity to gain University accreditation. IRD Duhallow promoted, coordinated and selected the participants and there was great demand for people wishing to avail of this excellent educational opportunity. Taught on an outreach basis 28 people took part in the training.

Understanding Mental Health Module

There are very few growth areas in employment at present but one sector in which there is a strong demand generally, is the area of healthcare. The issue of Mental Health is a growing one in Ireland that affects every community and individual at some point in their lives.



Participants in the Certificate in Oral Heritage Studies with their lecturer.



Duhallow students attending University of Limerick for the History, Heritage and Genealogy Course.

Having an understanding of Mental Health, underpinned by practical approaches that can be applied in the home, community or workplace is essential. As a result, IRD Duhallow is delivering accredited training funded through LCDP with 16 participants from the Duhallow area availing of the opportunity to upskill.



Participants receiving instruction from tutor Sally Howard in the FETAC accredited Understanding Mental Health Module.

Information Seminar on Apprenticeship System

A seminar was held on the apprenticeship system to provide up to date information to people exploring a trade as a career opportunity. It looked at how the current system is working and how individuals may apply, what programmes are in place, the duration period and the role of FAS. It also focused on the availability of Cork Institute of Technology's new programmes on Craft Education as well as a certificate in transferrable skills for redundant apprentices along with refresher programmes for apprentices who have failed certain modules.



Speakers at the Information Seminar on the Apprenticeship System included Denis Buckley FAS Apprenticeship training advisor for North Cork, John Kirwan, Chairperson of IRD Duhallow's Employment and Training Working Group, and John Twohig, Head of the Centre of Craft Studies with C.I.T.

Mental Health and Towards Occupation Programme

Against a backdrop of continuing recession, the mental health of Duhallow's population is under severe strain with an increasing number of people suffering from stress and anxiety. Known contributors to poor mental health such as unemployment, insecure employment, a threat to or loss of the home and restricted access to credit are taking a heavy psychological toll on the health and wellbeing of communities throughout Duhallow with an evident rise in the rates of suicide and self-harm. IRD Duhallow is in a unique position through its strong links and "connectedness" with communities to provide leadership and promote mental health and emotional wellbeing utilising an integrated approach. The Equality Working Group recognises that empowerment lies through the provision of information, training and occupancy in an accessible manner.



Supporting you to take the Next Steps!

The Towards Occupation (TO) Programme is a free, confidential community based training initiative designed to provide those who are unemployed as a result of mental ill health to develop the skills and confidence to move into education, training, voluntary work, employment or other directions. The TO Programme is a joint project administered by five Local Development Companies in Cork and Limerick in association with the Department of Social Protection. The recovery based approach, supports participants to explore a range of new skills and set achievable goals/aspirations whilst also focusing on confidence building, communication skills and increasing self belief. Participants receive a combination of flexible one to one support, guidance and training, allowing them to identify their own personal occupation requirements and the pathways to achieving suitable progression routes. The part-time modular and flexible programme includes training opportunities in the areas of: Personal Development, Life Skills, Computers, Craft Skills – Sewing and Upholstery, Furniture Recycling, Horticulture and Cookery. All participants on the programme must be in receipt of a social welfare payment and participating on the programme does not affect or alter these payments. With the assistance of LEADER, an



Tús participant, Frank O'Sullivan assisting COPE participants during their weekly training in the Furniture Workshop.

external evaluation of the initiative was conducted in 2012 highlighting the significant impact the TO has on the lives of these participants who are marginalised through mental ill-health and unemployment and pointing the way for future strategies.

For people with pre-existing mental health problems the impact of the recession and factors such as debt and unemployment, is likely to be more pronounced. Research emphasises that people with mental health problems have much higher rates of unemployment than the general population, thus the LCDP programme supports the delivery of TO. Unemployment itself is strongly associated with psychological distress not just because of the effects on income but because of the loss of status, self-esteem and purpose which are all associated with being employed. For the individual, access to work is associated with higher levels of autonomy, health and well-being and social networks. Participation in work has wider benefits for communities also, contributing to their economic and social development. The majority of TO graduates realistically may never be able to access the open labour market due to lack of skills, lack of mobility, poor health and reluctance on the part of employers to employ those with mental ill health. One participant during the external evaluation of the TO programme recently reported the stress and hopelessness both she and her family felt as a result of the current bleak employment prospects. For many, employment has been characterised by low expectations, uncertainty and insecurity. Thus, participants of the TO Programme really need community based employment opportunities such as the Community Services Programme can support which would provide flexible working arrangements to meet their individual needs in the community.



Tutor, Sheila O'Keeffe with TO participants promoting self confidence and awareness as part of the programme's Personal Effectiveness training.



Con O'Neill, Meelin takes TO participant Dan Joe Twomey on a tour of his impressive garden where the fruit bushes are just starting to ripen.



TO participant, Linda Murphy diligently applying a coat of a lacquer to a table as part of the Furniture Recycling Training Programme.



TO participant, Teresa Collins carefully painting the legs of a bench.

Mental Health and Towards Occupation Programme



Orlaith Tompkins, Duhallow Community Food Service demonstrating healthy cost effective food options for the TO participants.

Duhallow REVAMP

IRD Duhallow is in the process of establishing Duhallow REVAMP, a furniture recycling and reuse initiative. The social enterprise will provide training and employment opportunities in the area of furniture repair and upcycling, primarily for individuals with mental ill health and in turn supply furniture, curtains and other small household items to the elderly and low income households in Duhallow. Individuals who are most distant from the labour market will be assisted to consider employment as an alternative to long term welfare helping to break the cycle of welfare dependency that is prevalent in the region. However, without the core staff of a co-coordinator and administration support it will be impossible to get the service on a solid track with growth prospects.

Peer Support Education Programme

Adolescence is a particularly vulnerable life stage during which mental health challenges can arise. The Peer Support Education Programme is a five week community based programme that aims to help young people develop their listening and communication skills so that they might help their peers who may be experiencing difficulties and displaying suicidal ideation. Three of IRD Duhallow's Development Officers have been trained to work with young people who wish to learn skills that would enable them to listen, identify and direct their peers to the appropriate support services. Participants take part in role-plays, so that a number of 'real' events and scenarios can be identified and talked through. The programme also addresses the myths and stigma surrounding mental health and suicide, which for many young people are barriers to seeking support.

I ASIST & Safetalk

Unfortunately suicide continues to be a significant issue families and communities in Duhallow areas encounter. With the continued closure of shops, Garda stations and more recently local banks in Duhallow, this worrying trend will not help people who are socially and rurally isolated, who have less access and contact with people

Triona Murphy, Community & Employment Team Leader with students from Scoil Phobail Sliabh Luachra, Rathmore who completed the 5 week Peer Support Education Programme



TO participant John Browne vigilantly removing weeds and pests from the Polytunnel on the grounds of the James O'Keeffe Institute, Newmarket.

than ever before. Marginalised people in rural areas will become further removed as more and more services are cut from rural areas. Families, friends, work colleagues and the wider community are often the first point of contact for many people at risk and therefore it is essential that they are provided with the skills required to assist someone and reduce the risk of suicide. For the last 7 years IRD Duhallow in conjunction with the HSE has facilitated the I ASIST (Applied Suicide Intervention Skills Workshop) and Safetalk workshops through the Local Community Development Programme. The workshops provide participants with the necessary skills required to identify how and at what stage to effectively intervene when a person is at risk of suicide.

Bereavement and Loss Support

Everybody copes with the loss of a loved one in their own way with some coping less than others. For those who have difficulty coming to terms with the loss they experienced, IRD Duhallow operates a bereavement & loss support and listening service. This service is free of charge with no limit to the number of sessions available to people form a trained volunteer. Training of the volunteers is conducted through LEADER.



Heritage and Culture

Built Heritage

IRD Duhallow is committed to the development and preservation of the rich and diverse natural built heritage in the region. Through animation with community groups and individuals we have significantly contributed to raising awareness of our built heritage through a series of public lectures on the care and preservation of buildings, community consultations and on site assessments. Heritage Animator Dr. Fidelma Mullane has over the last 12 months worked closely with communities and private land owners to provide advice and guidance in this area. One such community which was inspired and encouraged to take the first step to preserve a local land mark was Kilbrin Community Council who acquired a local property which was the original birth place of Dr. Croke after whom Croke Park is named. Originally built in 1812, the building is now in ruins and considerable work must be undertaken to prevent it falling in. Through the LEADER Programme the committee was supported to undertake a feasibility study on the future potential of restoring it, while retaining as much of the original material as possible. From this the community together with Dr. Fidelma Mullane worked closely with a team of conservation architects and engineers to design and plan the restoration process. With this complete the committee was awarded a maximum LEADER capital grant to preserve one of the region's most historic sites.

One other such project is the refurbishment and expansion of Glash Old School where the local committee was supported to develop a plan for the renovation of this building to ensure its more efficient usage for the wider community. Work is well underway ensuring that it will be open again serving the community in a different way.



Work is ongoing for the restoration of Dr. Croke's House. Pictured here are Conservation Architects Benan Clancy and Kevin Blackwood with IRD Duhallow Heritage Animator Fidelma Mullane, Helen O'Sullivan, IRD Duhallow and John Corkery from Kilbrin.

Working with Lime Weekend

As part of the skills enhancement required for the care of our built heritage IRD Duhallow hosted a 2 day workshop in conjunction with the Buildings Lime Forum of Ireland entitled "Working with Lime". This was a great success with over 60 local enthusiasts & builders receiving hands on training in rendering, pointing, bedding and mixing lime. Interest was so high for the 2 day workshop that further training on traditional building skills are now planned for the autumn which will encompass rural ditch building, stone cutting and dressing and stone masonry with lime mortars.



Henry O'D. Thompson demonstrating the art of lime mixing at the Lime Forum Seminar with Tús participants in attendance.

Heritage Week 2012

IRD Duhallow works closely with all communities to enhance their understanding, method of recording and conservation of all aspects of heritage of their community including lime kilns, churches, graveyards, dwellings and farm buildings. As part of National Heritage Week IRD Duhallow exhibited beautifully preserved old tools and instruments in an exhibition entitled "The Tools of the Trade" with locals collecting and documenting the traditional hand tools associated with various trades of the past. Tools on display included those used in carpentry, masonry, joinery and plastering, farming, buttermaking and sewing.



Maurice O'Keeffe tries his hand at the old sewing machine in the 'Tools of the Trade' exhibition which was part of IRD Duhallow's celebration of Heritage Week.



Ensuring the passing on of ancient traditions, young Tomas Cronin ties a rag on the rag tree at Dromtariffe Holy Well on Pattern Day, the 6th of May, as part of the Bealtaine Festival.

Schools Folklore Project

The 1937 Irish Folklore Commission School Survey initiated a revolutionary scheme in which school children were encouraged to collect and document folklore and local history. Over a period of eighteen months children across the 26 counties of Ireland including children in Duhallow were encouraged to collect folklore material in their own areas. Topics ranged from local history, folktales, legends, proverbs, songs, customs and work practices of the time. In 2010, IRD Duhallow hosted an exhibition of these manuscripts written in the primary schools in Duhallow. Inspired by this, IRD Duhallow's Youth & Education Working Group initiated the Sliabh Luachra Primary Schools Folklore Project to re-enact this project with current primary schools. Contemporary accounts were collected from children who consulted with their parents, grandparents and other members of the community to gather information relating to the same themes as those in 1938. The end product was a beautifully produced CD and radio series with the school children of 2013 referencing the tales of fairies and piseogs written down by their predecessors 75 years earlier.



The LEADER funded Duhallow Choral Society performing with over 60 of its members, at the IRD Duhallow Cork Choral Fringe Concert in Drishane Castle. Visiting Swedish choir Katarina Kammarkor were particularly impressed with the Choral Society's traditional Irish Repertoire.

Heritage and Culture

Sliabh Luachra Cultural Trail

The unique richness of culture and traditions in Sliabh Luachra have been recognised by IRD Duhallow and local communities for years, with Sliabh Luachra first noted in the Annals of Innisfallen in 534. IRD Duhallow is currently in the process of developing the Sliabh Luachra Cultural Trail including signage, brochures and webpage. Additionally through consultation with the communities of Sliabh Luachra a music tour of Sliabh Luachra has been organised for 6 nights a week during July and August ensuring that locals and visitors alike have the opportunity to experience the real traditional Sliabh Luachra music in the region it comes from.



Jimmy Deenihan, Minister for Arts, Heritage and Gaeltacht, officially launches the Sliabh Luachra Summer Trail 2013 with local musicians and IRD Duhallow representatives.

Duhallow Historic Graves

IRD Duhallow through the support of LEADER funding and in collaboration with Cork County Council recently enlisted Eachtra Archaeological to complete a three month community training programme focusing on Duhallow's Historic Graves. This project linked with local communities allowing them to learn how to document elements of our heritage, local history and genealogy. 14 historic graveyards were surveyed and community volunteers learned how to care, conserve and record historic graves. The community volunteers did trojan work and importantly the work has been digitised for future preservation through the online facility <http://historicgraves.com/project/historic-graveyards-duhallow-cocork> which details each graveyard surveyed with its GPS location, pictures of individual headstones and importantly inscriptions of headstones some of which could not have been read without the specialised techniques used to extract the information. This project is a work in progress, where communities will continue efforts to create a comprehensive online historical graveyard map of Duhallow.



Sheila O'Keeffe, IRD Duhallow, oversees the recording of the headstones at Tullylease graveyard with a number of local volunteers, as part of the LEADER funded digital graveyard recording project.



Frank O'Sullivan, Dr. Mary Joyce Leader and Eileen Linehan, IRD Duhallow officials launching Dr. Leader's bilingual children's book 'The Waiting Room Christmas Tree'.

Cultural Publications

21 cultural publications have been funded under LEADER 07-13, recording and conserving the knowledge of local historians to ensure that it can be passed on for generations to come. Recent publications funded include Dr. Mary Joyce Leader's bilingual children's book 'The Waiting Room Christmas Tree', Publications of the Sliabh Luachra Journal, Louis McCarthy's book entitled 'Boherbue Village from Earliest Times to Present Day and Gerard O'Keeffe's book, 'Termination of the Lethal Injection'.

Heritage Centres

The Duhallow region is fortunate to have a distinct enriched culture and heritage. This is preserved through regular gatherings in local heritage centres, where the Seanchaí tells the yarns, local musicians play traditional music and some of the region's finest dancers showcase their talents. Throughout the week these centres are often used as training facilities for dancing, music and teaching of local crafts. The role of the heritage centre is paramount to the retention of our region's traditions and IRD Duhallow has actively supported the development and upgrade of a number of these facilities including Freemount, Bruach na Carraige in Rockchapel and Foilogohig Old School House.



Cian Broderick showcasing the Duhallow Region's sean nos dancing traditions at the official opening of the LEADER funded extension to Bruach na Carraige. Cian is one of the many children who attends the annual Sliabh Luachra Summer School.

Community Archiving

The social, economic, religious and political life of a community is reflected in the records created by its people in their daily lives. Recognising this, the community development working group has engaged Evelyn McAuley (MA in Archives and Records Management), as community archivist animator, to work hand in hand with the communities to ensure these records, which are a vital part of our heritage, are conserved.

Evelyn McAuley archivist and heritage animator works with community groups around Duhallow in preserving and cataloguing local records.



Youth and Education

IRD Duhallow's Literacy Support Programme

The Dyslexia Association of Ireland estimates that as much as 10% of the Irish population are affected by Dyslexia. Students who have to struggle too much and who don't feel that their difficulties are not understood may be at risk of leaving school early. Literacy is seen as a major accomplishment in modern culture and essential for navigating school. Failure to become literate can have significant negative effects on a child's self esteem, and can result in anti social behaviour, depression and a risk of being bullied or of being a bully. IRD Duhallow's Youth and Education Working Group organises a two strand literacy support programme funded through LCDP to help children with dyslexia and dyspraxia realise their full literacy potential and this year saw 52 children from around Duhallow take part.



Children receiving their Certificates of Achievement at the Annual Laugh and Learn Show and Tell Awards night with Chairman of the Youth and Education Working Group John Paul O'Shea, Literacy Tutors Val Doughty and Eileen O'Regan, and Louise Bourke IRD Duhallow.

Literacy Classes

The first type of support offered is literacy classes, which are small groups focused on developing children's reading, writing spelling, memory work and sequencing. The two class teachers Eileen O'Regan and Val Doughty are experts in their field and work closely with the children to combat their individual difficulties and target their specific needs. The programme culminated in a show and tell awards night to promote confidence building and acknowledge the hard work and achievements of the children throughout the year.

Touch Type Read and Spell

The TTRS course is funded through LCDP and is a specially devised computer programme with dual learning for the children, as they learn how to type and spell. It uses the multi-sensory approach and readers decode new words by sounding them out, or in phonics terms, blending the sound-spelling patterns. The learner sees words on-screen, hears them via speaker or headphones, and feels their spelling on the keyboard. All the words and patterns used are based on the Alpha and Omega spelling method which is recommended for children with literacy difficulties.

Class tutor Val Doughty, specialises in helping children with literacy difficulties such as dyslexia and dyspraxia.



Supporting Parents

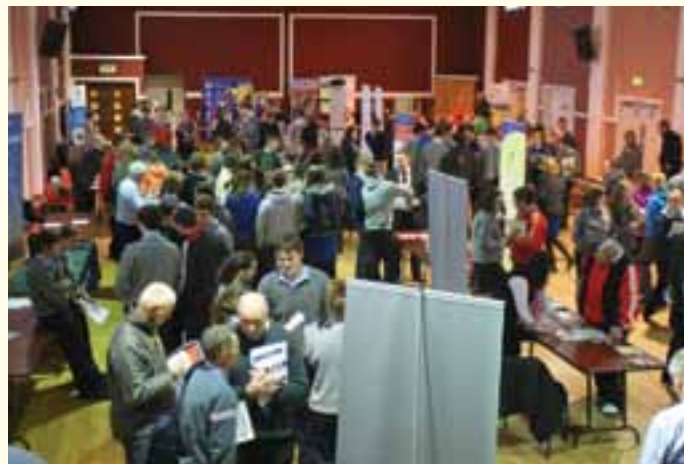
Having a child diagnosed with a learning difficulty can be a worrying time for parents. To combat this, Val and Eileen regularly hold advisory clinics to inform parents of their children's progress and offer advice, guidance and support to parents. In addition, the Youth and Education working group organised an information course for parents which was led by leading dyslexia tutor Marie Stubbings BA, Cert Ed., ACE Oxon of the Dyslexia Resource Centre in Limerick. Marie having a literacy difficulty herself was able to impart her extensive knowledge on the subject to over 40 parents who participated in the course, where the participants learnt all about dyslexia and how best to support their children in the home environment.

Careers Exhibition

IRD Duhallow hosted its annual Career Exhibition in the Edel Quinn Hall, Kanturk for all Secondary Schools in Duhallow. Students were afforded the opportunity to meet with representatives from local and national Universities, Institutes of Technology, PLC Training Colleges, Agricultural colleges etc to discuss further educational opportunities including specific course details and requirements. A Career Guidance Counsellor was also available to offer additional support.



Tim Cronin enquiring about college courses at the Cork College of Commerce stand at the Annual Careers Fair.



The annual careers exhibition in the Edel Quinn Hall is always extremely well attended by prospective undergraduates making decisions about their future occupations.

Homework Clubs

Tackling the issue of early school leaving continues to be one of the key priorities of the Youth Education Working Group with home work clubs providing hands on support to students experiencing difficulty in undertaking their studies. Homework clubs are supported by IRD Duhallow in four of the secondary schools in the region, with Millstreet Parents Council facilitating a community based homework club for their students which we also support. St Lachteen's National School in Stuaque provides extra support to their students requiring help with their literacy and numeracy all of which will assist them when they continue into second level. An evaluation of these homework clubs over the years has proven the success early intervention has on preventing early school leaving in teenagers and highlights the need for such a service to continue for the future.

Youth and Education

Public Speaking

Public speaking is a fantastic opportunity for young people to gain confidence and learn a valuable life skill. It is no easy task to stand up in front of a room and deliver a well researched and rehearsed speech; however, it is a challenge that most people will have to face at some point in their lives. Seven teams took part in IRD Duhallow's Primary Schools Public Speaking Competition. They represented Cullen N.S., Liscarroll N.S. Lyre N.S., St. Lachteen's of Donoughmore, Rathcoole N.S., Derrinagree N.S., and Kanturk Girls N.S. The standards were very high making the judges' job extremely difficult. Congratulations to the winning team from St. Lachteen's of Donoughmore who deservedly took away the Carroll Insurance Cup on the night.



The IRD Duhallow Public Speaking Competition encourages children to stand up and speak in front of others from an early age. The winning team from St. Lachteen's National School, Donoughmore, with Youth and Education Working Group Chairman Cllr John Paul O'Shea.



Students of Scoil Mhuire, Kanturk displaying their Certificates of Participation in the Your Turn Youth Leadership Programme.

Your Turn: Youth Leadership Programme

Youth play a pivotal role in healthy community development. IRD Duhallow has always recognised the value of youth as assets in shaping their own communities and their key role in strengthening a community's capacity. With the assistance of LEADER 150 students from the 5 secondary schools in Duhallow have successfully completed the Your Turn Youth Leadership Programme developed in partnership with Common Purpose. It allows these young people to appreciate the diversity and strengths of the communities they live in and provides them with an opportunity to better understand decision making processes.

Targeting Youth Unemployment

Youth unemployment continues to be one of the greatest challenges facing Duhallow. The lack of professional employment opportunities locally, coupled with the onset of the recession is having a particularly devastating impact on Duhallow's youth.

In addition, young people in Duhallow are faced with a very significantly shrunken jobs market and increased competition for the opportunities that are available in the larger cities and towns in Ireland. These struggles, to obtain relevant and secure jobs has resulted in mass emigration of our technically skilled and highly educated youth population to Australia, Canada, United Kingdom etc. IRD Duhallow's Youth and Education working group is aware of the social and economic implications of youth emigration for the region. The Enterprise Development and Youth and Education working groups have been working to assist young people into employment. A number of youths have received assistance through both LEADER and LCDP for start up enterprise grants, mentoring and training. Furthermore, participation in both Tús and RSS have afforded opportunities to young people to enter the working environment.

The recently brokered agreement on an EU-wide Youth Guarantee will form a key part of the response to the youth unemployment nationally. Once implemented from 2014, the Guarantee will assure young people aged between 18 and 25 will have a good quality offer of employment, continued education, apprenticeship, traineeship or work experience within four months of becoming unemployed.

Duhallow Boxing Club

The Duhallow Boxing Club was established in 2011 with the support of grant aid from IRD Duhallow under the Local Community Development Programme. The club moved premises this year, and much thanks must be afforded to a LEADER funded enterprise Auto Rollers who provided a suitable premises next to their manufacturing facility. Under the direction of Club Chairman Peadar Aspel the club has grown from strength to strength. The 250 registered club members receive expert training from head coach Dave Cotter and his team, who support the older teenagers to help the younger children, thereby encouraging youths to become involved and partake in the organisation and running of their club. There are three weekly training sessions and the club has successfully run mini tournaments and challenge matches with other neighbouring boxing clubs throughout the year.



Patricia O'Reilly is an example of young person who has received LEADER support to set up her own exercise business Kangoo Jumps.



Winner alright! Head Coach Dave Cotter cheering one of the many challenge matches held in the Duhallow Boxing Club.



Some of the younger members of the Duhallow Boxing Club, which engages young people from around Duhallow in training three nights a week.

Equality for Women & Childcare

The Women and Children Working Group has played a substantial role in the lives of local women for the past 16 years. The collaboration and networking of women's groups throughout Duhallow has resulted in the sharing of information and ideas that has led to higher levels of participation in a wide range of training courses, workshops, seminars and conferences.

With the assistance of LEADER and LCDP the Working Group has successfully encouraged more women to engage as active and equal citizens, especially those disempowered in rural areas.

The Working Group has recently signed up to the "Turn off Red Light Campaign" to end prostitution and sex trafficking in Ireland. This campaign is being run by a new alliance of civil society organisations. "Turn off the Red Light Campaign" is focused on criminalising the purchase of sex in Ireland. The Working Group welcomed the publication of 'Discussion on Future Direction of Prostitution Legislation' which was launched by the Department of Justice and Equality. This paper is a crucial first step in helping to protect vulnerable women and children from the dangers of prostitution and trafficking.



Course attendees on the FETAC accredited Information Computer Technology training course.

Equality for Women Measure

The Equality for Women Measure (EWM) receives European Social Fund (ESF) support under the Human Capital Investment Operational Programme 2007 - 2013. IRD Duhallow was granted funding under Strand 1 - Access to Employment with the aim of providing women who are currently outside the labour market with the social skills, education, and training to enable them to enter or return to the labour market.



Participants on the FETAC Accredited Occupational First Aid Course keep a watchful eye on their tutor Catherine Browne as she demonstrates what to do in the event of a burn.



Personal Development continues to be a popular and much needed course for the people of Duhallow. An eight week training course was delivered through the Equality for Women Measure.

In May 2012 IRD Duhallow received an extension to the programme which allowed development with previous participants including a follow on Personal Development including stress management, and a Grow Your Own Training course to develop participants' skills in this area. Additionally specific individual training courses were delivered

including FETAC Accredited Computer Applications - FETAC Accredited Occupational First Aid and Worklife Balance for Employment. This training provided an opportunity for participants to enhance their access to the labour market, whilst also providing learners with the skills and tools necessary to help them develop personally.

Over 200 women were specifically engaged through the Equality for Women Programme over an 18 month period. The feedback received on all aspects of the programme was positive and conducive to meeting the aims and objectives. The provision of transport and childcare was noteworthy in allowing the participants to engage effectively. Additionally the provision of Mentoring and Guidance was significant as individuals had the follow on opportunity to receive one to one guidance and discuss their needs and issues in more detail.



Managing our work and home life is important and making quick and healthy meals is a central aspect to this. Here participants get guidance from tutor Orlaith Tomkins on how to create that quick and easy meal.

Information Seminars

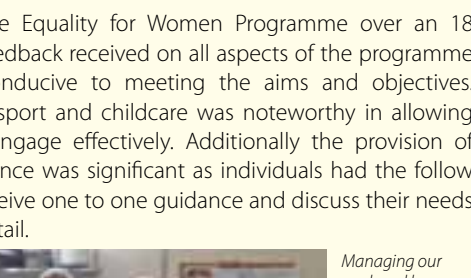
The Working Group recognises that seminars are an important platform for people to receive a wealth of information in one place in a condensed period of time. IRD Duhallow has continued to focus its efforts on topics of relevance to both the men and women of Duhallow. A number of seminars were delivered including: "Putting Pen to Paper....Words from Duhallow Authors" This event provided local authors the opportunity to read extracts from their books and talk about their experiences in putting their own pen to paper. "Manage Your Life by Managing Your Mind"... "Bullying in Teenagers" and "Coping with Stress in the Home" saw two renowned speakers Dr. Fergus Heffernan and Dr. Brendan Byrne deliver very topical information in terms of helping us to look at ways of managing anxiety in our lives as well as ways on how to cope with bullying in teenagers. The "Living Well with Diabetes" seminar focused on managing diabetes and offered tips and tools on how to live a healthier lifestyle.



Having our own polytunnel and gardens means that participants can learn effectively by demonstrations.



Through the Equality for Women Measure a field trip to Tralee was offered to broaden the experience of course participants.



Managing our work and home life is important and making quick and healthy meals is a central aspect to this. Here participants get guidance from tutor Orlaith Tomkins on how to create that quick and easy meal.



Helen O'Sullivan along with Mary Mc Hugh of IRD Duhallow and Chairperson of the Duhallow Women's Forum Judy O'Leary with guest speakers Dr. Fergus Heffernan and Dr. Brendan Byrne at the "Manage Your Life by Managing Your Mind"... "Bullying in Teenagers and Coping with Stress in the Home."



Guest Speaker Marie O'Connor Diabetes Nurse Specialist, with Judy O'Leary Chairperson of the Duhallow Women's Forum and Mary Mc Hugh of IRD Duhallow.

Equality for Women & Childcare



Eileen Healy guest speaker, Judy O'Leary Chairperson Duhallow Women's Forum, Noreen Healy guest speaker with Mary Mc Hugh of IRD Duhallow speaking at the seminar to specifically targeting parents of children aged 5-15 titled "What can a parent do?"



Judy O'Leary opens the seminar coordinated by the Duhallow Women's Forum allowing parents to develop ways to become more confident as a parent and to promote positive relationships with their children.

Training

Following on from the very successful Information Seminar last year on 'Redesigning your home on a Budget' the working group felt it necessary to provide further training in this area which would contribute to women's personal development. Participants were encouraged to develop their own creativity and to be confident in applying this creativity to their designs. A ten week Upcycling/Recycling training course was organised where individuals were introduced to upcycling/recycling clothing. This training provided a forum for creative thinking, skills development and goal setting whilst also building self-esteem. The pressures of modern life can sometimes impact negatively on the lives of people and their feeling of wellbeing and fulfilment, particularly where they strive to combine work and family responsibilities. A Self Care and Well Being Course was delivered to participants offering the opportunity to look at well-being from the physical, emotional, mental and spiritual perspectives.



Participants of a five week workshop focusing on how to develop self care tools and ways to evaluate our own well being on a daily basis.



Upcycling/Recycling continues to be extremely popular with training being delivered through the Local Community Development Programme.

Childcare

Census, 2011 reveals that the child population of Ireland increased by 13.4% between 2002 and 2011. IRD Duhallow recognises that quality childcare can benefit children, their parents, employers and communities in general. The availability of quality and affordable childcare and other caring supports has long been cited as a key element to support working parents and those who wish to undertake training to enable them to re-enter the labour market. The seven Community Childcare facilities animated and supported by IRD Duhallow continue to operate at full capacity. It is the aim of these community childcare facilities to ensure that affordable and appropriate access to childcare is facilitated for disadvantaged parents. Banteer Creche was a finalist in this year's Duhallow Business Awards and as well as providing a vital service, it has generated employment for 35 local people.

Parents may have questions in relation to raising their children, therefore an information seminar was delivered targeting parents of children aged 5-15 titled "What can a parent do?" It is understood that the ups and downs of parenting can push even the most resourceful parent to the limit therefore it is important that awareness is generated to help parents raise emotionally secure, happy children who reach their full potential at home and at school.

Newmarket Afterschools

Now in its 8th year of operation Newmarket After Schools based on the grounds of the James O'Keeffe Institute provides a vital service to local families, as it provides parents or guardians with the opportunity to partake in employment or training, content in the knowledge that their children are being cared for in a safe environment.



Ella Saville enjoying some quality time in the library of the Newmarket Afterschools.

The service operates under the Community Childcare Subvention Programme allowing the service to offer an affordable tiered pricing policy with subsidies to families in receipt of a social welfare payment or a medical card. This ensures that all families have the opportunity to access the service regardless of their financial position.

Following the request by local families, the service has been extended to before school hours. The lack of a service from 8am- 9am was hindering their ability to access work or training outside Duhallow. The Duhallow Morning Club was launched with children joining the facility from 8am where they receive their breakfast and partake in activities before being transported safely to school by Duhallow Area Rural Transport.

The After schools service continues to provide a full wrap around service to families in Duhallow collecting them from school with a passenger assistant on Duhallow Area Rural Transport, receiving a home cooked warm nutritious meal followed by hands on help and supervision with their homework. This one to one support is particularly beneficial to children who have difficulty with certain aspects of their homework. For other children the social element of the service is what they benefit most from. The Easter, Summer and Halloween camps that we operate attracts a number of other children from throughout Duhallow.



Ann McMahon giving some hands on assistance to help children with their homework.

Transnational and Co-operation Projects

Day of the Region

July 2012 saw Duhallow communities celebrating the inaugural year of "Discover Duhallow... A Day of the Region" with over 10 days of festivities. The concept for "A Day of the Region" was first established in 1999 in Germany as an "Open Doors Event" with communities and organisations highlighting opportunities in their region. It was launched by Arts, Heritage & Gaeltacht Minister, Jimmy Deenihan T.D. and the variety of events ensured that there was something for young and old.

Representatives from other project parties in Scotland and The Netherlands also visited during the festivities, and this was followed by a return trip in October by IRD Duhallow and local community representatives to experience the Day of the Regions Celebration in Dumfries and Galloway in Scotland.

From the success of the 1st year IRD Duhallow decided to expand the concept for 2013 to coincide with Fáilte Ireland's 2013 Gathering Festival. This was embraced by all communities with a programme of events for 6 weeks organised and many new groups coming on board.

It is envisaged that Discover Duhallow ... A Day of the Region" will continue to expand for 2014 with more groups and local businesses becoming involved to showcase what Duhallow has to offer.

Grundtvig

Grundtvig focuses on the teaching and study needs of adult learners. In 2011 IRD Duhallow successfully applied to the National agency Léargas for funding to partake in a Transnational Grundtvig project based on the ethos of "Growing Your Own Food". IRD Duhallow teamed up with project partners in Germany, Slovenia, UK and Hungary to develop a project entitled "Food is Garden Edible". The objective of the project is to learn and experience how individuals and community groups are motivated by growing their own food and to share best practice by engaging the wider community to grow their own. Another essential element of the project is to improve opportunities for adult learners to benefit from education abroad.



Katie Crowley, IRD Duhallow with the visiting groups from Germany, Slovenia, the UK and Hungary on a visit to the James O'Keefe Institute.



Derek Hextall and Nicola Hill from Dumfries and Galloway in Scotland with IRD Duhallow's Helen O'Sullivan and Louise Bourke proudly displaying their region's programmes for the partnership project Day of the Region.



Minister for Arts, Heritage and Gaeltacht, Jimmy Deenihan T.D. with IRD Duhallow Board Members Michael Twohig, Jack Roche, Breda Moynihan Cronin and C.E.O. Maura Walsh at the official opening of the Day of the Regions Festival.



Katie Crowley, IRD Duhallow with Helen Cranitch, Annemarie Lehan and Joan Foley who visited Slovenia as part of Grundtvig.



Sean Kelly MEP with the IRD Duhallow team at the Irish LEADER expo in Brussels.

ELARD (European LEADER Association for Rural Development)

The ELARD is made up of Local Action Groups (LAGs), operating the LEADER method of delivery of the rural development programmes co-funded by the European Union.

Over the past year ELARD has intensified its activities at both policy and grass roots levels by engaging in a variety of initiatives whilst simultaneously continuing to provide information, networking and support to its members throughout rural Europe.

At policy level, ELARD has been actively involved in the debates about the next programming period (new RDP and CLLD) by participating in numerous consultations organised by the European Commission. Additionally, as a result of the growing visibility of the Association, ELARD was invited by Commissioner Ciolos to become a member of the High Level Steering Group of the newly established EIP (European Innovation Partnership).

ELARD has also successfully launched the 3rd consecutive round of its "LAG Staff Exchange Programme" providing the opportunity for LAGs to expand their cooperation networks whilst exchanging best practices and learning from each other.



Visiting Polish Local Action Groups with IRD Duhallow CEO Maura Walsh and board member Michael Doyle. The LAGs spent a number of days in Ireland learning about how Duhallow implements the recommended best practice CLLD model, which they are hoping to replicate in their own regions.

Technical Study of Kerry and Duhallow

IRD Duhallow in partnership with local action groups NEKD and SKDP have engaged consultants to carry out a technical study on the economic development of the areas of Kerry and Duhallow, using the recently released data from Census 2011. It is envisaged that the study will deliver a thorough analysis of the region and will produce an action plan that can be implemented to fully maximise the economic potential of the area.



Marian Harkin MEP with Eileen Linehan and Maura Walsh, IRD Duhallow hearing about how CLLD is implemented throughout the Duhallow region.

St. Joseph's

Equestrian Centre

Another collaborative project is St. Joseph's Equestrian Centre, based in Charleville. It has been proven that children and adults with autism or aspergers respond well to horses and equitation. With many service users spread throughout Cork and a high percentage from the Duhallow region, Ballyhoura, Avondhu Blackwater and IRD Duhallow came together through the LEADER co-operation measure to fund an equestrian facility that will enhance the lives of those living with autism.

Strengthening Local Meat Supply Chains: Leonardo da Vinci



Isobel Fletcher

Isobel is the Project Coordinator for the Leonardo da Vinci Transfer of Innovation project – Strengthening Local Meat Supply Chains, which IRD Duhallow is proud to lead. Prior to this Isobel was the National LEADER Food Coordinator where she worked with LEADER companies, state agencies and representative bodies as well as small food businesses and farmers markets to drive and develop the growth of the small food sector in rural Ireland. Included in her achievements in this role were the development of guidelines and best practice documents on farmers markets and food sector supports for LEADER groups working in the food sector and the coordination of the Meat matters Training Programme for rural abattoirs. Isobel also event managed the LEADER food Village at the National Ploughing Championships for six years. In addition to managing the Strengthening Local Meat Supply Chains project for IRD Duhallow, Isobel also runs her own project & event management business.

Strengthening Local Meat Supply Chains (SLMSC) 2011 – 2013

Small abattoirs in rural areas across Europe face many challenges in their on-going efforts to remain viable and to continue providing an important service to the communities where they are based. The onerous regulations and costs of compliance in terms of paperwork, time and financial outlay have led to the closure of many abattoirs here in Ireland and in Europe. The increasing age profiles of those working in the sector adds to the threat of more closures as slaughtering, deboning and handling carcasses and to a lesser extent butchery are not viewed as long term career options.



Tim McCarthy, Jack McCarthy's Butchers of Kanturk, and Jenny McCudden, Editor of The Sligo Champion, carve the Hog Roast at the Duhallow Business Awards.

The Strengthening Local Meat Supply Chains project hopes to challenge this perception and presents to those working in abattoirs, butcher shops and meat processing facilities, practical, innovative and creative ways of looking at the business and providing solutions and ideas that will maximise their presence and help market the high quality meat products for which they are known.



Karen Wahlgreen, Grace Lyons, Jose Moran & Vero Pastor taking a break in the magnificent food market in Valencia during the February network meeting.

The project team, consisting of the Danish Meat Trade College located in Roskilde near Copenhagen Denmark, Satafood Development Association, Joutsenten Reitti LAG



Demonstrating knife skills for butchers as part of the Leonardo da Vinci project.

in Finland, La Unio and IVIFA from Valencia in Spain, Momentum Marketing Services and IRD Duhallow in Ireland have along with butchers, abattoir workers and meat processors from each country over the last year developed the SLMSC online training programme.



Cathal Cronin, a participant of the Leonardo Programme displaying a selection of meat from his abattoir.

The modules can be reviewed individually depending on your area of interest or can be taken as a whole to provide a more holistic approach to addressing areas in the meat business. The language used is practical, easy to understand and the material itself has been updated to present recent case studies and best practice examples from each of the partner countries as well as the US and Australia. The material also contains plenty of self analysis and assessment questions to challenge the user to think strategically about their business and its direction.

MODULES

Part 1:	The Big Picture, understanding local meat supply chains
Part 2:	Your Roadmap to More Customers – how to sell more meat
Part 3:	Creating a 21st Century Butcher Shop
Part 4:	New products, New Profits
Part 5:	Innovate – Do What You Do, Only Better

La Unio, the Spanish partner is currently leading the Pilot Testing Work Package where target users – will review the material and comment on its relevance to their business. Following this review which is on-going in Ireland, Finland, Spain & Denmark and involves the participation of two of our local Duhallow Butchers – Cathal Cronin and the McCarthy's both from Kanturk, the training content will undergo a final revision prior to the programme launch in Finland in September.

It is the project team's intention to distribute this online training programme as widely as possible and to this end IRD Duhallow is delighted to be working with Petri Rinne and his team in Joutsenten Reitti LAG, a LEADER group in Finland. Petri is currently the President of ELARD – the European LEADER Association for Rural Development and through this network, we intend to distribute the programme widely across Europe for use by LEADER groups in supporting the rural meat sector in their areas. The programme will also be available for use in a class room setting as an alternative delivery method.



Jari Lehmussaara, Petri Rinne, Karen Wahlgreen, Grace Lyons, Isobel Fletcher, Ramon Manpel, Jose Castro, Joan Manuel Mesado & Joan Ramon Peris at a visit to Punt de Sabor, La Unio's organic shop.



Palm Zlot of the LOC food project with Isobel Fletcher, Leonardo da Vinci co-ordinator, at a transnational meeting of European Food projects hosted by La Unio in Valencia.

The SLMSC project will close in October 2013, but we hope that this is the end of just the first phase in the development of innovative training supports for the rural meat sector in Ireland and across Europe.



Project partners Jari Lehmussaara, Eeva Rauko, Canice Hamill, Teresa Garcia Lopez & Karen Wahlgreen at the Danish Meat Trade College in Denmark.

SAOI - Network for Active Retired Groups

Ageing with Confidence

The ageing population in Duhallow represents one of the most significant demographic and social developments in the region, posing challenges but also bringing with it great opportunities. Census 2011 reveals that older people in Duhallow form a more significant proportion of the population than is the case elsewhere in the region and in the state. Ageism and negative portrayals of older people as feeble, dependent and as an unsustainable burden on state funds continue to strongly influence attitudes towards older people. IRD Duhallow's Saoi Network challenge these stereotypes given the positive opportunities provided by large numbers of healthy and active older people and given the significant contributions that they continue to make as consumers, workers, mentors, historians, caregivers, child-minders and as volunteers

IRD Duhallow's Saoi Network

Saoi represents 18 different actively retired groups which IRD Duhallow has established throughout the region and acts as an advocate for the 'Third Age'. The network has an important role in promoting the participation of older people in local decision making processes as well as encouraging and supporting them to avail of the various opportunities available. Saoi members provide that all important 'gateway' actively publicising IRD Duhallow's demand responsive services, such as provided by the Warmer Homes Scheme, the Care and Repair Programme, the Duhallow Area Rural Transport, the rural meals service run by Duhallow Community Food Service Ltd and Duhallow REVAMP.



Members of Boherbue ICA taking part in the Duhallow Bealtaine festivities in the newly refurbished LEADER funded Pierce Memorial Hall, Boherbue.

Life Long Learning

With the assistance of LEADER and LCDP Saoi supports actively retired group leaders in their capacity to develop opportunities for engagement and participation of older people in a range of arts, cultural, IT, spiritual, leisure and physical activities/training in their own local clubs and communities.

A number of strategies have also been put in place to attract new members and in particular men who are often underrepresented within these groups.

Media Mentor

15 older adult learners were supported to gain the skills, knowledge and understanding of mentoring their peers (other older adult learners) to develop their own community media projects within their own active retirement groups and communities i.e. film, editing, basic digital photography etc. The group leader volunteers were encouraged to share their technical knowledge with their own active retirement groups through 'train the trainer' workshops.



The Skypes the Limit! Sheila Roche Tús supervisor, assisting older adult learners to connect with friends and family abroad.

Generations Together: Bringing Memories to Life

2012 was designated the European Year for Active Ageing and Solidarity between Generations and in celebration of this Saoi in conjunction with Age Action Ireland participated in an intergenerational project. Members of Saoi visited 27 National Schools throughout Duhallow to provide screenings of the films they made through the LEADER funded Memory through Media project. A variety of creative methods and approaches were combined to engage the children including: a cultural show and tell, drama, art, music, dance, poetry and storytelling.

Michael Doyle, Environment Working Group, leading the Bealtaine Guided Walk Tour through the Island Wood, Newmarket



IRD Duhallow's Saoi Network at the launch of a selection of short films they made during the LEADER funded Media Mentor Training Course.



AgeWise

IRD Duhallow in conjunction with Age and Opportunity facilitated workshops for those working with older people to raise awareness of attitudes and to explore the personal, cultural and structural effects of ageism. The workshop identified instances of discrimination against older people, challenged myths and stereotypes whilst also discussing strategies to combat age discrimination in the workplace and community.



A large audience enjoying the tranquil sounds of the Duhallow Choral Society at the Cork Choral Fringe Concert which took place in Drishane Castle, Millstreet



Erina McSweeney, Irish Heart Health, speaking on the impact of diet, lifestyle and nutrition on health of the heart during Bealtaine 2013

Bealtaine 2013 - Grow Happy!

The theme for Bealtaine 2013 'Grow Happy' was inspired by the WB Yeats quote "Happiness is neither virtue nor pleasure nor this thing nor that but simply growth. We are happy when we are growing". Following on from the success of the Duhallow Bealtaine Festival 2012, Saoi coordinated an exciting programme of events throughout the month of May celebrating creativity in older age in Duhallow. The Duhallow Bealtaine Festival involved all communities, active retirement groups and nursing homes in the region. Proceedings commenced with a Dawn Mass at the Source of the Blackwater attended by over 120 people in Ballydesmond. Active Retirement groups throughout Duhallow hosted a variety of festivities including: craft, film, music, dance and other cultural experiences. All events were open to the public both young and old and transport was made available through DART.



Fr. McCarthy, PP, Ballydesmond, chief celebrant at the Bealtaine Dawn Mass 2013 at the Source of the Blackwater



Fashionista, Kay Phelan, showcasing the latest trends for the mature woman at the Bealtaine Fashion show organised by St. Josephs Day Care, Meelin.

Ted Linehan leads the way in the style stakes at the St. Josephs Day Care Bealtaine Fashion Show, Meelin.

Warmer Homes Initiative



Colm Crowley Certificate in Business Studies, Diploma in Rural Development

Colm joined IRD Duhallow in July 2007 as the Warmer Homes Coordinator. Colm is responsible for the day to day running of the scheme, quality assurance and project development working as part of the Community Services Team.

The Better Energy Warmer Homes scheme funds energy efficiency improvements in low income households making them more comfortable, healthier and more cost effective to run. IRD Duhallow's Warmer Homes Scheme has been insulating homes in the Duhallow and the greater North Cork area since 2006. Statistics up to the December 2012 show that over 2,507 homes have received attic and cavity wall insulation. Our 2013 contract with the Sustainable Energy Authority of Ireland (SEAI) will allow us to provide insulation to a further 353 houses. Thankfully in the latter part of 2012 SEAI expanded the qualifying criteria for BEWH to include householders in receipt of either fuel allowance, family income supplement or job seekers allowance.



Jeremiah & Eileen Heffernan enjoying the benefits of their newly insulated home with their dog Fifi.

In addition, houses must be owner occupied and constructed before 2002 in order to qualify. This has made the scheme more socially inclusive.

Local Employment

The Warmer Homes Scheme is staffed through a number of labour schemes including the RSS and Tús participants, both of whom supply participants to work with WHS teams insulating attics and cavity walls. We also receive funding from the Community Services Programme (CSP) that enables us to employ a coordinator and 5 full time staff. At any one time there are 13 people working on Warmer Homes in Duhallow.

Area & Community Based Pilots 2012

At the latter part of 2012, SEAI nationally launched its Area & Community Based Pilot Schemes which required a partnership approach to identifying and delivering energy efficient improvements to low income



Partnership at work: Colm Crowley IRD Duhallow, Sheila O'Keeffe Mallow Town Council, Cllr. Noel O'Connor Mayor of Mallow and Liz Donovan Mallow Town Clerk at Sandfield Estate in Mallow benefiting from SEAI's Area Based Pilot Fund 2012.

households and community buildings. IRD Duhallow, in partnership with Mallow Town Council and Enprova who represent the Irish Petroleum Industry supported 19 houses in the Sandfield Estate in Mallow which included a mix of private and local authority owned homes with works carried out including attic and cavity wall insulation, windows and door replacements, installation of high efficiency condensing boilers and post works Building Energy Rating Certificates. Through our strong links in the communities we also very

quickly identified community facilities that could benefit from this scheme with 13 community centres and sports halls successfully receiving similar energy efficient upgrades. This again was in partnership with Enprova, IRD Duhallow and local communities. The timeframe to deliver these pilots was very tight, with contracts being issued in September and October with a deadline for completion mid November, which we achieved.

SEAI has since invited applications for their 2013 programmes and IRD Duhallow has once again submitted a number of applications for both the Better Energy Area and Community Based Programmes.



Quality control is a central aspect of the WHS as Colm Crowley carries out an internal check of the insulation in Meelin Sports Complex.

Quality Control

Delivering a high standard is vital for the service we provide, to continue tackling the issue of fuel poverty. Our surveyors carry out internal quality checks on every house we insulate to ensure standards remain high, with our inspection rate over the last 3 years averaging 94%. Kerrigan Sheanon Newman (KSN) is contracted by SEAI to oversee the quality control aspect of the Warmer Homes Scheme.



Denis McAuliffe of Meelin Sports Centre points out the finish to the wall that received cavity wall insulation by IRD Duhallow under SEAI's Community Based Pilot Fund 2012.

Staff Training

Ongoing training for all installers is a very important element of the Warmer Homes Scheme in Duhallow to ensure that we deliver a high quality service. All attic crews have received FETAC Thermal Insulation training and our cavity wall crews have undertaken Thermosnug Insulation training, as well as holding certificates in Safe Pass, Manual Handling and Working at Heights. Our cavity wall system is certified by the National Standards Authority of Ireland (NSAI) who conducts yearly audits to ensure we deliver our service in accordance with our certificate.



Working at heights: Liam Buicke carefully insulates a cavity wall with Thermosnug bonded bead insulation which is certified by NSAI.

Future of the Warmer Homes Scheme

The Warmer Homes Scheme continues to evolve as additional work measures are proposed by SEAI for later in 2013. All houses insulated under the WHS will be required to meet new ventilation guidelines and provide a Building Energy Rating Certificate (BER). Fortunately, should these new requirements be introduced, IRD Duhallow's insulation teams have experience in installing ventilation in houses and have trained BER assessors, as these guidelines were in place during the 2012 Area Based Pilot which we successfully implemented.

Rural Social Scheme



RSS Supervisors: Tim Ring, Sheila O'Keefe, and Billy Dennehy.

First Rural Social Scheme

IRD Duhallow presently has 3 RSS schemes with 3 supervisors and 58 participants who undertake a broad range of community based work throughout the region. The aim of the RSS is to provide income support to low income farmers and their families through off farm employment in communities, harnessing the many unique skills and talents amongst these farmers. Participants work their 19.5 hours per week in a flexible manner enabling them to carry out their everyday

farm duties. Dependent spouses can also take up a place on the scheme in place of the original applicant if they wish, offering an opportunity of broader work experience.



Margaret Murphy, RSS participant, combines her farm duties with providing support for community meetings in IRD Duhallow.



Support in Times of Crisis

The unseasonably poor weather coupled with the lack of growth, the poor yield of silage from the previous summer and mounting fodder bills placed serious pressure on the agricultural community in Duhallow. Farmers were already feeling the pinch with increases in fertiliser prices, fuel prices and the impending threats to Farm Assist leaving countless on the financial cusp. Many RSS participants in Duhallow struggled to cope with the hardship facing weather-related cashflow difficulties in an attempt to keep their animals alive. Whilst the full extent of the fodder

crisis will not become evident for some time, it is quite apparent that the supplementary weekly income afforded to RSS participants provided a crucial lifeline to as they struggled to keep their heads above water.



Billy Curtin, who farms in Banteer, is one of our painting specialists on the RSS team.



Micheal Martin visiting the IRD Duhallow stand at the National Ploughing Championships.

by issues such as isolation and loneliness; not just feeling lonely, but real physical isolation where some farmers are miles from their nearest neighbour or village. All RSS supervisors participated in a 3 day LCDP funded training programme by the Men's Development Network to identify and understand the issues facing men as they often struggle to engage with the supports and services available to them.

Enriching Community Life

Communities in Duhallow take tremendous pride in their towns and villages and as a region Duhallow has been very active and successful in the annual Tidy Towns and Pride of Place competitions. Freemount and Rathmore both received prizes at the 2012 All Ireland Pride of Place Awards and the community of Donoughmore has gone forward for the 2013 competition. Both RSS and Tús continue to assist and drive these community efforts working side by side to create the capacity for tackling a range of works including: village enhancement, painting, cutting grass and hedges, the provision of the 'Greenman' street sweeper and the development and upgrading of walks. This frees up the community volunteers time to concentrate on developing more amenities and services in their communities.



RSS supports include painting of local facilities with participant Pat Shannahan pictured painting Donoughmore Community Centre.



IRD Duhallow runs its schemes in an integrated manner in order to optimise the work experience, community benefit and reduce isolation. Paddy Dillane, RSS, and Martin Murphy, TUS, working together in Rockchapel.

The RSS continues to support the dynamic social economy in Duhallow and has played an important role in the growth of a number of social enterprises including Duhallow Community Food Services, Warmer Homes Scheme and Duhallow Area Rural Transport. IRD Duhallow is catering for a very dependent ageing population as returns from the Census 2011 reveal that in Duhallow older people form a more significant proportion of the population than is the case elsewhere in the region and or the State. As well as responding to the gaps in public service provision these social enterprises provide sheltered job opportunities, work placements and training to people. The RSS presence allows these businesses to accommodate the varying capacities and also increases the chances of financial sustainability. The rural meals service is very dependent on the RSS delivery drivers who are very familiar with the wide, remote rural region and have the capacity to drive through narrow country lanes in harsh weather conditions.



RSS Supervisor Billy Dennehy helps out at the Dawn Mass at Source of Blackwater for the Loop Walk.

Rural Social Scheme



Dan Hickey and Willie Walsh painting the community centre in Kiskeam in advance of the Summer Gathering festivities 2013.



RSS participant Thomas Hartnett unloading rolls of insulation for the Warmer Homes Scheme.

Walks Development

Duhallow's pristine environment, its diversity of landscapes, rivers and a range of important heritage sites provide a key resource. The array of outdoor recreational opportunities from walking and hiking to mountain biking and from picnics to nature watching is the foundation on which to build a strong tourist base and a hub for walking holidays. IRD Duhallow administers the Walks Scheme for the Duhallow Way Walk which stretches 29km East to West through the region. The Walks Scheme provides funding for 24 local private landholders who cooperate to maintain and upgrade their portion along the route. In areas where a landowner does not participate on the Walks Scheme the RSS then maintains that particular area. The RSS has also been involved in the development, enhancement and maintenance of Claragh, Mt. Hillary, Mullaghareirk and the Source of the Blackwater Looped walks, all of which are accredited by the National Trails Office. River walks for communities in Kiskeam, Banteer, Kilcorney and Aubane are also maintained through the RSS. This year the RSS installed a 210 metre bog bridge connecting the Clara loop to the Coomacheo wind farm to connect the walk to the Beara-Brefine Way.



RSS participant Joe Sexton assisting with the installation of a bog bridge connecting the Claragh loop to the Coomacheo wind farm to connect the walk to the Beara-Brefine Way.



Participants Dermie Murphy & Denis O'Mahony erecting markers on the Duhallow Way Walk.

Enhancing Environmental Capacity

With the assistance of RSS, the Life + Project has achieved and surpassed the targets set by the European Commission on the process of the eradication of Himalayan Balsam. This is a non native invasive plant species which is spreading throughout the region. RSS participants have been busy planting willow and fencing to protect and strengthen the river banks along the rivers Allow and Dalua. Kingfisher and Dipper boxes have been carefully built and installed by the RSS under bridges along the rivers to aid the birds during nesting season. Bank revetment works have also been carried out using both rock boulders and pinning Christmas trees to the eroding banks north of Kanturk on the river Dalua to prevent further erosion and land loss as part of a LEADER project to enhance the habitat for angling and wildlife in Duhallow. The unique technique of recycling Christmas trees has been utilised in habitat restoration throughout the UK and Iceland. As the river rises the branches of the trees stick out into the water effectively slowing the water down along the edge of the river. This in turn reduces erosion of the river bank.

In addition as the water slows, suspended soil and organic material is actually deposited on the trees pinned to the river bank. This builds up over time and the river bank can then be planted with trees and bushes which help stabilise the bank and provide further protection against erosion. RSS participants have become acutely aware of their role as farmers in environmental protection as a result of their involvement on this project.



The RSS provides ongoing support to the Life+ programme including pulling of the invasive plant Himalayan Balsam and constructing and installing silt traps. Participants Joe Sexton, Stephen McAuliffe, John McCarthy and Niall Fleming all work on the Life+ project.



RSS participants John McCarthy and Danny O'Donoghue bring used Christmas trees donated by the public to protect the banks of the River Dalua from excessive river erosion.



RSS participant Eileen Moynihan has a data base of elderly people who look forward to hearing her cheerful hello and chat, which enables them to stay in touch.

Tús



Tús Supervisors Don Murphy, Eamonn McSweeney, Joe Pierce, Con O'Sullivan & Sheila Roche.

Tús is an activation initiative that was launched in 2010 for those who are unemployed and on the Live Register. Unemployed people who are eligible for the scheme are randomly selected and contacted by their social welfare local office and offered the opportunity to participate in the scheme. The programme is managed at a local level on behalf of the Department of Social Protection by groups like IRD Duhallow. IRD Duhallow was initially awarded 2 schemes in 2011 with a total of 40 participants and 2 supervisors and this has successfully grown to 5 schemes with 100 participants and 5 supervisors in 2013.

Breaking the Cycle of Unemployment

IRD Duhallow aims to break the cycle of unemployment by improving the employability and work readiness of these long term unemployed participants. Quality work placement opportunities allow participants



Wendy Briant completes her Tús Placement in IRD Duhallow afterschools where her painting skills are put to good effect.

to put their work skills into practice whilst also providing an important catalyst for progression to work, further education and training or skills development. Participants work 19.5 hours per week for 12 months in a variety of community and voluntary settings including: Duhallow Community Food Services, Duhallow Warmer Homes Scheme, Duhallow REVAMP, LIFE+ Environmental Project, Village Renewal, community centres, sporting clubs, St. Vincent de Paul etc. Many participants who are selected from the lottery system through their social welfare local office are reluctant in the first instance to joining the scheme. This may be for a number of different reasons e.g. fear of the unknown, the random selection as opposed to the self-selection nature of many other schemes. However, the levels of cooperation and engagement are extremely high to date with IRD Duhallow placing almost all on the list successfully.

In addition to the top up of social welfare payments, participants reap the many rewards of participating on the scheme including a sense of psychological and general well-being and an opportunity to get involved in their community while working as part of a team. While there



Tús participant, Denis Twomey maintaining the greens in Kanturk Golf Club.

and education opportunities. Tús participants may engage in other commercial employment and are supported to pursue this. A number of participants have worked with mentors (funded through LEADER) to devise business plans as they contemplate starting their own businesses.

Skills Development

Whilst the scheme is designed to reintroduce those long term unemployed to the structure of work and help them refocus on employment, there is also a valuable opportunity to gain new skills. Ongoing training including Safe Pass, Manual Handling, Forklift Training, IT etc improves participants' future employability prospects by enhancing their existing skills and assisting them in developing new strengths. With the assistance of LEADER, 30 participants completed a Rural Employment Planning and Opportunities training course which allowed participants to evaluate their current situation, develop progression plans and explore new and realistic career options and the steps towards achieving this.

The synergy and complementarity that is achieved through the integrated delivery model of RSS and Tús is clearly evident e.g. the transfer of the strong work ethic of the Farmers on RSS coupled with the variety of skills of those on Tús. Participants also benefit from that all important gateway to the suite of other services and programmes available through IRD Duhallow e.g. LEADER, LCDP, Bereavement support, Towards Occupation, Job Centre etc. In many cases it results in increased access to information, training opportunities, referrals and uptake of grants or entitlements amongst Tús participants and their families.

Furniture REVAMP

Through the work of our Warmer Homes Scheme and Duhallow Community Food Service we have become acutely aware that many older people and low income families are living in quite frugal circumstances. This together with the need to provide training and employment opportunities for people with disabilities and mental ill health prompted us to develop REVAMP, a furniture recycling and reuse initiative. Tús has provided an ideal springboard for the project to get off the ground and we are hopeful that CSP funding will become available in the near future. Members of the community continue to generously donate their unwanted furniture to the worthy cause. The furniture is collected and restored with a view to selling it at a nominal fee to disadvantaged people who are not in a position to pay full price. With the assistance of LEADER, Tús participant Frank O'Sullivan, an experienced craftsman is driving the project.

William Broderick learning the craft of Sagan Chair making in IRD Duhallow's REVAMP furniture restoration project. The skills gained on this scheme are easily transferable to the labour market on exit from the scheme.



Tús provides a wide variety of quality work placement opportunities. Margaret Houlihan is placed in Danú Community Childcare in Rathmore.

Tús

Renovation of Heritage Buildings

The reconstruction and renovation of the designated protected status out-buildings in the James O' Keffe Institute is nearing completion. Traditional methods involving the use of lime stone, sand stone, various lime mortars and natural slate are being utilised in the sensitive restoration of this structure. Participants are gaining valuable experience learning many traditional and almost lost skills including: various lime-mixes, stone and brick bonding and traditional wood and plastering techniques.



Tús Supervisor Don Murphy with participant Padraig Murphy restoring the old Smoke house at the James O' Keffe Institute.

All the old stone has been reclaimed and reused in the restoration of the pantry.



Martin Buicke, Donal Lehane and James Shine fitting lead to the roof of the outbuilding in the James O'Keffe Institute, Newmarket.



Tús participant, John Biggane re-pointing stone with a lime mortar mix as part of the outbuilding renovations in the James O'Keffe Institute, Newmarket.

Frank O Sullivan, Krzysztof Zdzalik and Patrick Keating bracing a table in the furniture workshop



Life after Tús...

To date 89 participants have completed their 12 month placement with IRD Duhallow. With the unfortunate absence of a Local Employment Service and Jobs Club in Duhallow participants are supported through IRD Duhallow's Job Centre to focus on job-search and progression planning well in advance of their scheduled exit from Tús. Up to date records are continuously maintained to track the progress of participants following their exit from the scheme. The following three Case Studies illustrate the different experiences encountered by people who have completed their 12 month Tús placement.

Helena Curtin entering data for the Historic Graves Project.



From Tús to Employment

Breda Curtin was selected for Tús in 2011 having been distanced from the labour market due to long standing family caring commitments. She completed her Tús placement with Duhallow Community Food Services where she assisted in the preparation of meals for the elderly. Having completed her 12 months on the scheme, Breda requested to continue her role with the charitable organisation in a voluntary capacity. During this time Breda travelled with the staff of the DCF to the National Ploughing Championships to assist with their stand. A vacancy arose for a paid position within the company. Breda applied for this position and was successful. Speaking of her experience Breda said "Tús has given me the courage to return to the work force after spending 11 years caring for a family member. It's great to be using my old baking skills again and I really enjoy the work"



Former Tús participant Breda Curtin, with Neily O'Flynn and Orlaith Tomkins proudly displaying the produce of Duhallow Community Food Services at the National Ploughing Championships.

From Tús to College

Thomasz Seikaniec hails from Poland and came to Ireland in 2005 in search of employment. Following his entrance interview for Tús, Thomasz was placed on the LEADER funded Dalua Restoration project. Thomasz developed a keen interest in the area of conservation and environmental protection during his 12 month placement and sought permission from his social welfare local office to continue to volunteer on the project in an unpaid capacity. With the support of IRD Duhallow's Employment and Training Officer Thomasz has since successfully enrolled in a four year Degree programme studying 'Wild Life Biology' in the Institute of Technology, Tralee. Thomasz recently commented "It was good to finally have something to do. I was unemployed for a long time. I spent 15 years trying different things and the Tús experience helped me finally realise what I wanted to do with my life. I am looking forward to studying in the Institute of Technology, Tralee."



Thomasz Seikaniec, a past Tús participant volunteering with the LEADER funded Dalua Restoration project as he prepares to commence his studies in the IT Tralee.

From Tús to Self Employment

Having spent almost 2 years unemployed, Willie John Shiel, a qualified electrician completed his Tús placement with the Furniture Recycling project REVAMP. Here, Willie learnt new skills in the area of furniture repair and upholstery. Having completed his placement on Tús, Willie secured 3 months employment with the Farm Relief Service and now has a temporary contract with Munster Joinery in Ballydesmond. Willie received assistance through the LEADER mentoring programme and intends on setting up his own business utilising the skills he acquired through the Tús furniture training programme making custom made children's chairs. Willie said "Tús helped me develop new skills through the furniture recycling training. The support I got through the mentoring programme opened my eyes to what's involved in setting up my own business and I am looking forward to seeing the Billy Chairs in shops very soon".



Willie John Shiel displaying his 'Billy Chairs' at IRD Duhallow's Annual Crafts Fair 2012

Rural Transport Programme



Yvonne Brosnan
B.A. Information Systems Management,
Dip. International Business,
Diploma in Education and Training,
Dip. Rural Development,
Train the Trainer. Cert. E-Commerce,
Cert. Supervisory Management

With over ten year's service, Yvonne is responsible for the overall day to day delivery of the Duhallow Area Rural Transport Programme. She manages the recruitment and supervision of passenger assistants and administration staff. She generates reports for Pobal under both the Rural Transport and Community Services Programme and liaises with community groups and consults on transport needs.

DART Services

Celebrating 10 years in 2013, Duhallow Area Rural Transport continues to provide an all inclusive transport service for the region, meeting the needs of locals and communities alike. The Rural Transport Programme is a life line in Ireland with DART providing 49 services which reach out to those most marginalised in the region through a demand responsive and scheduled services. The flexibility of our service has ensured that young and old have a means of transport to local towns and villages to access activities such as retail, social, health, employment and training opportunities. DART continues to identify and develop new routes as well as altering existing ones as needs arise. With the establishment of a breakfast club for school aged children in Newmarket, DART operates a new transport service from the club to the local schools each morning allowing parents to access employment and training.

DART provides transport to Kiskeam Senior Citizens on their weekly trip to Kiskeam Actively Retirement Group.



DART pledges to provide access and equality for all - Cope Foundation clients on their way home from Cork.



Jerry Crowley, John Singleton, Norita Hedigan and Eileen Kerins using the DART service to access training with the IRD Duhallow REVAMP Project.



Key Achievements to Date

Since 2003, DART has transported over 360,000 passengers and operates services which are affordable, accessible and available to all. It has benefited everyone from young to old and created jobs where employment opportunities are limited. DART is funded under the Community Services Programme for the staffing of a Co-ordinator, Administration Staff and Passenger Assistants. By subcontracting DART's routes to local hackneys and bus owners, DART has sustained 20 local transport operators in Duhallow, that employs over 35 drivers in Duhallow and has generated over €3m in the Duhallow economy. In addition to serving the rural communities DART supports many agencies such as the VEC and the Health Service Executive through providing transport for individuals who have no transport of their own and need to access medical appointments, training, employment or social activities. This year, Youth Clubs and Primary Schools in the Duhallow region availed of DART services. Unfortunately due to budget cuts for the first half of the year, a small number of DART's regular services were reduced from weekly to fortnightly along with the reduction in the level of subsidies available. Thankfully for the latter six months of the year, most of these regular routes will be re-instated.

Restructuring and Future Plan

Minister Alan Kelly at the Department of Transport, Tourism and Sport has launched a new rural transport plan that will involve the establishment of 16 regionally based Transport Co-Ordination Units (TCU's) to replace the existing 35 rural transport companies with one of these such units covering all of County Cork, replacing the 5 existing companies. These units are to be staffed with a manager, administrator and dispatcher and could be located in local authority offices but managed by the National Transport Authority. IRD Duhallow advocates that local development companies are best suited to deliver this programme as part of the community led local development (CLLD) model which the EU Commission is advocating. The Rural Transport Programme is much more than a transport service when delivered through the CLLD model it is integrated into rural development and social inclusion strategies. With almost 25 years' experience in rural development and 10 years in delivering the Rural Transport Programme IRD Duhallow believes that we are undoubtedly best placed to continue the management of the rural transport programme in Duhallow where we know the people and the local needs.



DART Team: Noreen Angland, Vincent McDonnell, Marie Shire and Theresa Collins assessing the weekly logs for DART.



Try Town First: DART ensures that people from Freemount can access shops in Kanturk every Friday.



RSS Participants using the DART service to access training as part of their work on the LIFE Project in IRD Duhallow.



Schools Out! Vincent McDonnell assists children as they disembark the bus at our daily afterschool service in Newmarket.



Splash! Freemount National School children on their way to Mallow for 8 week swimming lessons.

Community Employment Scheme



Paddy O'Connor
C.E. Supervisor

Paddy has been employed as CE Supervisor for over twelve years and has gained valuable experience in aiding participants to get the most from their CE placement. His duties include CE supervision of the eighteen IRD Duhallow participants, providing advice, guidance and support to them in their roles and guiding them towards mainstream employment through the identification of training needs. Paddy also liaises with the communities availing of participants to ensure that community needs are met to the highest standards.

About Community Employment

Community Employment, now under the auspices of the Department of Social Protection, offers people who have been long term unemployed the opportunity to return to mainstream employment. The criteria for participating on the scheme are based on age and length of time in receipt of various social welfare payments. In general, people over 25 years who are receiving social welfare payments for 1 year or more are eligible.



The Dromtariffe Community hold an array of events in the hall during the year with the support of our CE scheme and participant John Feely.

The scheme is specifically designed to build the experience, skills and confidence of participants by providing a mix of valuable work experience and training. Each participant benefits from one to one supports from the supervisor and wider supports from the range of services offered by IRD Duhallow such as our Job Centre and Mentoring Programme. During 2012, the Department of Social Protection carried out a national financial review of the scheme. A number of key issues were highlighted including the level of material grant, the level of training budget, audit fees, supervisory requirements, the management of the programme and the high cost of insurance in the scheme in comparison to others; a point IRD Duhallow had raised a number of years ago.

IRD Duhallow's CE Scheme

IRD Duhallow has worked closely with FAS in the past and now the Department of Social Protection to ensure our Scheme offers a valuable work experience to our participants. Our Scheme has 18 places and covers the communities of Boherbue, Ballydaly, Kilcorney, Banteer, Lyre, Dromtariffe and Rathcoole. Participants undertake a wide variety of work including, caretaking, grass cutting, administration duties and childcare.

The CE scheme provides support to communities and enables them to keep their villages and community facilities clean and tidy, and helps run community facilities such as gyms, childcare facilities and community theatres. The CE scheme has also provided support to communities to enhance their villages for the National Tidy Towns competitions.

We roll out all of our schemes in an integrated, uniform fashion, with Tús, RSS, CSP and Community Employment all working together for the betterment of the participants and the wider Duhallow Community. Our supervisors



Daniel Demet undertaking upgrading works to the exterior of Ballydaly Church.



Hilary Buckland completes her 19.5 hours in Boherbue Educare Centre. IRD Duhallow's CE Scheme provides 4 participants between Boherbue and Banteer Community Childcare Facilities.

work hand in hand to ensure all participants are receiving the support necessary to carry out their duties and that each community is benefiting in the most optimal way.

Given the economic climate, there has been a marked increase in the number of people trying to come on CE. In January, the Department of Social Protection announced an additional 2,000 places nationally, and IRD Duhallow applied for a new scheme. We have just been informed

that we have been awarded an additional 10 places, to be based in the community laundry and the furniture recycling centre in Newmarket. This will facilitate an expansion to the work experience available to the long term unemployed in the region.

In the past, the scheme was afforded a material budget which was used to cover administration costs, materials costs, Health & Safety, insurance costs etc. However, our material budget has been cut by 35%. As a result, we have to ask communities to give a small contribution towards the costs of essential materials and protective clothing in order to ensure the scheme can continue unaffected.



Boherbue has two CE participants responsible for a number of areas in the village. Thomas Doody is pictured strimming the Children's playground with Tim O'Connor cutting the lawn.

Participant Development through Training

An important feature of Community Employment is the opportunity it provides participants to avail of specific training which will enhance their ability to secure mainstream employment once they complete the scheme. With the recent budget cuts, training has also been affected and we can now only part fund training courses which have a FETAC,

City and Guilds or other Certificate qualifications. The training budget is now held centrally by the Community Services Section of the Department and allocated on a case by case basis.



C.E. participants painting the interior of the Dromtariffe Community Hall. Participants undertake a variety of training including working at heights, to enable them to provide the best possible support to communities and be job ready.



Training is an important part of the Community Employment Scheme and participants are encouraged to undertake training that will further develop their skills and enable them progress to employment. David Cotter receives his certificate from Paddy O'Connor.

Duhallow Community Food Services



Orlaith Tomkins

Orlaith Tomkins is co-ordinator of DCFS since January 2008. She graduated from GMT with a degree in Hotel and Catering Management. Orlaith has a wide range of experience in four and five star hotels. She leads her team to focus on the quality of the products and services offered. She is a registered trainer with the Food Safety Authority of Ireland and has completed several cookery courses.

Healthy eating is essential for everyone - but ensuring that there is always a nutritious, satisfying meal to have at home, can for some people, be quite a challenge. DCFS provides a meals home delivery service to anyone in Duhallow who finds themselves in this situation. The service is primarily available for the elderly, or those recovering from sickness.



Tony Angland delivering dinner to Denis O'Callaghan. DCFS delivers over 23,000 meals to homes in Duhallow.

DCFS provides these people with access to a wide range of tasty, wholesome, prepared meals and delicious desserts, all delivered direct to the home or to a community gathering where the elderly can enjoy a hot meal in the company of friends and neighbours. Over 23,000 meals were delivered

in 2012; this shows considerable growth on the previous year further highlighting the demand for this service among the most vulnerable in our community.



Neily O'Flynn with drivers co-ordinating routes for the daily deliveries.

While there are a number of activities at DCFS, the meals service is the heart of the operation. Traditionally the service was based on the provision of a hot meal delivered at lunch time and at an affordable price. It then came to our attention that not everyone wanted to eat their main meal in the middle of the day, with this knowledge we tailored our services to introduce the cook chill form of cooking. It is by far the safest option when cooking food that is intended for reheating. Five delivery routes are in operation covering the entire Duhallow area. Each vehicle is equipped with holding boxes to ensure that all food safety

regulations are strictly adhered to. Drivers take the same routes each day leading to a sense of security for our customers. A familiar face with a kind word means a lot and helps alleviate loneliness. The regular contact leads to opportunities to evaluate customer satisfaction so that the business can constantly evolve.



Jwona Lonewska preparing food for the hot meal deliveries.

Meals are provided at a reduced cost. This is made possible through funding from the DSP for staffing and a grant from the HSE. However this no longer covers the costs and it has become necessary to expand and grow the other products and services offered by DCFS to further offset the growing costs. Additional sales contribute to subsidising the meal production and provide working capital for the necessary refurbishment and up-grading of equipment.

DCFS supplies local retail outlets with fresh bread, scones, tarts, cream cakes and buns. They also supply the local comprehensive school with fresh baking, snacks, sandwiches and salads in the morning and lunch time. Outside catering has become increasing popular with clients offered advice and assistance on menu selection and planning for that special event.



Olive Casey, Caroline O'Carroll & Eilish Breen, the DCFS administration team.



The meal delivery service is subsidised through proceeds made from private catering. Rose Drew putting the icing on the cakes.



DCFS staff preparing the buffet for the Duhallow Business Awards.

DCFS is fortunate to have a dedicated workforce made up of participants from the Community Services Programme, the Rural Social Scheme, and Tus together with a number of volunteers who give so generously of their time. The project is an excellent example of how different schemes can work together with great success for the benefit of the community. The centre is divided into a number of departments, meals, school catering, function catering, a bakery and transportation.

Orlaith together with Mary O'Connell, Rose Drew and Neily O'Flynn are committed to the philosophy and beliefs of DCFS to provide a quality service to those that are most vulnerable in our community. DCFS Ltd. is managed by its independent board of 15 Voluntary Directors all of whom have a wealth of experience and knowledge in areas of Community Services.

DCFS is very reliant and on the public support and likewise they look to support local suppliers for the provision of meat, vegetables and other supplies. In 2012 in excess of €180,000 was spent locally, contributing to the economic growth of other businesses in villages and towns in the local area. We are very grateful to all our customers for their support.



The staff of DCFS with Orlaith Tomkins preparing to serve the meal at the Duhallow Business Awards.

Community Groups in Duhallow

South Eastern Duhallow Communities

Aubane
Banteer
Bweeng
Derrinagree
Donoughmore & Stuake
Firmount
Kilcorney
Laharn
Lyre
Millstreet
Nadd
New Tipperary
Rathcoole

IRD Duhallow Representatives

John Kelleher & Martina Sheehan
Denis Withers & John Kirwan
Jeanette O'Connell & Sean Kelly
Tom Meaney & Charlie Drake
Patrick Buckley & Monica Kennedy
Margaret O'Donovan & Peter Cafferkey
Donie Howard & Neil O'Shea
Eileen Forde & Sheila Crowley
Billy Murphy & Richard Murphy
Noel Buckley & Veronica Perdisatt
Clodagh McSweeney & Paudie O'Shea
Mamie O'Shea & Tony Horgan
Eamonn Hurley & Liz Burns

Western Duhallow Communities

Ballinahulla
Ballydaly
Ballydesmond
Boherbue
Cullen
Foilogohig
Glash
Gneeveguilla
Kiskeam
Knockaclarig
Knocknaboul
Knocknagree
Meelin
Rathmore
Rockchapel
Shrone
Taur
Toureencahill

IRD Duhallow Representatives

Liam Doody & Betty Collins
Richie O' Connor & Tim Murphy
Siobhan Moynihan & Billy Lane
Margaret Murphy & Marie Casey
Gillian O'Sullivan & Collette O'Connor
Annette O'Reilly & Geraldine Cremin.
Mossie Fitzpatrick & Timothy Collins
Cormac Collins & Caroline O'Sullivan
Paddy Joe O'Leary & Batt Casey
June Walsh & Ide Fitzgerald
Maureen Fleming & Tim Fitzgerald
Geraldine O'Connor & Claire Fleming
Eleanor Burke & Denis McAuliffe
Diarmuid McCarthy & Marie O'Leary
Mike Allen & Breda O Callaghan
Conor Creedon & Colette Carmody
Batt O'Callaghan & Jeremiah Murphy
Cynthia Daly & Lil Fleming

North Eastern Duhallow Communities

Castlemagner
Cecilstown
Dromtariffe
Freemount
Kanturk
Kilbrin
Lismire
Newmarket
Tullylease

IRD Duhallow Representatives

James Twohig & Andy Bourke
Mary Cooney & William Morrissey
Gerald Murphy & John Linehan
Caroline O'Carroll & Pat Keane
John Fuller & Tommy Mullane
Patrick Drumm & Jennifer Casey
Colman Jones & Sheila Kearney
Eilish Hourigan & Ollie Dugdale
Angela Hannigan & Mary O'Connell

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Duhallow

THE SPIRIT OF RURAL IRELAND