

IRD Duhallow

SPECIAL POINTS OF INTEREST:

- Enterprise Working Group
- Gathering 2013
- Economic Dev. Of Rural Areas
- Education & Training Working Group
- LIFE.....

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MARCH 2013

Enterprise Working Group

Sole Trader vs. Limited Company

What platform should your business be trading from?

The Enterprise Working Group will host a seminar entitled Sole Trader vs. Limited Company. What platform should your business be trading from? In an era of limited liability, directors duties and tax implications it is vitally important to understand the best mechanism to operate your business.

This seminar will be held in the James O'Keeffe Institute in Newmarket, on Wednesday 13th of March at 7.30pm.

Register by contacting 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 will be maximised using business analysis to identify the areas most in need of addressing. Between sessions participants will carry out project work to implement agreed solutions. For further information visit the website:

www.irdduhallow.com/duhallow-enterprise/mentoring or Contact Louise at 029-60633.

Gathering 2013

The aim of the Gathering 2013 initiative is to attract more people into the Country to drive economic growth. The Gathering is an opportunity for people in Duhallow and those abroad to get involved in this national movement. It will provide a platform for Ireland to connect with its diaspora around the world. There are 71 claiming Irish heritage around the world. Nationally community groups are being encouraged to hold events and festivals of all sizes and interests and to invite family and friends home.

In Duhallow we are seeking applications from local groups and individuals to organise events during the month of July as part of "Discover Duhallow ... A Day in the Region" which IRD Duhallow developed last year as a 10 day event but due to its success will now run for a month this year from **Monday 1st July to Sunday 3rd August.**

Events can vary in size and can be a once off event such as a guided walk, cultural event to a larger festival. **All applications must demonstrate how they will attract people home for their event and how it fits into the overall theme of the Gathering.** Communities who took part in Discover Duhallow in 2012 will need to look at broadening their events for 2013. **For further information please contact Helen at 029-60633.**

Call for submissions to the Commission for the Economic Development of Rural Areas (CEDRA)

The Minister for the Environment, Community and Local Government, Phil Hogan TD. Has encouraged people in rural areas to fully participate in this process by making submissions and attending their local public meeting. Emphasising the central role of the voice of rural citizens in this exercise the Minister highlighted the need to integrate the views of rural dwellers in the policy making process and the importance of local knowledge and experience in this context. Both the Minister and Pat Spillane, the Commission Chair, are confident that once afforded the opportunity rural dwellers will engage with the process and ensure that their opinions shape the final report which in turn will inform their development pathways going forward.

The Minister supported this by saying that "People living and working in rural Ireland are best placed to know what needs to be done to ensure that the rural economy develops. Their input to the CEDRA is critical."

The Chairman of the Commission, well know GAA star Pat Spillane, is keen to engage with the public and will be listening to their experiences and suggestions regarding economic development in their community. "The feedback and contributions that we receive from the public are vital to the work of the commission in the preparation of its report. We need solid, practical and workable recommendations to put into the report. We are also asking anyone with an interest in economic rural development to make a submission through our website www.ruralireland.ie"



Transforming Ireland

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



Youth & Education Working Group

Breakfast & Afterschool Club

The IRD Duhallow Breakfast Club operates from 8am to help facilitate parents to get to work on time while knowing their child is in a safe environment and will be dropped to school on time. This service includes transport to Newmarket Girls and Boys School. **The After Schools Service** operates from 2pm -6pm for children attending Newmarket and Lismire Schools. 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, Family Income Supplement** or a **medical card** to receive a reduction in price. There is no requirement to book a place for a full week. Parents have the opportunity to be flexible and book a place only when they need to. If you are interested in sending your child to the **Morning Club and/or Afterschools** contact Helen at 029-60633.

Little Chefs Easter Camp

IRD Duhallow will be running its **Little Chefs Easter Camp** and its **IT Easter Camp** from Monday 25th March until Friday 5th April from 9am - 2pm 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.

Places are limited for these 2 camps and due to the success of the camps in 2012 early booking is advisable. **To book a place please contact Helen at 029-60633.**

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Agriculture Working Group

Schmallenberg Virus

Exposure to Schmallenberg Virus has been quite widespread in Southern & South-Eastern counties during 2012, the virus was first identified in Germany in late 2011. The virus, which is transmitted by biting midges is capable of causing disease in infected cattle & sheep, primarily leading to the birth of malformed calves and lambs.

Facts:

It can cause abortion & stillbirth in ruminants (cattle & sheep) and birth of deformed lambs & calves.

It is transmitted by biting midges- during April - December.

It is not known to pose any risk to human health.

It does not pose a risk to non-ruminant animals such as horses

It is NOT a notifiable disease.

Impact of Infection in Spring 2013:

It is relatively small in most infected herds/flocks.

It is dependent on the stage of pregnancy at which cows & ewes are infected,

It is greatest in southern & eastern counties because of greater risk of exposure to the virus.

Generally greatest in herds with compact calving/flocks with synchronised breeding programmes. **Contact your Local Veterinary Office if you have any concerns about the virus.**

FARM ASSIST: 2012 was a very difficult year for many farmers financially. Farm Assist is a means tested income support scheme available to farmers. **For further information contact Katie at 029-60633.**

Duhallow Beekeepers are hosting a lecture entitled "Pest & Diseases"

on **Monday 4th March commencing at 8.00pm in the James O'Keeffe Institute.** The lecture will be given by Dr. Pdraig Whelan UCC the event is free of charge. For further information please contact **Katie at 029-60633 or Andy at 087-2783807.**

The Farmers Market takes place each Thurs. & Sat .at the rear of Twohigs Supervalu Kanturk commencing at 10.30am. If you are looking for home baking, jams, chutneys, eggs, cooked chickens and home grown vegetables please visit us at the market.

If you are interested in obtaining a food stand at the market please contact Katie at 029-60633.

Employment & Training Working Group

The Employment and Training Working Group is proposing to deliver a number of Courses and Workshops. If you are interested in registering for any of these please **contact Mary at 029-60633.** Please note early booking is advisable as spaces are limited.

Career Decision Making for Adults over 50 years old

RD Duhallow recognises that there is a challenge for men and women who are being laid off from declining sectors to re-focus and re-invent themselves to thrive in new areas of employment. IRD Duhallow is planning to hold a two day workshop **specifically for people who are over fifty** to help with clarifying career and educational options and specifically how to "**search for that job effectively**". Numbers will be limited to 12 people to ensure that the workshop will focus on personal, individualised contact with participants. We are taking names of people interested in taking part in this workshop which is free to attend.

Job Search Strategy / Skills and Interview Preparation Workshops

The Employment and Training Working Group is proposing to deliver the following workshops:

Job Search Strategy & Skills which will enable participants to create a powerful targeted CV to win interviews and to write cover letters which will sell your CV to potential employers. Additionally participants will be shown the smart way to job hunt in today's fast moving environment and develop methods for researching employers.

Career Decision Maker Programme will allow individuals to identify a range of career/employment/self-employment options that they are suited to and motivated towards. The programme will encourage people to consider training courses to maximise attractiveness to employers and broaden their skill base allowing participants to access new roles and opportunities. Each person will receive a detailed career report and will achieve career clarity and make confident and informed career decisions.

Interview Skills Workshop which will help participants learn how to prepare for meeting with prospective employers. Participants will learn techniques for reducing pre-interview nerves; identify Interview Checklist of Dos and Don'ts and also learn about grooming and Dress Guidelines. Each workshop will be two days in duration from 10a.m. to 4p.m.

“Fast Forward to Work” Programme

Bookkeeping and Payroll Training Programme - This training programme will be delivered over a period of 8 weeks that will include Manual and Computerised Bookkeeping and Payroll whereby learners will be equipped with the necessary skills to operate an integrated accounts system for small to medium sized businesses. 2 days will also be spent offering an insight and guidance on what is required to achieve that job vacancy. A further 2 days will be spent learning how to use various Social Media platforms as a tool for Job Searching with a view to securing employment. Areas that will be covered will include LinkedIn, Facebook, Twitter and Networking. This course will take place during the day time and will take place over 12 days. Please note that Preferred Entry level is that Basic Keyboard Skills will be required.

Computer Training Programme - This module will provide an important grounding in practical IT skills. It is proposed to introduce the concept of information systems which are used across all organizations and equip learners with essential practical IT skills using the current Microsoft Office suite of programs. It is proposed to deliver the training over fourteen evenings. Learners wishing to undertake this module will be required to be proficient in the English language and require basic ICT and Internet skills.

Taxation for Beginners Training Course - This course is 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. This training will take place during the day time and will be completed once per day over a six week period. Participants will gain an understanding and knowledge of the administration of Income Tax and VAT, Capital gains Tax and RCT. Complete Income Tax forms and VAT 3 and annual VAT returns. Participants will learn about Tax Credits, reliefs, deductions, cut off points and benefits in kind. They will have an ability to calculate employees tax computations, taxation of married couples; calculate self employed computations, investment & rental income to name but a few of the elements to be covered. Please note that Preferred Entry level is that Basic Keyboard Skills will be required.

Duhallow Carers

The Duhallow Carers group will meet on **Thursday 7th of March at 8pm in the James O’Keeffe Institute**. Do you want to meet with someone else who is caring for someone? Have a friendly chat and gain advice from those in similar circumstances. . **For further information contact Louise at 029-60633.**

PAL

PAL The next Parenting Alone meeting will be held on Thursday 14th March at 8pm. Meet with other people in a similar situation and enjoy a friendly chat and cup of tea. **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.

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.**

FETAC 5 Accredited Training Course - Understanding Mental Health

The Employment and Training Working Group is planning to deliver a course in Understanding Mental Health which is designed to equip learners with the knowledge and skills to provide care for people who experience mental health problems, under nursing supervision, in the mental health services and/or to work in a broad range of support roles within mental health settings. Learners who successfully complete this module will understand the concepts of mental health, positive mental health and mental ill-health be familiar with the Irish Mental Health System, have gained an understanding of how different mental health problems impact on people’s lives and be able to meet a range of identified needs within the context of their role. The course will take place in Newmarket over 12 evenings depending on demand. The Entry level requirements will be a FETAC Level 4 Certificate, Leaving Certificate or equivalent qualifications and/or relevant life and work experiences. **If you are interested in registering please contact Mary at 029-60633.**

Walk Leaders Training

Learn how to be a Walking Leader to take tourists and visitors around the scenic areas and iconic walks of Duhallow. For further enquiries please contact **Louise at 029-60633.**

Kanturk Cookery School- has a number of Courses coming up. For further information log onto www.kanturkcookeryschool.com or email:kanturkcookeryschool@gmail.com

‘World Wide Welcome’ on Monday 11th March at 7.00pm in Millstreet Community School library and canteen. Opportunity to celebrate young people from different ethnic backgrounds through music, song etc. **For more details contact John Magee (Chaplin) at 029-70087.**

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

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 please contact the **Helpline @ 087-7733337** from **Monday to Saturday** from **10am – 10pm.**

Duhallow

Community Food Services

Tel No: 029-76375

Hot Meals

Delivered to Your Door

The meal service from the Food Centre in Botherbue is ideal for those who are senior citizens or find it awkward to cook for themselves on a regular basis, recovering from illness, after a hospital stay, family away or simply need a rest, this service is for your convenience and can be for long term or short term use.

Dinner and Dessert cost €6.00 per day. Delivered hot to your door or chilled for storage and use later.

Menus are changed on a daily basis. Food preferences of customers and dietary requirements are catered for. We have five routes operating, which service all of the Duhallow region.

Sample Menu

Roast Chicken & Stuffing

Carrots & Broccoli

Creamy Mash Potatoes

Gravy

Apple Tart & Custard

For further information please contact Orlaith or Olive at 029-76375.

IRD Duhallow LIFE Newsletter

This is a quiet time for most wildlife in Duhallow as many birds have yet to return from their overwintering feeding grounds in far off places. Most Adult salmon have spawned in our rivers at this stage. Although the majority of salmon will die from exhaustion a small percentage will return to sea as "mending kelts". These will return as much larger fish the following summer or even overwinter at sea returning as very large "multi sea winter salmon". Brown trout too will also normally have spawned at this stage. Some of the aquatic birds are now making preparations for the coming breeding season.

The LIFE team at IRD Duhallow will be monitoring these species, paying close attention to the nest boxes that we put up last year for Dippers. We had a great result in 2012 and hopefully look forward to a similar or better result for the coming year. We will shortly also install nest boxes for kingfishers.

Freshwater Pearl Mussel

Did you know that the Freshwater Pearl Mussel is an ancient freshwater shellfish species that has existed in rivers in Duhallow since the last Ice Age? Scientific work on Irish Freshwater Pearl Mussel suggests that they come from two discrete genetic lines, one from Iberia and the other from Eastern Russia. Indeed it is most likely that each river population also differ from each other. In that case the Pearl mussels on the River Blackwater and its tributaries are unique. Regrettably this population is under severe threat from habitat damage mostly caused by landuse changes and is facing extinction.

The LIFE project is working at implementing conservation measures coupled with developing actions that should conserve the population into the future. The Freshwater Pearl Mussel has an unusual lifecycle, in that the juvenile phase attaches itself to the gills of salmon and trout prior to settling out on the river bed. Therefore, they need healthy fish populations which act as hosts and so the project is also concentrating on the increasing fish populations in the Upper Blackwater.

For more information on this contact the LIFE team at IRD Duhallow Tel No: 029-60633 or check out the projects website www.duhallowlife.com.

Do You have Information on Freshwater Pearl Mussel in your area?

We are looking to talk to people who might have historical or other relevant information on Freshwater Pearl Mussel in their local area. So if you have information on Pearl fishing in the past or just their occurrence in a particular river reach or anything else that you feel might be of interest, we would love to hear from you. For example we are after receiving information that Freshwater Pearl Mussel once existed on the Brogeen River outside Kanturk, but that population no longer exists. This kind of information helps us put the current range of the Pearl Mussel into context & helps us better understand why they are disappearing so rapidly.

Otter Hunting Is Cruel

Sadly it has come to our attention that the illegal practice of Otter hunting still continues in Co. Cork and we have received reports that it occurred recently in Duhallow. This cruel activity is banned under the Wildlife Acts and we would encourage people to report such activity (chasing and killing otters along river using hound dogs) to the Gardai and the National Parks and Wildlife Service.

Drivers beware – Otters Crossing

At this time of year otters are susceptible to being hit by motor vehicles and we have had recent cases of road kills (male otter just outside Freemount village and a female and cub north of Kanturk town. Please take our local wildlife into consideration when driving and slow down if you see wildlife on road margins attempting to cross. Driving within the speed limit not only save lives but is good for wildlife too!

National Tree Week 3rd to 10th March

National Tree Week is an annual, week-long festival celebrating all positive aspects of trees in our lives and environment. We are asking people to recognise and celebrate the role of trees in providing food for humans, birds, bees and other wildlife. The primary aim of National Tree week is to encourage people to plant more trees and the emphasis in 2013 will be on planting trees that provide a food source for humans, birds, bees and other wildlife.

Grow it Yourself Duhallow - This months workshop will focus on GRAFTING fruit trees. The workshop will be delivered by Irish Seed Savers and will take place on Tuesday 12th March at 7.30pm in the James O'Keeffe Institute. **For further information Please contact Katie at 029-60633.**