



IRD Duhallow Community News

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www.irdduhallow.com

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Community Development Working Group Duhallow Bealtaine Festival 2012

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 Oiche Bealtaine or May Eve, 30th April. Today, Bealtaine has been selected to celebrate renewal, creativity and growth with ageing. In this European Year for Active Ageing and Solidarity between Generations, the national theme for the Bealtaine festival is "*What kind of old do you want to be?*" recognising that it's never too late to get started, to try something different and to simply enjoy yourself!

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. IRD Duhallow's Saoi Network aims to facilitate a more active social life for older people 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 at 029-60648.

Monday 30th April (May Eve) – May Eve Celebration with music and dance of Sliabh Luachra at 'Teach Ceoil', Bruach na Carraige, Rockchapel. 7.30 pm.

Tuesday 1st May (May Day) - May Day Dawn Mass at The Source of the Blackwater, Ballydesmond at 6:30am (Assembly at the Trail Head at 6.00am sharp).

Tuesday 1st May (May Day) - Tales of Banshees, Piseogs, Fairy folk in the James O'Keeffe Institute, Newmarket at 8.00 pm

Wednesday 2nd May - Lunch Time Variety Concert and Mass in Meelin Hall at 1.30pm

Thursday 3rd May - Photography workshop in the James O'Keeffe Institute, Newmarket at 10.00am -1.00pm

Friday 4th May - Rambling House in The Old School House, Foyle, Ballydesmond at 8.30pm

Saturday 5th May – Castlemagner Sinir Dawn Chorus. The group will assemble at Ballygiblin, Castlemagner. (opposite Ballyhass Lakes) at 5.15am

Sunday 6th May - Tea Dance and Reminiscence Evening in Dromtariffe Parish Hall from 3.00pm-5.00pm. Display area will open at 2.00pm

Wednesday 9th May - Table Quiz and Sing Along in Wallis Arms, Millstreet Town at 8.00pm

Friday 11th May - Vintage Fashion Show in Donoughmore Community Centre at 7.30pm

Sunday 13th May - IRD Duhallow's Bird Watch group invite you to the annual Dawn Chorus in Island Wood, Newmarket. (Assembly at the James O'Keeffe Institute at 4.30am sharp).

Sunday 13th May - Guided Walk Tour in The Island Wood, Newmarket at 1.00pm

Monday 14th May - Short film: 'Sisters: Called to Serve' in the James O'Keeffe Institute, Newmarket at 2.00pm

Wednesday 15th May - Board games/cards evening in Boherbue Parish Hall at 7.00pm

Thursday 16th May - Reminiscence Evening in Bruach na Carraige, Rockchapel at 8.00pm

Friday 18th May - Afternoon's listening experience of music & verse in Linn Gorm, Sheltered Housing Kanturk at 2.00pm

Friday 18th May – Céilí in Boherbue Parish Hall at 8.30pm

Saturday 19th May - Garden Fête in Greenane Park, Mallow Rd, Kanturk at 2.00pm

Sunday 20th May - Dawn Mass and social evening. Mass at the Graveyard, Kilbrin at 6.00am. Social Evening in the community and social club, Kilbrin at 5.30pm

Monday 21st May - Diet and exercise information session in James O'Keeffe Institute Newmarket, at 2:30 pm

Wednesday 23rd May - Lunch Time Variety Performance in Banteer Community Centre at 2.30pm

Thursday 24th May - Discover a diverse range of traditional and contemporary crafts, in Newmarket CYMS at 2.30pm

Saturday 26th May - Outdoor exercise using new equipment from the Outdoor Exercise Gym in Stuake, Donoughmore at 2.00pm

Sunday 27th May - Afternoon Tea Dance in Freemount Hall at 2.30pm

Sunday 27th May- Laharn Cross Road Dancing in Laharn at 8.00pm

Monday 28th May - Traditional cooking demonstration in James O'Keeffe Institute, Newmarket at 7.00pm

Tuesday 29th May - Irish Conversational - *Ciorcal Cainte* in The Old School House, Foyle, Ballydesmond at 8.00pm

Wednesday 30th May - Art exhibition and demonstration with a local artist in Clúid Housing, Castlecourt, Demesne, Newmarket at 2.00pm

Wednesday 30th May - Art exhibition and demonstration with a local artist in Kiskeam Community Centre at 2.00pm

Thursday 31st May - Afternoon of Reminiscence in Cois Abhainn, Freemount at 2.00pm

Booking is required for some events. For more information or to receive a copy of the listings guide of events please contact Triona at 029-60633.

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Celebrate Duhallow Day of the Region

IRD Duhallow is inviting all community and voluntary groups to take part in their new initiative 'Day of the Regions' from the **20th to the 29th July**. This initiative aims to celebrate Duhallow as a region and promote all the various activities, facilities and events that are operating locally and increase the participation of new families in Duhallow. This will help to promote events in your community and will encourage people to come out and get involved in an event locally. This project is part of a wider EU initiative where communities in Scotland, Germany, The Netherlands, Poland, Italy and Estonia are all taking part. IRD Duhallow is asking communities to start putting their ideas together and to contact Helen O'Sullivan regarding their projects. Projects may include reviving old festivals, family fun days, seisiúns, organised walks, youth projects, workshops, plays etc. Funding is available towards the running costs of these projects. **For further information and an application form please contact Helen at 029-60633.**

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Community Consultations

IRD Duhallow encourages community projects under the LEADER Programme and we are **asking all communities** who are **interested in organising a public meeting** in an effort to identify the needs of **any future LEADER Projects** to book a date as soon as possible. For further information please **contact Helen or Triona at 029-60633.**

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Duhallow Built Heritage

IRD Duhallow is now in the process of rolling out community meetings with Dr. Fidelma Mullane regarding the built heritage in the region. All communities should meet to compile as much information as possible before they meet with Fidelma who will be showing each community how to record the various aspects of the built heritage for their community. For further information please **contact Helen at 029-60633.**

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Cancer Support Group

IRD Duhallow will hold its next **Cancer Care Support Meeting** on **Wednesday 23rd May at 7.30pm** in the James O'Keeffe Institute, Newmarket Cork. 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 at 029-60633.**

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Domestic Violence Support Helpline

IRD Duhallow's Domestic Violence Support Helpline is operated by trained volunteers and provides support and information 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.**

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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 trained volunteers who provide a **free confidential service** to people who have experienced a loss in their lives whether through death, separation, divorce, job loss etc. This is not a counselling service. A trained volunteer can meet on a one to one setting at a time suitable to both parties. **To make an appointment please ring the Bereavement Support Helpline on 087-6279000.**

Families Bereaved by Suicide

IRD Duhallow is rolling out a programme and developing support groups for families who have been bereaved by suicide. If you or someone you know is interested please **contact Helen at 029-60633.**

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IRD Duhallow is hosting a **Tea / Coffee Morning** to mark the 30th Anniversary of National Alzheimer's Tea Day on **Thurs. 3rd May from 11.00am to 1.00pm. in Kanturk Farmer's Market.** Enquires to Claire at 029-60633.

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Duhallow Carers

The Duhallow Carers will be meeting on **Thursday 3rd May** in 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.**

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Duhallow Care & Repair

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly 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 centers 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 information please contact Helen O'Sullivan 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, **Colm or Eileen at 029-60633.**

Youth and Education Working Group Newmarket After Schools

The Newmarket After Schools continues to operate its After Schools Service for primary school. A home cooked dinner is provided along with homework support. Children attending the **IRD Duhallow Literacy Programme** can also avail of this transport from school and receive dinner before starting their classes. 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**.



Laugh and Learn Literacy Summer Camps

The Youth and Education Working Group is organising **Literacy Summer Camps** running for the week commencing **Monday 23rd of July and Monday 30th of July** in the James O'Keeffe, Newmarket. The camp is aimed at **Primary School Children** with learning difficulties. The 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.

The camp will cost €82.50 for the week (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. Download the application form from the IRD Duhallow website www.irduhallow.com or phone the office to have one sent to you.

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

Enterprise Working Group

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.



Mentoring Programme

IRD Duhallow mentoring programme which is free and 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 in areas that are most beneficial to your specific business. For further information visit the website: www.irduhallow.com/duhallow-enterprise/mentoring or **Contact Louise on 029-60633.**

Equality Working Group

LGBT – Get Support in Your Area

Here you can find information on where support for Lesbian, Gay, Bisexual and Transgender people, their friends and family is available in the Cork area. Some of this support is based in voluntary and community support groups or community centres and some is online support. You can call the LGBT helpline on 1890 929 539 to speak to one of its trained volunteers and they can help you identify other LGBT support services available to you. **Cork Gay project** includes; Southern Gay Men's Health

Service, Unite Youth Group, The Other Place Cafe and Resource Centre: Web: www.corkgayproject.com.

Cork Lesbian Line - Cork Lesbian Line is a voluntary helpline for women, providing confidential, informal information and support regarding sexual orientation. www.linc.ie/site/contactus.html

Belong To is a website supporting young people in Ireland. For more information visit: <http://www.belongto.org/home.aspx>

PAL

PAL is a peer support group for lone parents. The next meeting will be on the 17th of May at 8pm in the James O'Keeffe Institute.

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

Employment & Training Working Group

Deciding Your Future and Preparation for Interviews Workshops

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. Places will be limited therefore registration is necessary. **If you would like to book your place or would like to receive further information please contact Mary on 029 60633.**

Redesigning Your Home On a Budget – Information Seminar

Myra Ryall of Townhouse Interiors Mallow and Doneraile will be providing a Master Class on Interior Design on a Budget. With the ever increasing number of people revamping their kitchen units, suites of furniture, upcycling fabrics to add splashes of colour through cushions and throws this seminar has something to suit everyone. Myra Ryall will also have on display a large selection of design boards of projects that she has completed recently and how some of the above examples were brought to life. On the night be ready for a fantastic explosion of ideas. **This event will take place in the James O' Keeffe Institute, Newmarket on Thursday 17th May from 7.30p.m. To register your name or to receive more information please contact Mary Mc Hugh at 029-60633.**

Occupational First Aid Course

Dependent on funding, IRD Duhallow is seeking to deliver a practical Three Day Programme to obtain a FETAC Level 5 Certificate in Occupational First Aid. This course is relevant for anyone who wants to be trained and certified as an Occupational First Aider and deliver first aid care according to the protocols taught in the course. **If you are interested in participating please contact Mary McHugh at 029-60633. Places are limited so please book early.**

Infection Prevention and Control Training Course

The Employment and Training Working Group will 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 5 or equivalent qualifications and/or life and work experience. **If you are interested in registering your name please contact Mary McHugh on 029 60633.**

IRD Duhallow Social Protection CE Scheme

The IRD Duhallow CE Scheme will be recruiting for a Park & Village Attendant for Boherbue Village. The successful applicant will be responsible for maintaining the village landscape and the park etc.

If you are receiving Social welfare payment and over 25yrs old, unemployed 12 months or more or on a disability payment 6 months or more you may be interested in applying. You must be registered with Employment Services (Formerly FÁS). Please note the successful applicant will need to obtain Garda Clearance.

To apply for this position or future CE vacancies please forward your CV together with your PPS number to Paddy O'Connor, IRD Duhallow, James O'Keeffe Institute, Newmarket. **Closing date for applications is 18th of May 2012.**

Agriculture Working Group

The Enterprise Working Group together with the Agricultural Working Group are organising an Information Seminar entitled "**Successful Succession Planning for Farms and Enterprise**". This event will take place in the James O'Keeffe Institute, Newmarket on **Wednesday 9th May 2012 at 8.00pm**. Guest Speaker on the night is **Michael Fitzgerald a specialist in Succession Planning with FDC Accountants**. For further information please contact Louise or Katie at 029-60633.



KANTURK FARMERS MARKET, which is located at the rear of Twohig's Supervalu takes place every **Thursday and Friday** from 10.30am -2.00pm. Every week at our Market you will find a brilliant range of fresh local produce, including home baking, cakes, plants, eggs, honey, chicken's (Fri only), Preserves, Chutney's and Jam's. Watch out for our special 10% discount days. CUSTOMERS PLEASE NOTE THAT AS AND FROM FRIDAY 4TH May 2012 THE SATURDAY MARKET WILL TAKE PLACE ON FRIDAYS for the foreseeable future.

During the month of May Kanturk Farmers Market will host **two Coffee Morning's** in aid of two very worthy causes.

On **Thursday 3rd May** the Market will host a tea morning in aid of the **Alzheimer's Society** and on **Friday 25th May** the Market will host a Coffee Morning in aid of World Africa Day. Your support would be greatly appreciated.



Wishing the best of luck to the **newly established Sliabh Luachra Macra Club** which so far has members from Boherbue, Kiskeam, Ballydesmond, Rathmore, Balydaly and Knocknagree. New members are very welcome. Checkout www.macra.ie for further information.

Duhallow Bird Watch Group

The Monthly meeting of Duhallow Bird Watch Group takes place on **Tuesday 1st May at 7.00pm** in the James O'Keeffe Institute Newmarket.

Dawn Chorus Sunday 13th May 2012

The Dawn Chorus never ceases, it moves with the early morning light like a great wave on the face of the Earth. 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 13th May 2012**. Individuals are asked to meet at the **James O'Keeffe Institute at 4.30am sharp**. Booking for the event is essential please contact Katie at 029 60633 to book your place.

Duhallow is at the centre of a **major study into birds of prey** in Ireland and recent groundbreaking work on Barn Owls has been expanded to include Kestrels and Long Eared Owls which is known as the "**Duhallow Raptor Project**". The local population of birds of prey appears to be doing well in Duhallow and we have recorded one of the highest known densities of nest and roost sites in the country. So far 14 nest boxes have been installed and work is continuing on identifying new sites and monitoring traditional sites. For further information and to follow progress as well as regular updates on the project visit the project blog www.duhallow.blogspot.com



GIY Duhallow - The monthly meeting of GIY Duhallow will take place in the James O'Keeffe Institute on **Tuesday 29th May at 7.30pm**.

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.

We also provide 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.

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.)

DART Supporters Travel Club – Keep your Local Transport Service Going!

Duhallow Area Rural Transport provides an invaluable transport service in the Duhallow region with 49 regular routes now in operation and carried over 58,000 passengers in 2011.

Unfortunately DART has received some substantial cuts to its public funding for 2012 which will make it extremely difficult to maintain all routes as well as developing any new routes a significant challenge. Our regular passengers have been a great support to the DART and we are now establishing a **DART Supporters Travel Club** and asking all our regular users to join for **€30.00** per person per year. For further information and to support this service please contact **Yvonne Brosnan at 029-60694**.