

IRD Duhallow

**SPECIAL
POINTS OF IN-
TEREST:**

Tel: 029-60633

MARCH 2014

Web: www.irdduhallow.com

E-mail: duhallow@eircom.net

**ENTERPRISE
WORKING
GROUP**

Enterprise Working Group

**ARENAS
RE-OPENED**

Start Your Own Business Bootcamp

IRD Duhallow will be running a start your own business boot camp in March. 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.**

**STEPS FOR
EVERYDAY**

IRD Duhallow Mentoring Programme

Thinking of starting up a business? Then, why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. The programme is open to start up or existing 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 advisor and its entirely free!!! The 10 hours mentor time 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.**

LIVING

**INSIDE
THIS ISSUE:**

Brand Management Programme

Susie Horgan from Springboard PR will be delivering a one day Brand Management Programme on **Tuesday the 11th of March in the James O’Keeffe Institute.** Branding and Brand development is an essential part of any business. Discover What Brand Marketing Is, Why Branding Is More Than A Logo, Tools To Develop Your Brands, How To Create Your Branding Campaign, Strategies For Branding, and How To Exploit Your Brands For Growth. **Register by contacting Louise at 029-60633.**

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Information Seminar for Businesses on Internships

IRD Duhallow will hold an **information night for businesses** on the various schemes on offer to them by the Department of Social Protection such as Jobs Plus, Jobs Bridge and the work placement scheme, which can assist in the process of getting people back to work as well as having benefits for the employer. This event is a must, for all small to medium businesses in the Duhallow region. This information evening will take place on **Tuesday 4th of March at 7.30pm.** in the James O’Keeffe Institute, Newmarket. **Registration for this event is essential please contact Peter at 029-60633.**

National Tree Week 2nd - 8th March

Theme: Sound of Tress “Fuaim na gCrann”

IRD Duhallow is organising a **Wood Turning Demonstration** on **Thursday 6th March at 7.30pm in Brogreen Crafts, Banteer Rd, Kanturk** to mark National Tree Week.

Jeremiah Dennehy of Brogeen Crafts will demonstrate the art of wood turning and explain the background to the craft. Light refreshments will be served. **Booking essential contact Katie at 029-60633.**

Duhallow Arenas Re-Opened

The Duhallow Arenas (situated adjacent to the James O’Keeffe in Newmarket) have recently been re-opened and are available for hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €165 (Feb – December), which will allow full access to the arenas. A full set of show jumps can also be made available. **For further details or information contact Louise on 029-60633.**



Employment and Training Working Group

FETAC Level 6 in Supervisory Management Training Course

IRD Duhallow is delivering an accredited Supervisory Management Training Course for those undertaking a supervisory management position or for those who wish to seek employment at this level. This course will equip the learner 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. **Places on this course are limited. For more information please contact Peter at 029-60633.**

Youth and Education Working Group

Newmarket Afterschools Operates a daily service 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. IRD Duhallow offers a **tiered pricing system** enabling families in receipt of a social welfare payment to receive a reduction in price. Parents have the flexibility to book a place only when required. **If you are interested in sending your child to the Afterschools please contact Helen at 029-60633.**

IRD Duhallow offers a **Literacy Support Programme** for primary school children with Dyslexia and Dyspraxia. Two strands: Literacy Workshops and TTRS. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net**

Easter Camps

IRD Duhallow will be running its **Little Chefs Easter Camp** from **Monday 14th – Friday 18th April and Tuesday 22nd – Friday 25th April** from 10am -2pm for all primary school aged children. Children will have an opportunity to have some fun while learning to bake, to grow vegetables and art and crafts. Places are limited for this camp and due to the success of the camps in 2013 early booking is advisable. **To book a place please contact Helen at 029-60633.**

Duhallow Area Rural Transport (DART) would like to remind schools and youth groups that **there is funding available for trips which will occur before 31st March 2014.** All trips must be booked through DART and funding will be allocated on a first come, first serve basis. **For more information, please contact Fiona on 029-60633.**

Agriculture Working Group

Bee Keeping

Duhallow Beekeepers Association in conjunction with IRD Duhallow are hosting a number of lectures on Beekeeping which will be of interest to Beginner Beekeepers and or Existing Beekeepers. The lectures will take place each night in the James O'Keeffe Institute commencing at 8.00pm, admission is free of charge and light refreshments will be served. For further details or to register for an event(s) please contact Katie at 029-60633 or Andy at 087-2783807.

Schedule of Speakers

Wed 5th March, Prof. John Breen Dept of Live Sciences University of Limerick. **Topic:** Pest & Diseases Affecting Bee Populations.

Wed 12th March, Noel Power, Chairman of Cork County Bee Keepers' Association **Topic:** All aspects of Queen Rearing

Wed 19th March, Redmond Williams, Chairperson of the Galtee Bee Breeding Group. **Topic:** Slide Show on Honey Production.

GIY Duhallow - The March meeting of GIY Duhallow will take place on Tuesday 25th March commencing at 7.30pm in the James O'Keeffe Institute, Newmarket.

Clonakilty Agricultural College Open Day 2014 is taking place on **Tuesday, 11 March 2014** from 11am-1pm. Interested students will have an opportunity to talk to college teaching staff and educational experts, Meet students currently attending courses and hear from potential employers of course graduate. For further contact 023 8832500 or email clonakilty.college@teagasc.ie

Warmer Homes Scheme

Calling all Householders - Free Insulation Service

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 **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 and constructed before 2006.**

Contact IRD Duhallow Warmer Homes at 029-60633.

Steps for Everyday Living Seminar

IRD Duhallow will hold an information seminar entitled “**Steps for Everyday Living**” on **Wednesday 19th March at 7.30pm** in the James O’Keeffe Institute Newmarket. Guest Speakers on the night are Wellness Coach and Personal Development Expert Margaret O’Connor and David Holden, Cork Regional President of St Vincent De Paul. This event will provide helpful tips for dealing with the stresses and challenges that individuals and families encounter every day and will outline the different supports available. Peer pressure continues to pose a challenge for teenagers, parents and teenagers are dealing with very challenging issues. **To register, please contact Helen at 029-60633.**

Day of the Regions

IRD Duhallow will once again run the Day of the Region Initiative this summer from the **27th June to the 17th August**. The Day of the Regions is an opportunity for communities and clubs to showcase what they have to offer particularly to those new to the area and to those visiting during the summer. Communities are encouraged to look at what is unique to their area and facilitate an event associated with this such as an historical event, guided walks, environmental awareness event, sporting events, etc. **Funding is available for these events and for further details please contact Helen at 029-60633.**

Duhallow Carers - Reminiscence Therapy

The Duhallow Carers will be having a friendly discussion on reminiscence therapy with Sr. Maureen Cahill on **Thursday 6th of March at 8pm** in the James O’Keeffe. Come along and meet other family and voluntary carers, and discover how you can help an older person with reminiscence. **For further details contact Louise at 029-60633.**

The **TOWARDS OCCUPATION PROGRAMME** is designed to assist people who are in receipt of Social Welfare in developing skills and confidence to move into education, training, voluntary work, employment and other directions. The programme is flexible and part time training opportunities include Life Skills / Personal Development, Computers, Crafts, Horticulture and Furniture REVMAP. **For further information please contact Triona or Marian at 029-60633.**

Cancer Care Support

IRD Duhallow is interested in establishing a support service for people who are going through cancer as well as their family members or for those who have lost a love one from cancer. This informal session will give people 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 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 this coming month for all new volunteers. These three services require volunteers to be able to give of 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.**

PAL

The PAL Group is currently taking expressions of interest in participating in a **Separation support programme called ‘Children in the Middle.’** The programme is a world recognised Parenting Educational Programme specialising in providing effective tools for separated, divorced, or never married parents and equips parents to support their children through separation / divorce. **Express an interest today by contacting Louise at 029-60633.**

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.**

IRD Duhallow LIFE Project

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

What a start to Spring; Weather alerts, strong gales and severe flooding. Such difficult conditions makes one wonder how our wildlife cope under such damp and stormy weather conditions. But cope they do and we are looking forward to working with everybody to improve the wildlife in Duhallow this year. The bank revetment work carried out by the LIFE project took a severe hammering from the recent flooding. We are pleased that despite the extreme conditions the works held up well. We look forward to the bank vegetation establishing itself further this year and further reinforcing the river banks.

Working with farmers

The project will continue to work with farmers and landowners this year and we hope to be able to roll out our programme to help manage cattle along river banks. Building on the extensive river bank fencing work last year, we aim to install cattle drinking locations where necessary. Additionally we have a range of water provision options to roll out once the weather improves. These will be tailored to meet on the ground requirements and conditions and the project team will be in contact landowners as appropriate.

Bird Boxes

The Irish Dipper is a small black bird that lives and feeds in rivers. The bird has an unusual bobbing behaviour; it bobs rhythmically along the water edge or on stones mid stream. This pattern of behaviour has occupied the minds of scientists and amateur naturalists for years; there are a number of possible explanations, ranging from predator avoidance to searching for food or even as a form of communication between birds. What we do know however is that Dippers like the bird boxes installed under bridges by the LIFE project and it is intended to add an additional 20 nest boxes this year. We hope that these will prove as successful as those previous installed by the project.

Volunteers

The volunteer programme will commence in March and we would like to thank people who have already contacted IRD Duhallow expressing an interest in this exciting initiative. If you are interested please contact us for further details.

Tel: 029-60633 or check us out at www.duhallowLIFE.com.

Anglers wanted to fish for baby pearl mussels

Following on from our very successful angling survey last year, we are again looking for anglers to assist us in our survey of Freshwater Pearl Mussel in the Blackwater and tributaries. We are asking anglers to check the gills of trout that they catch to see if they have little white spots on them. (*They are most pronounced at the start of the fishing season*). These spots are the "glochidea" or parasitic phase of the Freshwater Pearl Mussel. We are using these "glochidea" to determine the distribution and genetics of Freshwater Pearl Mussel. We are also interested in the characteristics of the trout to which these baby pearl mussels have attached. Please contact 029-60633 if you would like to get involved.

Programme of works

As the weather improves we plan to continue our programme of works which will include more school visits with our partner Inland Fisheries Ireland, riparian work but pruning and planting trees, working with farmers and forestry to reduce silt erosion and hopefully resolve planning issues to progress bank protection work. We would like to thank all those working with the project and for their support to date.

Universities increase the LIFE learning

The LIFE+ project is an ideal opportunity for Students to get experience of working with wildlife and nature conservation. We are delighted to be working with students from University College Cork, Tralee Institute of Technology and Mary Immaculate College Limerick. Projects include scientific analysis of the wildlife data collected by our National School children to the mapping of Freshwater Pearl Mussel data collected by our trained sub-aqua surveyors. All of this helps improve our knowledge of our environment and how we can all make a difference.

Website gets a facelift

We are delighted to be able to announce the introduction of a kiddies corner for our " Young Nature Detectives". This now includes direct access to the species recording map, cartoons for colouring and information on the target wildlife species. Go on check it out. www.duhallowLIFE.com

IRD Duhallow 2014 Calendar

IRD Duhallow has produced an attractive calendar following on from the very popular LIFE calendar produced last year. This years calendar features the broad spectrum of environmental work (river restoration, raptor conservation, birds watching etc.) being undertaken by IRD Duhallow, including work being done under the LIFE project. If you would like one of these Calendars contact us at IRD Duhallow LIFE project: Tel: 029-60633.

