



Transforming Ireland

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IRD Duhallow Community News

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October 2012

National Trails Day

To celebrate **National Trails Day on Sunday 7th October**, IRD Duhallow will be organising 5 guided walks to promote the recreational trails in Duhallow. The five trails are as follows:

- **The Source of the Blackwater**
- **Mullaghereirk Mountain**
- **Curragraigue**
- **Claragh Loop**
- **Island Wood**

All walks will commence at the trailheads at 12.30pm. Refreshments will be served.

For more information for any of the above trails, please contact **Tim, Sheila or Billy at 029-60633**.

Enterprise Working Group

Thinking of Starting Up or Expanding a Business?

LEADER Grant aid is available for new business creation and existing business expansion at the new increased rate of 75%, but applicants must fulfil specific criteria. **Contact Louise at 029-60633**.



Have you got an idea for a Tourism Based Enterprise? Thinking of starting up an accommodation business, or perhaps a new tourism activity? Please contact **Louise on 029-60633** to see if you are eligible for grant aid.



Accommodation Seminar

IRD Duhallow's Enterprise Development Working Group in conjunction with Failte Ireland will be running an information seminar for unregistered and new self catering accommodations and B&Bs. Find out about the new Accommodation Ratings, and learn about how LEADER can promote tourism based enterprise. The Seminar will run on the **9th of October** in the James O'Keeffe, **B&Bs from 5-6pm. Self Catering from 6pm-7pm. For further information and to register contact Louise at 029-60633**.



IRD Duhallow **Mentoring Programme** is free and 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 Online Marketing

Applications are currently being accepted from enterprises wishing to do a course entitled the Practical Application of Online Marketing. By the end of which, every course participant will have a working information based website, a facebook page and learn how to use other social media. The course will run for 4 weeks commencing the 7th of November, and places are on a first come first served basis. For further enquiries and expressions of interest please contact **Louise at 029-60633**.



The Duhallow Angling Centre of Excellence

The Duhallow Angling Centre of Excellence will hold **Fly Dressing Classes** for children between the ages of 10 and 17 years of age during the winter months. Fly dressing is the art of creating your own artificial flies for fishing. The Classes will start on Saturday 20th October and will be held on alternative Saturday mornings over the winter months. Any boys or girls who wish to take part in these classes should **contact Tom Ankettell on 029 60633** or email anglinginduhallow@gmail.com



Hands of Duhallow

IRD Duhallow would like to invite any crafts person who currently is not member of the IRD Duhallow Hands of Duhallow Craft Network to contact us to receive information on the supports available to them to develop their enterprise. The IRD Duhallow Annual Christmas Craft Fair will be held on Saturday 24th and Sunday 25th November and IRD Duhallow would welcome new crafts people who wish to exhibit their unique pieces. **For further information please 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 any of the following payments will receive the service free of charge - Fuel Allowance, Family income support or Job seekers allowance for over 6 months **and** with children under 7 years of age. **For further information please contact, Colm or Eileen at 029-60633**.



Duhallow Care & Repair Programme

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 centres and family members to contact IRD Duhallow regarding this 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 at 029-60633.**

Are you 65+ years of age? Do you live in the Duhallow area? Have you a small repair job which you would like to have done for you? **Care and Repair Duhallow** uses a pool of trustworthy volunteers and handypersons to carry out minor repairs for older people. The service is free to those who cannot afford it; you only pay for the materials used. However, a small contribution to defray costs payable to Duhallow Care and Repair Programme would be welcome. The programme is run by IRD Duhallow in association with Age Action Ireland. For more information **please contact 029-60633.**



REVAMP – Furniture Recycling Project

We are very grateful for the many items of furniture which we have received over the past few months and thank all donors most sincerely for their generosity. Thanks to Tús and Towards Occupation Participants who have done an excellent job in revamping all the items. We now have many pieces of furniture e.g. tables, kitchen chairs, arm chairs, couches etc. available for low income households. **For further information please contact Con or Don at 029-60633.**

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.**

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.**

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 phone **029-60633.**



Mompreneur Information Seminar

IRD Duhallow will hold an Information Seminar which is dedicated to helping all **Mompreneurs** succeed as mothers and as entrepreneurs. This hour long session will be abundant with useful, up to date information on business and what ideas work. You will learn how to turn your ideas into a successful business. This free seminar will take place on **Thursday the 22nd of November at 8p.m. here in the James O’ Keeffe Institute.** To register please contact **Mary at 029-60633.**



History, Heritage and Genealogy Training in Researching Your Ancestors

IRD Duhallow is seeking to run a five week training course in History, Heritage and Genealogy Training in Researching Your Ancestors. The aim of this programme is to provide the people of Duhallow with the skills to develop their own family tree. We also aim to promote an interest, knowledge and pride in local history and heritage. This course will commence on **Wednesday the 31st of October from 10a.m. to 12 noon and will continue once a week for four weeks thereafter.** If you are interested in registering your name please contact **Angie at 029-60633.**



It’s Never Too Late to Learn!

IRD Duhallow will be facilitating and supporting older learners (60years+) in Duhallow to access **Life Long Learning** opportunities including: Basic Computers, Internet and email or Photography. These courses and workshops will be commencing this coming October (dependent on the level of interest) here in the James O’Keeffe Institute, Newmarket. **Please contact Triona at 029-60633 for further information.**



Employment Services Clinic – Takes place in the James O’Keeffe Institute on 2nd and 4th Tuesday of every month from 10.00am to 12.30pm. No appointment necessary

Youth and Education Working Group

Newmarket Breakfast Club & After Schools

IRD Duhallow’s **Breakfast Club** commenced in September following requests to facilitate parents to get to work on time while knowing their child is in a safe environment. As part of the service children will also be dropped to school. This new service operates from 8am on weekdays and includes transport to Newmarket Girls and Boys School. For details on this new service please contact **Helen at 029-60633.**

The facility will also continue to operate its After Schools 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. 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 rather 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 afterschools please contact **Helen at 029-60633.**



Halloween Camp

Newmarket After Schools will run a **Halloween Camp** during the midterm break from Tuesday 30th October to Friday 2nd November. This camp will include a range of fun activities including Art & Crafts, Baking, Indoor & Outdoor Games & Computers. For further information and to book a place please contact **Helen at 029-60633.**



Literacy Support for Primary School Children

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 your 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 Senior Infants and 6th Class.

For further information and registration please contact Louise 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.

Coping with Literacy for Parents

Marie Stubbings will run an information course for parents of children with Dyslexia and Dyspraxia. Learn about what is dyslexia and dyspraxia, and how you can best help your child to overcome their difficulties. The programme costs €30 and will run on Mon 8th, 15th and 22nd of Oct from 7-10pm.

For further information contact Louise at 029-60633.

Equality Working Group

Wellness Recovery Action Plan Information Seminar

IRD Duhallow is planning to hold an information seminar in October with Liam Minogue Advanced facilitator of WRAP – Wellness Recovery Action Planning. WRAP is a “Self Management” tool used throughout Ireland to help individuals to take more control of their own well-being and recovery – recognising that it is you yourself who is an expert on your own body and feelings. WRAP can be used in a variety of situations to help people Manage Health concerns, Deal with Stress in their lives, Cope with Grief or to help with Mental health concerns and many other live situations. This seminar is important to anyone who feels stress in their lives and wants help with reducing that stress. It will take place in October and registration is essential. **Please contact Mary McHugh for more information on 029 60633.**

Volunteer as a Tutor

If you can read, are a good communicator and can empathise with and understand adults with literacy difficulties then you can help. Through some initial training you can support others in improving their reading and writing skills. If you would like to become a volunteer literacy tutor training will

commence this autumn in the Kanturk and Millstreet areas. This usually involves attending a class with other volunteers for one evening a week for about 8 weeks. If interested please contact **Laoise/Kanturk on 086 3019375, and Aine/Millstreet on 086 7707301.**

Mental Health and Well being

The Towards Occupation Programme strives to provide and deliver a meaningful and holistic combination of training, guidance and support to people with mental ill health in their own community. TO targets those feeling isolated, lacking confidence and those who are long term unemployed for whatever reason. Participants explore a range of new skills and are supported to set achievable goals. Training opportunities include: Furniture Recycling, Sewing and Upholstery and Horticulture. If you would like to get involved or require more information, **please contact Triona on 029 60633.**

Agriculture Working Group

Farm Safety Farm Walk

IRD Duhallow’s Agricultural Working Group & the IFA Farm Safety Committee are organising a Farm Safety Walk on the Farm of John & Angela Linehan, Dromagh on **Thursday 11th October** commencing at 11.00am. The focus of the event is to raise awareness, promotion and education of farm safety. Working with tractors and machinery remains a high risk activity while working with livestock has also proved dangerous with bull attacks and cow attacks resulting in deaths. If interested in attending or require further information **please contact Katie at 029-60633.**

Women In Agriculture

The Annual Women in Agriculture Conference is taking place this year in the Hotel Europe Killarney Co Kerry. The Conference is taking place on **Wednesday 17th October**. This timely National Conference organised by the Irish Farmers Journal & Irish Country Living and sponsored by The National Dairy Council, aims to empower, inform, inspire and recognise the role of women in agriculture. If interested in attending please **contact Katie at 029-60633.**

Bird watching

The October Bird Watch Meeting will take place in the James O’Keeffe Institute on **TUESDAY 9th October** commencing at 7.30pm (please note change of night).

The birdwatch group are organising an overnight bird-watching field trip to Co Wexford incorporating a trip to Tukumshin. The area is renowned for its wide diversity and density of birdlife. Up to 10,000 Greenland White-fronted Geese occur in winter, a third of the world population. Internationally important numbers of Bewick’s Swans and Pale-bellied Brent Geese occur. Dates are to be confirmed if interested please **contact Katie Crowley at 029-60633** to reserve your place.

GIY Duhallow

The monthly meeting of GIY Duhallow will take place in the James O’Keeffe Institute on **Tuesday 30th October** commencing at 7.30pm. **For further information please contact Katie Crowley at 029-60633.**

SafeTalk & Assist Workshop

Most people thinking about suicide signal and share their pain – they offer us opportunities to respond. Suicide Intervention Training can help all of us to see, hear and respond to these invitations. It can also increase our confidence to ask about suicide when someone's safety may be in the balance. If someone is at risk, suicide first aid prepares us to work with them to increase their immediate safety and get further help. The workshop is for all caregivers (any person in a position of trust), including professionals, paraprofessionals and lay people. It is suitable for Mental Health Professionals, Nurses, Physicians, Teachers, Counsellors, Youth Workers, Gardaí, School Support Staff, Clergy, and Community Volunteers. The course will be held on **Thursday 4th October** from **7pm-10pm** in the James O'Keeffe Institute. After completing the SafeTalk course you will then be equipped to take part in an **Assist Workshop**. This two-day ASIST workshop is for persons aged 18 years or older who are interested in supporting people who maybe at risk of Suicide. The ASIST workshop is an intensive, interactive workshop where participants develop their skills through simulations and role-plays. ASIST is designed to help caregivers become more ready, willing and able to help persons at risk of taking their own lives to get further appropriate help to stay alive.

This workshop will be held on **Thursday 1st and Friday 2nd November 2012 from 9am-5pm** on both days. For further information and to reserve you place on this programme 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 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.

One to One sessions are also available with a trained volunteer at a time suitable to the individuals. 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**.



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 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 but a friendly and supportive listening 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.



Boherbue Educate Centre is currently accepting clothes, jewellery, bags and shoes for gala fashion event, clear out all presses. For further information please contact Tina at 029 76800.

Duhallow Carers

The Duhallow Carers group will be meeting next on **Thursday 4th October**. 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.



Duhallow Carers – Social Media Course

The Duhallow Carers group are running a course in association with Caring for Carers on connecting through social media such as facebook and skype. The course costs €20 and places will go on a first come first served basis.

For further information contact Louise at 029-60633.



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 impossible to maintain all routes this year.

Our regular passengers have been a great support to the DART since its inception in 2003 and we are now commencing the **DART Supporters Travel Club** and asking all our regular users and supporters to contribute **€30.00** per person per year.

This club will help to ensure that existing routes are not cut and that local people are not cut off from accessing their local towns, villages and local events. Payment can be made directly to IRD Duhallow or to a passenger assistant on your route. **For further information and to support this service please contact Yvonne Brosnan at 029-60648.**

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, 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

Coeliac Patients – There may be more to your loyalty / reward card than you think!

If you are a diagnosed coeliac patient you can claim a tax refund at the standard rate (through the Med 1 Form) on all purchases of special dietary gluten-free products during a tax year. The only proof of purchase is your shop receipt and generally this requires keeping all your receipts throughout the year and at the end of the year checking off the relevant products to support any claim for a tax refund from Revenue. However, most major supermarkets have a link through their loyalty / reward card system to capture any expenditure on gluten free products purchased through the year. This information is captured when you use your loyalty / reward card at the till. At the end of the year you will receive a statement which will show the total amount you have spent on gluten-free food, which will suffice as proof to support your Med 1 claim.