



IRD Duhallow Community News

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Community Development Working Group National Tree Week 4th -10th March 2012

National Tree Week celebrates all positive aspects of trees in our lives and environment. The theme is 'Trees – Our Past, Our Present, Our Future'. During National Tree Week, as well as prompting people to plant more trees, we are asking people to celebrate our remarkable heritage of trees and woodlands and to recognise the significance of trees and forests as a living link to our past, as an enjoyable, life-enhancing asset in the present, and as a wise investment in our future. This week is an opportune chance for communities, organisations, community groups, schools, families and many others to do something positive for their local landscape. IRD Duhallow have been able to source a number of Oak and Ash saplings which we would like to see planted during National Tree week. If interested in obtaining trees for your community, school or organisation **please contact Katie Crowley at 029-60633.**



Built Heritage Programme

IRD Duhallow is excited to announce its **Built Heritage Programme** for individuals and communities in Duhallow. This programme will commence with a **public information evening** on **Wednesday 7th March** at 7.30pm in the James O'Keeffe Institute, Newmarket. Guest Speaker is **Dr. Fidelma Mullane** who is an expert in the area of conservation and planning. Following this seminar Fidelma Mullane with IRD Duhallow will be undertaking **community consultations** in order to identify the built heritage structures in each community in Duhallow and to create a **database** of these structures. A **training Programme** will follow this where participants will be trained in approaches to caring for and the development of rural heritage buildings. IRD Duhallow hopes to identify a number of community projects from this programme which would be eligible for LEADER Funding. If you are interested in participating in this new and innovative programme please register with **Helen O'Sullivan at 029-60633.**



Cancer Support Group

IRD Duhallow will hold its first **Cancer Care Support Meeting** on **Wednesday 8th March** at 7.30pm in the **James O'Keeffe Institute, Newmarket**. At this meeting former cancer sufferers and people who are currently experiencing cancer will have the opportunity to share their experiences and communicate with one another over a cup of tea in a comfortable environment. All are welcome. For further information and to register your interest please contact **Helen O' Sullivan at 029-60633.**



Domestic Violence Support Helpline

IRD Duhallow's Domestic Violence Support Helpline is operated by trained volunteers and provides support and information on their options and rights to those affected by domestic violence. This service is for both men and women and volunteers are available to provide a supportive and

listening ear to all. Family members and friends who are concerned for a loved one can also contact this helpline for information. The Domestic Violence Support **Helpline is 087-7733337** and operates from **Monday to Saturday from 10am – 10pm.**

Trained Volunteers are also available to give **informative presentations to groups** on domestic violence. If you are a member of a group such as a community group, youth club, women's groups, men's groups, sports club, GAA group etc and would be interested in learning more about domestic violence and the supports available, IRD Duhallow would be delighted to facilitate such a presentation. **For further information please contact Helen at 029-60633.**



ASIST & SAFE TALK

IRD Duhallow will be running an **ASIST Course** on the **12th and 13th April** in the James O'Keeffe Institute. ASIST (Applied Suicide Intervention Skills Training) is a two-day interactive workshop in suicide first-aid. It is suitable for all kinds of caregivers - health workers, teachers, community workers, Gardai, youth workers, volunteers, people responding to family, friends and co-workers. Places are limited on this course and all participants must firstly take part in a 3 hour SafeTalk event firstly before progressing onto the ASIST course. This SafeTalk Event will take place on the **21st March from 10am-1pm** in the James O'Keeffe Institute. SafeTalk is a training programme that prepares participants over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. If you have already participated on a SafeTalk Course then you can proceed straight to the ASIST course. **For further details please contact Helen at 029-60633.**



Bereavement & Loss Support

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a **free confidential listening service** to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. **This is not a counselling service.**

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

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

Support Group Meetings will commence on **Thursday 22nd March** at 7.30pm in the James O'Keeffe Institute Newmarket **for people who would like to meet with others who have been bereaved or experienced a loss and to share their experiences in a comfortable setting.** If you are interested in joining this group please contact **Helen at 029-60633.**

Rainbows for Children

IRD Duhallow is planning to run a Rainbows Programme to assist children and youths who are grieving a death, separation or other painful transition in their family. **The Rainbows Programme provides a safe setting for children and youths** to share their feelings, emotions and struggles with others who have similar experiences. They are supported through this process by a trained facilitator. This programme is free of charge. If you are interested in sending your son or daughter to take part in this programme **please contact Helen at 029-60633.**



IRD Duhallow's SAOI Network

IRD Duhallow's SAOI Network represents actively retired groups throughout the region and acts as an advocate for the 'Third Age' in Duhallow. The word "SAOI" is the old Irish word for a wise person – generally an older member of the community to whom people would turn to for advice. SAOI promotes the participation of older people in local decision making processes as well as encouraging and supporting them to avail of the various supports available. It helps to promote and value the role and contribution of older people in Duhallow through coordinating the efforts of locally established groups to develop regional responses to their multiple needs including physical, social, health, cultural and emotional. If your active retired group is NOT already represented on the SAOI Network or you are interested in starting a new group in your area please contact **Triona Murphy at 029-60633.**

Duhallow Carers Group

The Duhallow Carers will be meeting on **Thursday the 1st of March and Wed 4th of April** the James O'Keeffe Institute at 8pm. Whether you are caring for someone young, or old, suffering from a mental or physical illness, you are always welcome in Duhallow Carers where you can enjoy a cup of tea and a chat with others in similar situations. Further enquiries please contact **Louise on 029-60633.**

Duhallow Care and Repair Programme Care Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly or Daily Phone Call Service to ensure that they have regular contact with someone.** The purpose of this service is for older people to receive a phone call from trained volunteers to check in with them to ensure that they are safe and well as well as having a friendly chat and give them information on services and activities that they can avail of in the locality. IRD Duhallow is inviting individuals as well as actively retired groups, day care centres and family members to contact IRD Duhallow regarding this new service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further details contact Helen at 029-60633.**

Warmer Homes Scheme

The Warmer Homes Scheme promotes and improves home heating for the elderly and disadvantaged in the Duhallow region. The services provided include upgrading attic insulation, cavity wall insulation, draught proofing windows and doors, fitting lagging jackets on cold and hot water tanks and providing low energy light bulbs. Homes must be owner occupied and constructed before 2002.

People in **receipt of the fuel allowance** will receive the service **free of charge.** **Please contact, Denise or Colm at 029-60633.**

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

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

Youth and Education Working Group

Newmarket After Schools

The Newmarket After Schools continues to operate its After Schools Service 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 allowing families in receipt of a social welfare payment to receive a reduction in price. If you are interested in sending your child to the afterschools please contact Helen at 029-60633.



Easter Camps

IRD Duhallow will be running its **Little Chefs Easter Camp** and its **IT Easter Camp** from **Tuesday 10th April to Friday 13th April** from **10am -2.00pm** for all primary school aged children. Children will have an opportunity to have some fun while learning to bake, to grow vegetables, art and crafts, and also develop their IT skills. Due to the success of the camps in 2011 places are limited and early booking is advisable. To book a place please contact **Helen at 029-60633.**



TTRS (Touch Type Read and Spell)

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



Additional IRD Duhallow Literacy Support Workshops for Primary School Children

Due to the huge level of demand, the Youth and Education Working Group is pleased to be in a position to offer additional literacy support classes. 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 1st and 6th Class.

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

Essay Writing Skills Workshops

Subject specific workshops for: Leaving Certificate History, Leaving Certificate English, and Junior Certificate English. All three workshops will explore how to write essays effectively. What do 'questions' really mean? The common pitfalls in punctuation, and grammar. Time management for the exams! Topics discussed will be: How to answer poetry in Junior Cert English and Comprehension questions in Leaving Cert English. How to 'link' paragraphs together, and use word openers. How do you give your opinion in History without saying 'I'? Subject to demand it is envisaged that these workshops will take place during Easter Break and will be four hours each in duration. All three workshops are facilitated by a UCC Master's graduate. **If you would like to register your name please contact Mary Mc Hugh at 029-60633.**

Enterprise Working Group Mentoring Programme

IRD Duhallow is pleased to announce details of our new mentoring programme which is open to businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Through an initial consultation a number of key areas will be identified which need addressing in your business. From there an appropriate programme will be devised to ensure that you will receive support in the high priority areas for your company. This process will set out a plan for 5 two hour sessions of one to one business support mentoring time.

The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. The hours can be used in whatever manner is most beneficial to your business. E.g. for businesses most concerned about finance, the mentor apportionment will be weighted to reflect this need. Between sessions participants will carry out project work to implement agreed solutions. For further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise on 029-60633.**



Thinking of Starting Up or Expanding a Business?

Grant aid is available for new business creation and existing business expansion, but applicants must fulfill specific criteria. Pick up the phone today to see can we help you! **Contact Louise at 029-60633.**

Equality Working Group PAL Group for Lone Parents

Are you Parenting Alone? Feel like you could do with some support and friendship?

PAL will hold their next meeting on **15th of March at 7.30pm** in the **James O'Keeffe Institute, Newmarket.** **Rachel Budd** will give a talk on **Grow It Yourself (GIY).** New members always welcome. **Enquiries to Noreen at 029-60633.**



Sliabh Luachra Genealogy Services Irish Genealogy and Historical Research

For further information please contact Gerard Murphy, Inchinatotane, Newmarket. Tel No: 086-2542806 or 087-9809828 or email: sliabhluchragenealogy@gmail.com

MABS – An Outreach Clinic is available in the James O'Keeffe Institute, Newmarket. Please contact the MABS Mallow Office to arrange an appointment **Tel: 076-1072440.**

Lenten Talks

Millstreet Parish have organised a series of three Lenten Talks on the theme of **Compassion.** They will take place in Millstreet Community School library at 8.00pm.

Monday 27th February Fr. Peter Mc Verry SJ- 'Jesus the Compassionate One'

Monday 5th March Dr. Patricia Kieran (Dept of Education, Mary Immaculate College, Limerick) – 'Compassion, Faith and the Family'

Monday 12th March Mr Justin Kilcullen (Director of Trocaire) – 'Being God's Compassion in Today's World'. Admission is free, however a donation of €5.00 is suggested to cover costs of speakers. **More details, contact Millstreet Parish Office at 029-70043.**



Living the Eucharist

In June 2012 the 30th Eucharistic Congress will be held in Dublin. Mary of the Cross MacKillop is named as one of the patrons of the congress. To help us focus on the Eucharist and this Mystery of Faith, an evening will be hosted in the James O'Keeffe Institute on **Thursday 12th of April at 8.00pm** and facilitated by Sr. Maureen Cahill. The guest speaker on the night will be Sr. Antoinette Dilworth. **For Further information and registration please contact Louise on 029-60633.**

Employment & Training Working Group

IRD Duhallow's Job Centre continues to be a core element of our service to the unemployed and to other job seekers and local businesses. The job centre provides the following services to those seeking employment: **CV assistance and compilation, Interview guidance and preparation, access to training and educational opportunities.**

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

Employers can avail of an effective local recruitment service whereby you can advertise your current vacancies with us. From our database of candidates we will select applicants that have the job specific criteria and forward their Curriculum Vitae to you. For further information or to register with the Job Centre please contact **Yvonne at 029-60633.**



The Employment and Training Working Group is currently determining interest in the possibility of delivering a **Bookkeeping and Payroll Training Programme.** This programme will focus on Manual and Computerised Bookkeeping and Payroll and will assist learners to set up and maintain accounting records. On completion of the course learners will produce final accounts and VAT returns. Additionally individuals will obtain the knowledge and skills to understand the concepts of manual payroll and set up & implement a computerised payroll system. This course will benefit those who own their own business and also individuals seeking to take up accounts/payroll positions in SME's. This course will take place during the day time and will be covered over 10 days. Please note that Preferred Entry level is that Basic Keyboard Skills will be required. **It is important to book your place early as places are limited and for more information please contact Mary Mc Hugh at 029-60633.**

IRD Duhallow is also seeking interest from those wishing to complete a tailor made **Finance Module**. This module is designed to provide the learner with understanding, knowledge and practical steps required to understand the basics of finance and how money works. Learners will understand financial jargon; develop an awareness of the key elements to good financial management; demonstrate their ability to read financial statements; be able to assess financial viability and performance; develop their confidence in communicating regarding financial matters and appreciate the importance and the elements of monetary control within an organization. Preferred Entry Level: FETAC Level 5, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences. This course will be of particular benefit to owners of SME's and individuals working in this area. **This course will take place over 6 full days and for more information please contact Mary McHugh at 029- 60633.**



The Employment and Training Working Group is seeking to deliver a course in **Infection Prevention & Control** which will cover general infection control and prevention with emphasis on common infections occurring in a range of healthcare settings such as nursing homes. Course Overview: Basic Microbiology, Principles of Infection Control: Standard Precautions and Transmission Based Precautions; Healthcare Associated Infections; Health Management. This course will take place in Newmarket over five full days or 11 evenings depending on demand. Please note that Entry Level requirements will be a FETAC Level 4 or equivalent qualifications and/or life and work experience. **If you are interested in registering your name please contact Mary McHugh at 029-60633.**



IRD Duhallow continues to facilitate and support **older learners** to access **Life Long Learning opportunities** including Basic Computers, Internet and Email, Photography and ICT etc. If you are interested in any of the above classes or have suggestions for other relevant courses/workshops please contact **Triona at 029-60633.**



Reminiscence Training

Reminiscence is the vocal or silent recall of events in a person's life, either alone, or with another person or a group of people. It is the process of thinking, recalling, telling, or representing by means of oral, written and artistic forms of expression, personal past experience. Reminiscence work is an important tool in promoting active social engagement in later life, and in affirming participation in the social and educational life of our communities. IRD Duhallow is offering training for actively retired group leaders in the facilitation of Reminiscence activity. This two day training will equip participants to learn ground work skills in Reminiscence work enabling them to take the first steps in planning to develop their own reminiscence programmes and activity within their own actively retired groups or communities. The training will combine practical and experiential learning on approaches to reminiscence work exploring a wide range of themes. **If you are interested please contact Triona at 029-60633.**

Agriculture Working Group

1st March – 31st August

Why Burning Land During This Period Is Not Clever

Burning gorse in the months of Mar- Aug is self defeating and propagates scrub, meaning burning is in fact facilitating the colonisation of scrub throughout farmland. It results in

damage to property, wildlife and risk to lives. Under section 40 of the Wildlife Act burning land from the 1st March – 31st August is illegal. Farmers are at risk of losing farm payments if their land is burned during this period. National Parks and Wildlife Services and An Garda Síochána are asking communities and individuals to be vigilant for burning activity during summer months.



Farm Assist – Changes 2012

It was announced in Budget 2012 that there would be **changes** to how means are assessed for Farm Assist. The rate of payment will not change. The assessment of means from self-employment, including farming, is being raised from 70% to 85%. (**January 2012**).

The deductions from income for children are being halved to €127 per year for each of the first two dependent children and €190.50 per year for each subsequent child. (**January 2012**).

For further information contact Katie at 029-60633.



GIY Duhallow - A meeting of the GIY Group will take place in the James O'Keeffe Institute, Newmarket on **Tuesday 27th March at 7.30pm** new members are welcome.



IRD Duhallow Bird Watch Group - The monthly meeting of the Bird Watch Group will take place on **Monday 12th March at 7.30pm**. New members are welcome for further details please contact **Katie Crowley at 029-60633.**

The 45th All Ireland Conference on Bird Conservation 2012 takes place in the Radisson Hotel & Spa, Ditchley House, Little Island, Cork from **9th -11th March 2012**. The title of this year's event is *Birds for Life: Recreation, Education, Conservation*. The event is organised by Bird Watch Ireland in association with RSPB Northern Ireland. The event incorporates: exhibitions, seminars, workshops, optical demonstration, presentations and field trips. For further information or to download a Booking form log onto www.birdwatchireland.ie

Duhallow Community Food Services (D.C.F.S.)

The Food Centre in Boherbue provides a **home delivery meal service** Meals can be booked on a long or short term basis. Dinner and Dessert cost €6.00 per day, delivered piping hot to the door.

Duhallow Community Food Services provides a wide range of hot or cold dishes for any **catering event** such as Parties, Functions, Holy Communion, Retirements, Office Parties and Special Occasions. We supply a wide range of menu's delivered to your door to suit your budget.

Orders for confirmation and holy communion days are now being taken. All Orders over €100 will receive a Free 9" Celebration Cake to mark the special occasion. (Limited Period Only).

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

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

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

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