

IRD Duhallow

SPECIAL POINTS OF INTEREST:

Bealtaine Festival

National Lime

Forum Weekend

Duhallow

Business Awards

Dawn Chorus

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MAY 2013

Community Development Working Group

Duhallow Bealtaine Festival

In ancient times the Festival of *Bealtaine* celebrated the arrival of summer. The name 'Bealtaine' is said to derive from the Irish meaning "bright fire". Pre-Celtic and Celtic traditions involved lighting fires at sunset on Oíche Bealtaine or May Eve, 30th April. Today, Bealtaine has been selected to celebrate renewal, creativity and growth with ageing in all its diversity. The theme for the 2013 festival is 'Grow Happy' – a call to celebrate growth, spring and positivity for ourselves and our communities. Older people constitute a significantly high proportion of the Duhallow population – one that is growing. The ageing of a population is usually seen as a challenge. Our Saoi Network endeavours to address the challenges and capitalise on the potential of older people encouraging lifestyles that maintain health and wellbeing and that facilitate social connectedness and interdependence. Following on from the success of the Duhallow Bealtaine Festival 2012 IRD Duhallow's Saoi Network has organised a programme of events throughout the month of May celebrating creativity in older age in Duhallow. The Duhallow Bealtaine Festival involves all communities, care settings and active retirement groups in the region. The Saoi Network want to facilitate a more active social life for older people living in Duhallow who wish to broaden their horizons, become more active and get more involved in their own communities. Active Retirement groups throughout Duhallow are hosting a variety of festivities including: visual arts, craft, film, music, dance, reminiscence and other cultural experiences. All events are open to the public both young and old. Transport is available for all events, please contact Duhallow Area Rural Transport on 029 60648. **Fáilte roimh cách!**

Bealtaine Festival Programme of Events:

Tuesday 30th April - May Eve: Fr. McCormack will tell tales of Piseogs, Fairy Folk, Myths, Superstition in the James O'Keeffe Institute, Newmarket at 7.30pm. Admission is free.

Wednesday 1st May - May Day: May Day Dawn Mass at 6.30am at the Source of the Blackwater in Ballydesmond. Assembly at the trail head at 6.00am sharp where shuttle buses will be provided. St. Josephs Day Care, Meelin invite all you fashionistas to attend their fashion show for the Mature Woman which will take place in Meelin Hall at 2.30pm. Admission €5.00. A May Day celebration dedicated to the Blessed Virgin Mary will take place at Tureenchahill Grotto at 8.00pm followed by some live Sliabh Luachra Music.

Thursday 2nd May: Think Ahead is an initiative to guide members of the public in discussing and recording their preferences around end of life. IRD Duhallow in conjunction with Think Ahead will host an information session at 1.00pm in the James O'Keeffe Institute, Newmarket for the general public.

There will be a **Cork Choral Fringe Festival Concert** in Drishane Castle on at 7pm with the Swedish Choir Katarina Kammarkor and guest appearance from Duhallow Choral Society. Tickets are €10 and Pre Booking is essential. For further information **contact Louise on 029-60633.**

Crafts Workshop - Sugan Chair Making Day I

This 3 day Workshop is specifically designed to appeal to older men. The experienced tutor will teach participants the traditional craft of sugan Chair Making. Sugan chairs are crafted without nails and its their mortise and tenon wood joint that hold it together. Unlike most modern furniture this traditional furniture will last for generations and in the past this furniture was considered an heirloom to be handed down to the next generation. The workshops will take place on 3rd, 10th & 17th May in the James O'Keeffe Institute from 2pm-5.30pm. Admission is free. To register, contact Sheila Roche at 029-60633.



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 Breakfast, and activities and 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.

Summer Camps

IRD Duhallow Afterschools Facility will be holding **Little Chefs Summer Camps and IT Camps** during July and August. For Primary School children. For Further details please contact Helen at 029-60633.

We also plan to hold a **Laugh and Learn Literacy Support Summer Camp** for Primary School children. For further information please contact Louise at 029-60633.

Bealtaine Festival Programme of Events continued:

Friday 3rd May: Freemount Comhaltas Ceoltóirí Éireann invite you to a Céilí in the Heritage Centre 'Cois Alla' at 9.30pm. Music will be provided by Donie Nolan. Admission: €10.00.

Saturday 4th May: A Victorian style Tea Dance in Donoughmore Community Centre at 8.30pm where guests will dine off antique victorian china and old silver-ware. Music by John White. Admission: €10.00.

Sunday 5th May: Put on your dancin' shoes for the Céilí in the Old School House in Foilighig, Ballydesmond. Music will be provided by Kevin Lynch. Doors open at 3.00pm.

Monday 6th May: Inghne Bhuidhe Holy Well – Mass at 8pm followed by a Social Evening in Dromtariffe Community Centre.

Tuesday 7th May: Take your digital camera out of the box!! 4 week Photopgraphy Workshops will take place from 10.00am -12.15pm (7th, 14th, 21st, 28th) in the James O'Keeffe Institute, Newmarket. Cost: €20.00 (for 4 weeks). To register for the 4 week workshop please contact Sheila Roche at 029-60633. A fully trained registered nutritional therapist from **Irish Heart Health** will speak on the impact of diet, lifestyle and nutrition on the health of your heart at 2.30pm in the James O'Keeffe Institute, Newmarket.

Wednesday 8th May: 3 Day Art Workshop (Wednesday 8th, 15th and 22nd) in Clúid Housing, Newmarket from 10.30am – 1.00pm. To register please contact Rachel on 029-61952 or 086-8380173. Millstreet Active Retirement Group will host a Table Quiz and Sing Along in the Wallis Arms Hotel, Millstreet at 8.00pm. Teams will be made up of 4 people and entry is €20.00 per team.

Thursday 9th May: IRD Duhallow's Farmers Market will host a Tea Morning from 11.00am-12.30 at the rear of Twohigs Super Valu, Kanturk in aid of the Alzheimer's Association of Ireland. Please come and support this worthy cause to raise badly needed funds for life-changing local Alzheimer services.

Friday 10th May: IRD Duhallow in association with the Building Limes Forum Ireland has organised a **2-day lime seminar** at the James O'Keeffe Institute, Newmarket on 10th and 11th May. For further information or to register please contact Helen at 029 60633.

Craft Workshop - Sughan Chair Making - Day 2 from 2.30pm-5.00pm

Craft Display and Demonstration in the James O'Keeffe Institute, Newmarket at 3.00pm including Knitting, Hand Sewing, Crochet, Embroidery, Quilting and Carrigmacross. All ages can come and discover the fun and creativity of craft based skills. Admission is free.

Saturday 11th May: Lime Seminar - Day 2

Sunday 12th May: IRD Duhallow's Bird Watch group invite you to attend the annual Dawn Chorus in the Island Wood, Newmarket. Assembly at the James O'Keeffe Institute at **4.15am** sharp. Admission is Free. Booking for the event is ESSENTIAL please contact Katie at 029-60633 to book your place.

Monday 13th May: Boherbue ICA will host a celebration of local heritage through storytelling and music in the newly refurbished community centre in Boherbue. Doors open to the public at 7.30pm and all are welcome. To register please contact Eileen on 087-6709421.

Tuesday 14th May: Photography for Beginners Workshop 2 from 10.00am-12.15pm

Irish speakers of all abilities are welcome to come along with their cúpla focal and have a bit of craic in a totally informal spoken Irish session. The session will take place at 7.30pm in the James O'Keeffe Institute, Newmarket. Admission is free.

Wednesday 15th May: Explore your Creative Side - Art Workshop– Week 2

Thursday 16th May: IRD Duhallow is offering a 2 day workshop on Skype in the James O'Keeffe Institute, Newmarket at 10.00am Skype is a software application (a program you download to your computer, iPhone/BlackBerry or other smartphone) that lets you make calls over the Internet. Downloading Skype is free. Workshop Cost: €20.00 For further details or to book your place contact Sheila Roche on 029-60633.

Friday 17th May: Craft Workshop - Sughan Chair Making - Day 3 from 2.00pm-5.30p-m.

A **rambling house** will take place in the **Old School House, Foilighig at 8.30pm**. Admission is free.

Saturday 18th May: Set those alarm clocks and join Castlemagner Sinsir for the Dawn Chorus and the beauty of the bird song. The group will assemble at Knocknass Monument, Glenlohane at **5.00am**. On completion, breakfast will be served in the newly refurbished Community Centre in Castlemagner. Cost: Adults: €10.00 Children: €5.00. To register please contact Kathleen on 086-8521808.

Sunday 19th May: Freemount Thursday Club invite you to an **afternoon tea dance** with some home baking and a few surprises at **2.30pm in Freemount Hall**. Music by Billy O'Brien. Admission is €5.00.

Bealtaine Festival Programme of Events continued:

Monday 20th May: SAOI Network Film Launch - Members of the Saoi Network completed a 2 year LEADER funded training project entitled *Memory through Media*. The training aimed to explore the themes of memory and reminiscence through film and online social media. These film makers will launch a selection of short films at 2.00pm, in the James O’Keeffe Institute, Newmarket. The films cover a variety of different themes including: Journey of the Sea detailing where the River Blackwater rises to where it enters the sea at Youghal, Hand Crafts, Wood Turning and the Holy Wells. Admission is free - **to register please contact Sheila Roche at 029-60633.**

Tuesday 21st May: Photography For Beginners - Workshop Day 3. from 10.00am-12.15pm. **Wednesday 22nd May:** Explore your Creative Side - Art Workshop and Exhibition – Week 3. **Thursday 23rd May:** Skype Workshop Day 2

Friday 24th May: Rockchapel Young at Heart will host a social evening in the Community Centre in Rockchapel at 2.00pm with afternoon tea and music provided. No booking is necessary and all are welcome.

Poetry Evening - Clúid Housing, Newmarket, Award winning Poet Robert Warwick will present easy, accessible and fun poetry to return readers to the fold of the written word. Admission is free – to register contact Rachel on 029-61952 or 086-8380173.

Sunday 26th May: Join IRD Duhallow in a Guided Walk Tour (to suit all levels of fitness) and discover the beauty of the Island Wood. The walk will be lead by nature enthusiast Michael Doyle. Assembly at the Island Wood at 1.00pm.

Cross Road Dancing in Laharn commencing at 8.00pm. Music will be provided by Joe Desmond. Admission is Free.

Monday 27th May: IRD Duhallow will host a Stress Management and Gentle Relaxation techniques workshop at 2.30pm in the James O’Keeffe Institute, Newmarket. Admission is free. To register please contact Sheila Roche at 029 -60633.

Tuesday 28th May: Photography For Beginners - Workshop Day 4 from 10.00am - 12.15pm.

Wednesday 29th May: Look, learn and taste with a demonstration of traditional recipes from Duhallow Community Food Services catering for basic cooking skills to the more advanced levels in the James O’Keeffe Institute, Newmarket at 7.00pm. Admission is free.

Thursday 30th May: Newmarket & District Men’s Shed Open Day and social gathering will take place in Castle Court Demense, Newmarket at 2.30pm where these men will showcase their work including: bird boxes, window boxes, crafts etc. The Men’s Shed will also be donating window boxes to the residents of Clúid Housing on the day. To find out more please contact Stephen on 029-60910 or 086-77852022.

National Lime Forum Weekend

IRD Duhallow, in association with the the Building Limes Forum Ireland, is organizing a 2-day lime seminar at the James O’Keeffe Institute, Newmarket, on 10th and 11th May. The seminar will be of interest to anyone looking after historic buildings and to all those who would like to understand more about lime and its traditional use in Irish building, including why it is important, how best to repair it, and when to renew it. The seminar will provide the kind of information and practical skills that will be useful to owners/occupiers of historic buildings and protected structures, builders, masons, plasterers, blocklayers, architects, engineers, local authority staff, elected members, community groups, conservation professionals, and other interested individuals.

Day One is a lecture-based day with talks on the use of lime from its origins to the present day. The talks will feature case studies ranging from small farm buildings to large-scale landmark structures. Experts in the use of lime will provide practical demonstrations in the afternoon. The demonstrations will facilitate practical participation by those attending the seminar and as well as providing a display of the components of lime; plain and decorative plasterwork; mixing, rendering, and pointing techniques. **Day Two** is a practical day with attendees participating in the following activities: mixing lime, pointing, rendering, and mortared stone-wall construction. **This seminar is a formal CPD course worth 6 credits (from the Royal Institute of Architects in Ireland).** Some attendees may prefer to confine their interest to the lectures on Day 1 only, while other may wish to participate for the 2-days. Those seeking CPD credits are obliged to attend both days. For Further Information or to register for this event please contact Helen 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.**

The Gathering 2013

Following 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 Gathering. This is the now the final call for any remaining groups to submit their applications. Applications forms are now available on our website @ www.irdduhallow.com or by contacting the office directly. 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. 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.**

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.**

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.

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

Alzheimers Tea Day 9th May 2013

Tea Day is a social occasion where thousands of people – friends, family, work colleagues, neighbours – come together to raise money for the Alzheimer Society of Ireland. This year we want to make it a real day to remember. With more than 41,700 families depending on the Alzheimer's Society of Ireland for help and support the demand for their services has never been greater. **We would ask you to please support our Tea Morning which will take place on Thursday 9th May in the Farmers Market Kanturk from 11am-12 noon.**

Duhallow Carers Group

The Duhallow Carers are organising a cookery demonstration night. It is open to all family and voluntary carers and will be held on **Thursday 9th of May at 8pm** in the James O'Keeffe Institute. **For further information contact Louise at 029-60633.**

Additional Funding has been allocated for 2013 to IRD Duhallow's 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**.

Enterprise Working Group

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 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.**

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, linked in and twitter page and understand the value of these for a business, and learn how to carry out online marketing through 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.**

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.**

Welcome, Dobrodošli, Willkommen, Üdvözlet

We would like to take this opportunity to welcome our German, English, Hungarian and Slovenian colleagues who are taking part in "Food is Garden Edible" Gurndtvig project which is part of the EU Lifelong Learning Programme 2007-2013. Gurndtvig seeks to improve the quality and European dimension of adult education in the broadest sense and to make lifelong learning opportunities more widely available to all European citizens. We hope you enjoy your stay in Duhallow.

Duhallow Bird Watch Group - Dawn Chorus: Sunday 12th May

Birds are the World's most sophisticated vocal communicators and each species has its own particular song, some are simple in form and structure and others are incredibly complex. Duhallow Bird Watch Group are organising a Dawn Chorus Event for Sunday the 12th May 2013. Individuals are asked to meet at the James O'Keeffe Institute at 4.15am sharp. **Booking for the event is ESSENTIAL please contact Katie at 029-60633 to book your place.**

LIFE Project to start Fencing and other action on River Allow

Life on the river has been tough over the last few weeks as we experienced possibly the coldest March on record. Equally, times have been tough for farmers as the grass growing season is late and many fields became waterlogged. As the buds now start to appear on the trees, the LIFE team are planning the new season of works on the rivers and this month we aim to start out fencing and working at providing water solutions for larger herds of cattle drinking from the river. The work will focus mainly on areas identified as priority areas from the point of flood damage and negative impact on the SAC. We also hope to work on silt traps and other methods to stop silt entering the River Allow in particular and slow water down to some degree to help reduce flooding in the main channel. The LIFE project has mapped most of the problem areas and will contact landowners to discuss potential solutions on a case by case basis. We would like to thank all of the landowners who have been so supportive of the project and hopefully together we can make a positive difference for people in Duhallow and help protect the unique wildlife on the river.

