

# IRD Duhallow

## SPECIAL POINTS OF IN- TEREST:

DUHALLOW  
ANCESTRY

INFORMATION  
SEMINAR ON  
28TH JANUARY

EMPLOYMENT  
AND TRAINING  
WORKING  
GROUP

## INSIDE THIS ISSUE:

CE Vacancies	2
Employment and Training	2
DART	3
Services	3
Agriculture Working Group	3
Update from LIFE Project	4
Office will re open on Monday 6th January 2014	4

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**JANUARY 2014**

### **Community Development Working Group**

#### **Free archives & records management advice and on-site consultations to Duhallow communities!**

IRD Duhallow is offering free advice and on-site consultations with an Archivist to Duhallow area communities. Local individuals, clubs, societies, and community services requiring advice on archival or records management issues such as collections management, storage and housing, preservation, or exhibit practices are encouraged to take advantage of this opportunity. Site Visits are carried out by Community Archivist Evelyn Mc Auley. **For more information, or to schedule an appointment, call 029-60633 or e-mail [duhallow@eircom.net](mailto:duhallow@eircom.net).**

#### **Duhallow Ancestry**

Duhallow Ancestry is currently researching the Aldworth Family, formally of Newmarket Court, and would like to source items of interest such as photographs, documents, books, mementos of the family or old Court, or the people that worked in the house or the gate lodge etc., that anyone would be willing to loan for this project. Any materials or information would be greatly welcomed and can be handed into Evelyn Mc Auley at the James O'Keeffe Institute, or to make other arrangements, you can contact her at 029-60633.

#### **Managing Your Household Budget**

The expensive Christmas Season and the current recessionary economic climate means that everyone is now having to count the cents to match income and expenditure. Ruth Cosgrave from Via Lutea in conjunction with Kanturk Credit Union will be hosting a seminar to show people how to work out and maintain a household family budget on Tuesday the 28<sup>th</sup> of January at 8pm. Pick up some vital tips and tricks to ensure that the books balance at the end of next year! Registration is essential, please contact **Louise at 029-60633 / email [duhallow@eircom.net](mailto:duhallow@eircom.net)**

#### **Warmer Homes Scheme**

**IRD Duhallow** is delighted to announce changes to the qualifying criteria for the Warmer Homes Scheme, which provides a **Free Insulation Service** in the North Cork and East Kerry areas.

If your house was built **before 2006**, you may now qualify for this service.

You must also be in receipt of **one** of the following payments:

Fuel Allowance **or**  
Family Income Supplement **or**  
Job Seekers Allowance (for more than 6 months and have children under 7 years of age)

**Houses must be owner occupied**

**Contact IRD Duhallow Warmer Homes Office on 029-60633.**



Transforming Ireland

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



## Digital Photography Courses for the New Year!!

Learn photography at your own pace with a course plan tailored to your particular level. Whether you are a beginner or an advanced student, we have a digital photography course to suit your needs. **To register or for more information please contact Triona on 029-60633.** Please note that places on both the beginners and advanced courses are limited. An application process will apply.

**Ice Cream Science and Technology an International Training Workshop** UCC is pleased to announce an International Training Workshop on "Ice Cream Science and Technology" will take place on 18-20 Feb 2014. This intensive three day course will provide participants with knowledge on ingredients, processing and quality aspects. Lectures will be complemented with demonstrations and there will be ample opportunity for personal contact with the trainer and industry colleagues.

For further information contact Mary McCarthy Buckley at UCC. Telephone: 021 - 4903363  
[m.mccarthybuckley@ucc.ie](mailto:m.mccarthybuckley@ucc.ie)  
<http://www.uccicecream.com/>

### DCFS

DCFS will reopen after the Christmas break on Thursday 2nd January, deliveries of Dinners will resume that day also.

DCFS can cater for any event such as parties, functions and special occasion, delivered right to your door.

**For further information on any of our services please contact Orlaith Tomkins at 029-76375 or check out our website [www.foodinduhallow.com](http://www.foodinduhallow.com)**

## Employment and Training Working Group

**IRD Duhallow Social Protection CE Scheme** is recruiting Childcare Assistants for Boherbue Educare Centre and Banteer Creche, if you are in receipt of a Social welfare payment, over 25 years of age, unemployed 12 months or more, or on a disability payment 6 months or more, you may be interested in applying. You must be registered with the Employment Services Officer. Please note the successful applicants will need to obtain Garda Clearance. To apply for these positions please forward your CV together with your PPS number to Paddy O'Connor, IRD Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork. **Closing date for applications is the 17<sup>th</sup> January, 2014.**

### IRD Duhallow Mentoring Programme

A New Year ... A New Business!!!! Have you been thinking of an innovative business idea? Well IRD Duhallow is willing to help you to take the plunge! The IRD Duhallow mentoring programme is open to businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Businesses can receive up to 10 hours one to one mentoring time with an experienced business advisor and best of all, thanks to the LEADER programme, it costs you nothing! For further information visit the website: [www.irdduhallow.com/duhallow-enterprise/mentoring](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or **Contact Louise on 029-60633/ email [duhallow@eircom.net](mailto:duhallow@eircom.net).**

### Start Your Own Business Boot Camp

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

### Coderdojo Mentors Required

IRD Duhallow is seeking mentors to help in the running and establishing of a Coderdojo club. Mentors must have a suitable experience in **I.T.** and in "**mark up language**" such as html. as well as being flexible with their time. The club will be for children aged 8 - 13 year olds initially; with the possibility of extending the age range. Coderdojo is a global movement providing open learning to young people, especially in programming technology. Garda vetting of mentors will also be required. For further information please contact Helen at **029-60633.**

### Computer Training for Beginners

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

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

### JobsPlus Scheme

JobsPlus is a new employer incentive which encourages and rewards employers who offer employment opportunities to the long term unemployed. This incentive is designed to encourage employers and businesses to focus their recruitment efforts on those who have been out of work for long periods. Any jobseeker that has been in receipt of a jobseeker's payment from the Department of Social Protection for 12 months or more will be considered eligible to be recruited under this incentive. Therefore, a jobseeker that is currently in receipt of a jobseeker's payment (jobseeker's assistance or jobseeker's benefit) can be recruited, but they must have been in receipt of this payment for at least 12 months immediately prior to starting work (periods on jobseeker's assistance and jobseeker's benefit can be combined). If a jobseeker was engaged on community employment, Tús or the rural social scheme (and some other schemes) and is now unemployed, they may also be eligible. For further information on the JobsPlus Scheme, check out [www.jobsplus.ie](http://www.jobsplus.ie), [www.welfare.ie](http://www.welfare.ie) or contact your local social welfare office.

## Equality Working Group

### Towards Occupation Programme 2014

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

### Newmarket Afterschools

The **After Schools Service** will re open after Christmas on Monday 6<sup>th</sup> January from 2pm - 6pm for children attending Newmarket and Lismire School. Currently transport is available from these two schools. A warm nutritious home cooked dinner is provided along with homework support daily. Children attending the **IRD Duhallow Literacy Programme** can also avail of this transport from school and receive dinner before starting their classes. Please note IRD Duhallow offers a **tiered pricing system** enabling families in receipt of a social welfare payment to receive a reduction in price. There is no requirement to book a place for a full week. Instead, parents have the flexibility to book a place only when required. **If you are interested in sending your child to the After Schools please contact Helen on 029-60633.**

### Duhallow Area Rural Transport (DART)

Duhallow Area Rural Transport (DART) offices will reopen after the Christmas break on Monday 6th January. Regular services will resume from Thursday 2nd January. **For more information, contact Fiona at 029-60648.**

### REVAMP

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

#### **Volunteer Training**

IRD Duhallow is calling on those interested & willing to volunteer with IRD Duhallow on its Domestic Violence, Bereavement Support and Care & Repair Programme.

A training programme will commence in the New Year for all new volunteers. It is essential that volunteers can give their time freely, maintain confidentiality, and respect the privacy of the users of the services.

**If you feel you can bring something to this service please contact Helen at 029-60633.**

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

**AI ANON** If you are affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Thursday night at 8.30pm.

**MABS** An Outreach Clinic is available in the James O'Keeffe Institute, Newmarket. Contact the MABS Mallow Office to arrange an appointment **Tel. No: 076-1072440.**

#### **Domestic Violence Support Helpline**

IRD Duhallow's Domestic Violence Support Helpline is operated locally by trained volunteers and provides support and information to people experiencing domestic violence. This service is for both men and women who are sufferers of domestic violence and volunteers are available to provide a supportive and listening ear. **One to One sessions** are also available with a trained volunteer at a time suitable to the individual. Family members and friends who are concerned for a loved one can also contact this helpline for information. **Domestic Violence Support Helpline @ 087-7733337 from Monday to Saturday from 10am – 10pm.**

#### **Bereavement & Loss Support**

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a **free confidential service** to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc.

**This is not a counselling service but a friendly and supportive listening service.** A trained volunteer currently meets in a one to one setting at a time suitable to both parties. To make an appointment please call **087-6279000.**

## **Literacy Support and TTRS ( Touch Type Read and Spell) for Primary School Children**

**Is your child experiencing difficulty with reading, spelling or writing?**

**Has your child been diagnosed with a learning difficulty and are you concerned about their progress?**

**Do you need advice on how to support you child?**

IRD Duhallow is running **weekly literacy classes** in James O’Keeffe Institute, Newmarket to support primary aged children in the area. The classes are run by an experienced Primary teacher who has specialised in teaching children with learning difficulties and the classes aim to support the students’ literacy needs, taking account of their strengths and weaknesses. The service also provides regular advisory clinics for parents/guardians to discuss the students’ progress in class, offer advice on how to support the child at home or to discuss any other educational queries/concerns. Classes are open to children aged between Senior Infants and 6<sup>th</sup> Class.

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

## **Agriculture Working Group**

**Kanturk Farmers Market** will re-open on Thursday 16<sup>th</sup> and Saturday 19<sup>th</sup> January, 2014 – we thank all our customers for your custom in 2013 and we look forward to serving you all in 2014. The Farmers Market, which is located at the rear of Two-hig’s Supervalu, takes place every Thursday and Saturday from 10.30am-2.30pm. Each week at our Market you will find a fine range of fresh local produce. Watch out for our special 10% discount days. **New Stallholders welcome - for further information please contact Katie on 029 60633.**

### **GIY Duhallow**

The first meeting of 2014 for the GIY Duhallow Group will take place on **Tuesday 28<sup>th</sup> January commencing at 7.30pm.** This meeting will incorporate planning events for 2014 so it’s important that you attend this meeting if you want your ideas to be included in the programme for the coming year.

### **Focal Farmer Soil Testing Scheme**

If you are a member of IRD Duhallow’s Focal Farmer Programme and require Soil Sampling to be completed before the application of Fertiliser or Slurry **please contact Katie on 029 60633.**

### **Environmental Working Group**

IRD Duhallow Bird Watch Group are organising a field trip to Cuskinny Marsh Nature Reserve in Cobh Co Cork in Jan 2014. If you are interested in attending **please contact Katie on 029 60633 to book your place.**

## **IRD Duhallow LIFE Project**

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

### **Christmas Tree Recycle Appeal**

This year we will repeat our very successful Christmas tree appeal. Last year over 1,000 used Christmas trees were donated and put to use as River Bank protection on the Rivers Allow and Dalua. The UK Daily Telegraph described it as the "greenest use" of Christmas trees that they had encountered ever.

The wildlife also love them and we found that small birds such as wrens in particular use them as habitat and for feeding in. Again we would like to thank those who recycled their trees with us and encourage the public to get involved again this year.

### **Conservation Volunteers**

Due to interest from the public we have decided to initiate a structured volunteer programme. It is planned to hold an event at least once a month, giving people an opportunity to work with nature and conservation. This will be a good opportunity also for people with an interest in working with wildlife and practical conservation. Work will range from tree planting, removal of invasive species to monitoring of wildlife. If you are interested in getting involved, please contact the LIFE team at 029-60633.