

IRD Duhallow

SPECIAL POINTS OF INTEREST:

Business Awards

Community Forum Meeting

Duhallow Angling Centre of Excellence

Warmer Homes Scheme

Duhallow Women's

Forum

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Transforming Ireland

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



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Enterprise Working Group

Duhallow Business Awards

Tickets are for sale for the Duhallow Enterprise Awards Gala Banquet. This will be the event of the year, featuring the finest of Duhallow's businesses and special guests. To book your ticket today or for more information, **contact Louise at 029-60633.**

Practical Application of Social Media Training

IRD Duhallow will be running a practical application of social media training for businesses. The concept is to help businesses set up a facebook page, a linkedin and a twitter page and understand the value of these for a business, and learn how to carry out online marketing from these mediums. Please note this is for people who are intending to set up, or have an existing business. To register your interest, please contact **Louise at 029-60633.**

Mentoring Programme

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. The 10 hours mentoring will be maximised using business analysis to identify the areas most in need of addressing. Between sessions, participants will carry out project work to implement agreed solutions. For further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise on 029-60633.**

Community Development Working Group

IRD Duhallow will be holding a **Community Forum Meeting** for all community and voluntary groups in the **North Eastern Duhallow Region on Tuesday 18th June 2013 in the James O'Keefe Institute, Newmarket at 7.30pm.** The various Funding Programmes will be discussed on the night and IRD Duhallow staff will be present to answer questions on eligible projects, etc. An update on the proposal by Minister Hogan on realignment and the future for Rural Development will be addressed on the night.

Also on the night the **North Eastern Duhallow Elections** will be held, where each community group is requested to elect two representatives on to the community forum along with nominating 2 people onto the main board of IRD Duhallow. All groups are asked to complete their nomination forms with due regard to gender balance and geographical spread. **For information contact Helen at 029-60633.**

Day of the RegionsThe Gathering 2013

It is getting closer to the **"Discover Duhallow...A Day in the Regions"** which is sure to be a fantastic month full of a variety of events from family fun days to larger festivals and everything in between. IRD Duhallow would like to encourage everyone to go directly to the IRD Duhallow website for details on these wonderful events at www.irdduhallow.com or to pick up a booklet in local shops and businesses detailing all of the events taking place. Following the great interest from committees and individuals all over Duhallow **there is a range of events planned for the month of July in Duhallow to celebrate the Day of the Regions in conjunction with The Gathering.** This Gathering is an opportunity for people in Duhallow and those abroad to get involved in this national movement; from **Monday 1st July to Sunday 3rd August.** IRD Duhallow would like to thank all the communities that have put so much work into organising their events & in their enthusiastic approach to this initiative. **For further information please contact Helen at 029-60633.**

Youth & Education Working Group

IT Summer Camp & Little Chefs Summer Camp

IRD Duhallow will run its IT and Little Chefs Summer Camps again this year for all primary school aged children. These camps are fun filled with activities ranging from baking, cooking, arts and crafts, planting shrubs, sports and computer skills.

IT Camp starts on the 15th-19th July and the **Little Chef Camp will run from the 8th-12th July and 29th July-2nd August**. The camps operate from 9am-2pm each day.

If families are in receipt of a social welfare payment and or the medical card they are eligible for a substantial reduction in costs. **For further information please contact Helen at 029-60633.**

Laugh & Learn Literacy Summer Camp

The Youth and Education Working Group is organising a **Literacy Summer Camp** running from **22nd of July to 26th of July** in the James O'Keeffe, Newmarket.

The camp is aimed at **Primary School Children** with learning difficulties and children will spend part of each day with an experienced literacy tutor, engaging with the TTRS (Touch Type Read and Spell Programme) as well as enjoying fun activities such as baking, art and sports.

Discounts are offered for those in receipt of a social welfare payment), however there are limited places available and these will go on a first come first served basis.

For further information and registration please contact Louise at 029-60633.

Employment & Training Working Group

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 and bank online. Two further hours will be available on Digital Photography and/or Skype. This training is open to everyone and will be delivered during the day or evening 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 or for more information please contact Mary Mc Hugh at 029-60633.**

FETAC Level 6 Accredited Supervisory Management Training Course

IRD Duhallow is proposing to deliver an accredited Supervisory Management Training Course for women who are about to undertake a supervisory management position or for those who wish to seek employment at this level. This course will equip women with essential knowledge to strengthen and develop their supervisory management skills and participants will learn how to promote good practice in planning, managing and delivering a quality service. The modules that will be covered include Analysis and Decision Making; Quality and Customer focus; Planning, Organising and Prioritising; Strategic Planning and lastly Change Management. Preferred entry level for this is Level 5 Certificate, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences. (Please note that delivery of this course is subject to funding being received through the Equality For Women Measure). **It is important to book your place early as places are limited and for more information please contact Mary Mc Hugh at 029-60633.**

Duhallow Angling Centre of Excellence

The Duhallow Angling Centre of Excellence is presently running a series of Angling Classes on the Allow River in Kanturk. Classes take place on Tuesdays, Wednesdays and Thursdays. If you would like to take part please contact **Tom Ankettell at 086-0827484 or email: anglinginduhallow@gmail.com.**

The Angling Centre will shortly begin **Angling Classes for children and will be held on Saturday mornings**. For further information on any of the Angling Classes please contact **Tom Ankettell at 086-0827484 or**

Coderdojo

IRD Duhallow are looking at establishing a **Coderdojo Club during the month of July for children aged 8- 13 year olds initially**. Coderdojo is a global movement providing free and open learning to young people, especially in programming technology. This club would enable children to learn code, develop apps, games websites and much more. Through Coderdojo young people will learn important skills that will benefit them in the future specifically within the software industry. Coderdojo encourages children to share their knowledge, doubts and ideas. It enables likeminded youths to interact in a cool environment to develop their own programme and games. Anyone interested in attending or seeking further information should contact **Helen at 029-60633.**

Cork and its Diaspora: harnessing a natural resource

Play your part in bringing together the most influential members of the Global Cork Business Diaspora Network

We are asking you to make a difference to the Cork Economy by helping to identify:

- Cork connected people from all business sectors and sizes
- Second & Third Generation connected successful People / Families

The **Cork Global Business Network** is currently being established which will consist of influential Cork - connected individuals abroad, all of whom have demonstrated or would like to demonstrate a strong affiliation with Cork and Ireland.

These **Sons and Daughters of Cork** will be invited home by both Cork Mayor's and Forum Chairman John Mullins, to take part in meaningful discussions on economic renewal, developing links and job creation, specific to Cork County and City at the inaugural Global Cork Economic Forum, which will take place on October 17th & 18th 2013. This event is a flagship business gathering as part of Cork Rebel Week, a celebration of 'All Things Cork' For further information visit www.corkrebelweek2013.com or log onto www.corkbusinessdiaspora.com. **or contact Louise Bourke at 029-60633.**

REVAMP - Furniture Recycling Project

We are grateful to people who have donated items of furniture for the REVAMP Programme. Tús and Towards Occupation Participants have done an excellent job in re-vamping all items. We now have many pieces of furniture eg tables, kitchen chairs, armchairs and couches available for low income households. **For further information on donating unwanted items or purchasing items please contact Con or Don at 029-60633.**

Warmer Homes Scheme

If you are in receipt of **one** of the following payments you will now be eligible to receive insulation services **free of charge**:

Fuel Allowance

Family Income Supports

Job Seekers Allowance (for more than 6 months and have children under 7 years of age)

Houses must be owner occupied and constructed before 2002.

Our waiting list for houses is not as long as previous years so applications taken this month will have works completed before next winter. If you or a member of your family are eligible for this service please contact Colm or Eileen at **029-60633**.

Agriculture Working Group

KANTURK FARMERS MARKET, which is located at the rear of Twohig's Supervalu takes place every **Thursday and Saturday** from 10.30am -2.00pm. Every week at our Market you will find a range of fresh local produce, including home baking, cakes, plants, eggs, honey, chicken's (Sat only), Preserves, Chutney's and Jam's. If you would like to avail of a stall at the market **contact Katie at 029-60633**.

DEALING with STRESS

Farmers face many challenges – increasing input costs, uncertainty in commodity prices, increased environmental regulations, isolation, long working hours and unpredictable weather. Anyone can suffer from stress, stress in your body's way of responding to any kind of demand that makes you feel threatened or upsets your balance in some way. The services listed below have a lot of experience in helping people deal with stress and other mental health problems.

Shine

1890 621 631 (Mon-Fri, 9am – 4pm) Shine supports people with mental ill health and their families

Samaritans

1850 609 090 (7days, 24 hours) Samaritans provide a befriending service to those passing through a personal crisis.

AWARE

1890 303 302 (Mon-Wed, 10am-10pm, Thu-Sun 10am-1am) AWARE provide emotional support and information to those who experience depression and their families.

GROW

1890 474 474 Grow is a mental health organisation that helps people who have suffered or are suffering from mental health problems.

yourmentalhealth.ie is a website developed by the HSE National Office for Suicide Prevention (NOSP.ie) to help you understand your own mental health and know how to help others.

Environment Working Group

Duhallow Bird Watch Group Meeting on Monday 17th June at 7.30pm in the James O'Keeffe Institute, Newmarket.

GIY Duhallow will hold its monthly meeting on Tuesday 25th June at 7.30pm for further information please contact Katie at 029-60633.

Duhallow Carers Group

The Duhallow Carers will have a meeting on Thursday 6th of June at 8.30pm in the James O'Keeffe Institute. All family and voluntary carers welcome. **For further information contact Louise at 029-60633.**

To mark Carers Week, Duhallow Carers will hold a Coffee Morning on Saturday 15th of June, in the Temperance Hall Kanturk from 11am -1pm. All proceeds will be donated to St. Joseph's Foundation. Please support.

For further information contact Louise at 029-60633.

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

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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.**

Duhallow Women's Forum joins "Turn off Red Light Campaign"

IRD Duhallow has joined the campaign to end exploitation, abuse and trafficking by changing the law to target the buyers of sex. This campaign is being run by a new alliance of civil society organisations. Contrary to what many believe, the reality is that in Ireland, it is still legal to buy sex, a loophole which has been closed in other European Countries. "Turn off the Red Light Campaign" is focused on criminalising the purchase of sex in Ireland.

This is a crucial time in the campaign as TD's and Senators continue a review of the current laws on prostitution and the Duhallow Women's Forum is now adding its voice to the campaign.

It is now vital that the people of Duhallow who want legal change use this opportunity to have your voices heard. Therefore we would urge you to visit the website www.turnofftheredlight.ie/action and find out how to bring real change and protections for women and girls.

Bereavement 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 with a client at a time suitable to both parties. To make an appointment please call **087-6279000**.

Conferences

The LIFE team were busy presenting at major International conferences over the last two months. We presented our findings on our work to improve Otters and separately work on the removal of the invasive non native plant the Himalayan balsam. We also presented at conferences designed to examine EU water policy and CAP. A clear message was given that any legislation must be workable on the ground, be fair and work for local people such as the farming community. We hope to develop this work with the OPW to examine possible developments in flood management, farming and wildlife.

Visit by other EU LIFE projects

We were delighted to host an EU LIFE project from Slovenia, (LUTRA, the Institute for Conservation of Natural Heritage in Slovenia) who visited our work and listened to a presentation on our project. In addition Mr Ruairi O'Conhúir also gave an informative presentation on the MulkearLIFE project during our Environmental Awareness Month in April.

Nature Detectives

June will be an exciting month for our young Nature Detectives. Following on from our very successful "species recording programme" last year, the LIFE team and Inland Fisheries Ireland will be visiting National Schools and working with school children on this exciting project. Students will be surveying the wildlife in their neighbourhood which will be mapped on a dedicated internet wildlife recording map located at www.duhallowLIFE.com website. The project was developed with national body for wildlife recording, the National Biodiversity Data Centre and has proven to be a big hit with students and teachers alike. So watch out we are coming to a school near you!!

IRD Duhallow LIFE Project

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

Summer is now upon us and what unusual seasons we are experiencing. Some would argue that we have had a 6 month winter and the LIFE project would not disagree as many of our project actions were delayed by continuous flood water and wet field conditions. But hopefully as the land begins to dry it is now full steam ahead. Here are a few updates on the project.

Tree Planting

We have continued with our tree planting work and concentrating mostly on two species of willow. However we are expanding the planting programme to include Ash also on drier ground.

Fencing

A major push is being undertaken now to continue with our fencing work. Where possible we are asking farmers to assist. A point worth noting is that we have discovered through our research, that generally the cattle can access vegetation up to 1.2m under a single strand electric fence. Therefore, we need to move fences back at least that distance to account for this. Double strand electric fence or barbed wire do not require this provision. Also we have developed a novel system for fencing in flood prone areas and this has been successfully at one of our test sites in the SAC.

Land Drainage

We want to highlight once again the damaging consequences to aquatic life that excessive land drainage can cause. During wet weather, freshly exposed drains become eroded and release silt into the main river causing damage to the river habitat. Therefore we encourage landowners where possible to prune back vegetation blocking drains rather than break the soil with excavators. Excavators usually lead to increased erosion and siltation. Contact IRD Duhallow for further information.

Silt Traps

Siltation of Freshwater Pearl Mussel Habitat and salmon spawning areas is a major problem for the Upper River Blackwater SAC and its tributaries. The LIFE project completed a study of silt traps placed in coniferous plantations on the Mullaghareirk Mountains to examine their effectiveness for the local environment. We are currently working with landowners with a design which we developed with RSS which hopefully will reduce siltation from drainage channels.

Sandmartin Colony

The Duhallow Birdwatch Group are kindly monitoring our artificial Sandmartin colony and we look forward to the results in due course. Check out the month of April on the IRD Duhallow LIFE 2013 calendar for a picture of the structure). If you would like one of these lovely calendars don't hesitate to contact us at IRD Duhallow.

Transition Year Students Spring Into Action

Following on from the "species recording programme", the Transition Years students in Duhallow are mapping the data collected by our young Nature Detectives to provide us with a fantastic window into wildlife in Duhallow. Along the way the TY's are learning about computer mapping (GIS) and bringing themselves one step closer to being ready for the Smart Economy! Who said that Science isn't cool!

Future LIFE

THE IRD Duhallow LIFE team are delighted to be able to support IRD Duhallow on a new potential LIFE bid. Many of our project actions have highlighted areas where progress can be made with stakeholders and wildlife. We identified during our river surveys last year that other sections of the Upper Blackwater SAC are degraded and some of the techniques developed by the LIFE project are applicable to these areas. Our extensive work on invasive species means that we have trained teams on the ground expert on their removal. Our regular meetings with the Duhallow Environmental Working Group and the Duhallow Birdwatch Group have highlighted the potential benefits that can be given to other species including the rare bird the Hen harrier. Which incidentally was identified by some of our Nature Detectives last year when they returned their recording sheets to their schools last year. Where possible we will lend our support to this project and are encouraged by the interest from a broad range of stakeholders for a new LIFE project in the Upper Blackwater SAC and the adjacent SPA for birds.

