

# IRD Duhallow

## SPECIAL POINTS OF INTEREST:

ENTERPRISE  
WORKING  
GROUP

EMPLOYMENT  
& TRAINING  
WORKING  
GROUP

CARING FOR  
TRADITIONAL  
BUILDINGS

INSIDE  
THIS ISSUE:

Youth & Education	2
Employment & Training	2
Duhallow Women's Forum	3
Wellness Recovery Action Plan	3
Services	3
Agriculture Working Group	4
Warmer Homes Scheme	4

Tel: 029-60633

Web: [www.irdduhallow.com](http://www.irdduhallow.com)

E-mail: [duhallow@eircom.net](mailto:duhallow@eircom.net)

**OCTOBER 2013**

## Enterprise Working Group

### 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 IRD Duhallow mentoring 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](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or **Contact Louise at 029-60633.**

### Successful Selling

The Enterprise Development Working Group is organising a training programme for businesses entitled 'Successful Selling'. The course will be given by Padraig Cleary from May Day Management Consultants. Topics covered will include: How to improve pre-call planning; The Initial meeting; Confidence Building in speaking; Asking powerful questions to engage clients; Handling objections; Learn how to gain access to the decision makers in the sale; To close the sale and get commitment from the client; Following through and deepening the relationship with the client; The importance of after sales service and building the future for your business; Evaluation of sales – measuring your progress and tools for evaluating sales. The course starts **Tuesday the 12th of November** and runs for 4 weeks from 9.30am -1.30pm. Course fee: €50 To register contact **Louise on 029-60633.**

### One Day Write Your Own Cashflow Programme

Kanturk Credit Union in conjunction with IRD Duhallow are running a One Day Write Your Own Cashflow Programme. Knowing how to put together a cashflow is now an essential part of any business and is required for many loan applications and business plans, as well as being an important part of your company management. Throughout this one day course participants will write their own cash flow and you will leave with a calculated cash flow, income statement and breakeven sales figure. The course will run on **Friday the 18<sup>th</sup> of October from 9.30pm – 5pm in Kanturk Credit Union.** Booking is essential as spaces are limited and the cost is €15. To register contact **Louise at 029-60633 / email [duhallow@eircom.net](mailto:duhallow@eircom.net)**

### Financing your Business

Accountant and business consultant Gerard McCarthy will give a seminar entitled Financing Your Business on **Wednesday the 15<sup>th</sup> of October from 8-10pm** in the James O'Keeffe Institute. Look at alternative ways of financing your business, grant schemes and restructuring options. Booking is essential as spaces are limited. To register contact **Louise on 029-60633 / email [duhallow@eircom.net](mailto:duhallow@eircom.net)**

### Practical 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 from these mediums. **The course commences on Thursday 7<sup>th</sup> of November and runs for 5 consecutive weeks from 6.30pm – 9.30pm. Fee €50.** Please note this is for people who are intending to set up, or have an existing business. To register your interest, please contact **Louise on 029-60633 / [duhallow@eircom.net](mailto:duhallow@eircom.net)**

### Food Innovation Gateways Event

A showcase of ideas for ambitious food enterprises - find out about R&D activities, technologies and supports for the food industry. The event will provide an opportunity for all food companies especially SME's and Food Enterprises to experience first hand technology opportunities, innovation supports, vibrant case studies & details of tax incentives for research and development activities. **Date:** Tuesday 22<sup>nd</sup> October 2013. **Venue:** Teagasc Food Research Centre, Ashtown, Dublin 15 **Time:** 9.30am – 3.00pm. To register your attendance and for further information please contact [FoodInnovationGateways2013@teagasc.ie](mailto:FoodInnovationGateways2013@teagasc.ie)



Transforming Ireland

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



## Coderdojo Mentors Required

IRD Duhallow are interested in establishing a Coderdojo club for the coming months. Due to the resounding success of the Coderdojo camp, we are now seeking mentors to help in the running and establishing of this club. Mentors must have a suitable experience in **I.T.** and in **“mark up language”** such as html. as well as being flexible with their time. The club will be for children aged 8 - 13 year olds initially; with the possibility of extending the age range. Coderdojo is a global movement providing open learning to young people, especially in programming technology. This club would enable children to learn code, develop apps, games, websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software industry. Coderdojo encourages children to share their knowledge, doubts and ideas. It enables like minded youths to interact in a cool environment to develop their own programme and games. Garda vetting of mentors will also be required. **Anyone interested in attending or seeking further information should contact Helen at 029-60633.**

## Employment & Training Working Group

**IRD Duhallow Social Protection CE Scheme** is recruiting additional participants. The successful applicants will be placed in a Community Laundry, Caretaker at Banteer GAA or a Childcare Facility. If you are in receipt of a social welfare payment and over 25 years 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 the Employment Services Officer. Please note the successful applicants will need to obtain Garda Clearance. To apply for these positions 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 25th October 2013.**

**The Employment and Training Working Group is proposing to deliver the following course;**

### Primary Course in Food Safety

IRD Duhallow is seeking to provide a Primary Food Hygiene Course which includes a HACCP module. The purpose of this course is to provide food workers with the skills, knowledge and awareness of good food hygiene practices in line with the Environmental Health Officers Association. Modules will include Introduction to food safety; Food Contamination; Food delivery and service; Food Preparation; Personal Hygiene; Food Premises and equipment; Cleaning and disinfection and Introduction to H.A.C.C.P. Hazard analysis critical control points within a food business. HACCP Principle for food workers. This course is relevant for all food workers. The course will take place over one full day in the James O'Keeffe Institute, Newmarket. **Places will be limited to 10 people therefore if you are interested in participating please contact Mary Mc Hugh as soon as possible as on 029-60633.**

### English for Students of Other Languages (ESOL) Level 3 (Elementary)

IRD Duhallow is seeking to deliver English Language Training. We hope to run an ESOL (English for Students of Other Languages - level 3) commencing in October. ESOL learners are primarily concerned with developing, speaking and listening skills in functional language for everyday use. If you are interested in participating please contact Mary on 029 60633.

*Już w październiku IRD Duhallow rozpoczyna Kurs Języka Angielskiego dla Obcokrajowców ESOL (English for Students of Other Languages – level 3) na poziomie Pre-Intermediate. Na kursie szczególnie nacisk kładziemy na komunikację, dlatego opracowaliśmy dla naszych słuchaczy specjalny pakiet konwersacyjny. Jeśli jesteś zainteresowany lub masz jakieś pytania zadzwoń do Mary McHugh pod numer 029 60633. Liczba miejsc jest ograniczona.*

## PAL Group

### Do you know what you are entitled to as a lone parent?

Sarah Ellis from One Family lone parents group will be giving a talk the PAL Group on the Rights and Entitlements of Lone Parent Families on **Tuesday the 8<sup>th</sup> of October at 8pm.** To register for this informative evening please contact **Louise on 029-60633.**

## Youth & Education Working Group

### Newmarket After schools September Bookings

The **After Schools Service** will operate 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 to receive a reduction in price. There is no requirement to book a place for a full week parents instead 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 after schools please contact Helen at 029-60633.**

### Literacy Support Programme

Enrolments are currently being taken for the September-December term of the **Literacy Support Programme.** These classes are specifically aimed at children with Dyslexia or Dyspraxia who need extra support with reading, writing, spelling, memory work and sequencing. Also being offered separately is **Touch Type Read and Spell (TTRS)** which is a customised computer programme aimed at children with literacy difficulties who dually learn spelling and touch typing. Discounts are available for those with medical cards / social welfare payments. For further information please **contact Louise at 029-60633.**

## Duhallow Area Rural Transport

**DART is offering a support in funding to National Schools / Secondary Schools and Youth Clubs within the region for health, social and educational outings.** For further details please contact **Fiona at 029-60648.**

## Duhallow Women's Forum

### Julia Clifford Concert - "The Role of Women in Traditional Irish Music"

IRD Duhallow will hold a concert in conjunction with the Duhallow Women's Forum on Thursday the 7<sup>th</sup> of November, Entitled "The Role of Women in Traditional Irish Music". A wide variety of guest musicians and speakers will range from the Sliabh Luachra area and further afield. In addition at this event we will be launching the Sliabh Luachra Cultural Trail which promotes the unique tradition of Sliabh Luachra music and culture. This concert will be held in the James O'Keeffe Institute and will commence at 8p.m. doors will open at 7.30p.m. Tickets cost €10.00 which include refreshments at the break and the proceeds will go to the James O'Keeffe Building Fund.

To register please contact Mary Mc Hugh at 029-60633 Registration is essential for this event by the 24<sup>th</sup> October 2013.

### Wellness Recovery Action Planning (WRAP)

IRD Duhallow Women's Forum is planning to run a Wellness Recovery Action Planning (WRAP) programme in late October / early November for one day a week for four weeks. WRAP is a "Self Management" tool used throughout Ireland to help individuals to take more control of their own well-being and recovery. This learning programme is designed to enable its participants to consider and adopt the WRAP recovery principles into their own lives. 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. It is a self designed plan for you to; best look after yourself, keep yourself well, monitor situations that cause you problems or distress and help you take action.

This WRAP programme is subject to interest with registration being essential. If you are interested in participating or require further information please contact Peter at 029-60633.

### Caring for Traditional Buildings Seminar

A lecture by Fidelma Mullane, a specialist in the study and care of traditional buildings will take place in the James O'Keeffe Institute, Newmarket on Monday 14<sup>th</sup> October 2013 at 8.00pm. The lecture will examine the history of building in the countryside, show the importance of maintaining traditional construction techniques and skills, and provide information on caring for rural buildings, particularly those with thatch roofs. For further information or to register for the lecture, please contact Helen at 029-60633.

## Duhallow Carers Group

The Duhallow Carers will have a meeting on Thursday 3<sup>rd</sup> October in the James O'Keeffe Institute, Newmarket. Meet others who are in a caring role and enjoy a friendly chat and a cup of tea. For further details contact Louise at 029-60633.

### Assist Workshop

Suicide Intervention Training can 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. This 2 day course 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 ASIST course will be held on Tuesday 15<sup>th</sup> and Wednesday 16<sup>th</sup> October from 9am-5pm Workshop. This two-day ASIST workshop is for persons aged 18 years or older who are interested in supporting people who may be 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. All participants must have completed a Safetalk workshop previously to progress onto this course. If interested in attending or for further information please contact Helen @ 029-60633. Please note places are limited to 30 people on this course so early booking is advisable.

**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.

### 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 in September for all new volunteers. These services require volunteers to be able to give their time freely and to be able to have the most respect and privacy for the users of the services. If you feel you can bring something to this service please contact Helen 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.

## Agriculture Working Group

**The Focal Farmer Programme** assists Low Income Farm Families to maintain a viable family income by maximising the farm enterprise and by providing a number of key services which include: AI Grants, Milk Recording Grants, and Soil Sampling subsidies. For further information on the qualifying criteria please contact Katie on 029-60633. **Please send in your AI & Milk Recording Invoices before Friday 15th November 2013.**

### Kanturk Farmers Market

The Market is located at the rear of Twohig's Supervalu takes place **every Thursday and Saturday from 10.30am-2.30pm.** Each week at our Market you will find a fine range of fresh local produce. Watch out for our special 10% discount days. New Stallholders Welcome, for further information **please contact Katie at 029- 60633.**

### GIY Duhallow

The October meeting of GIY Duhallow will take place on **Tuesday 29th October commencing at 7.30pm.** Please note change of date of this meeting. **For further information contact Katie at 029-60633.**

### Women in Agriculture Conference

For all of you women making plans don't forget to put a date in your diary for **Thursday 24th October.** That's the day for the 6th Women & Agriculture Conference, which will take place in the Europe Hotel, Killarney. We have a limited number of tickets available please **contact Katie on 029-60633 for further details.**

### National Dairy Show 2013

The 31st National Dairy Show takes place this year on **Saturday 19<sup>th</sup> October in the Green Glens Arena.** This year the event incorporates the Irish Dairy Gathering and will be the meeting place for all involved in the dairy industry as well as a fun family day out. Plans are well developed to recreate the experience of the old butter road that ran through Millstreet to the Butter Market in Cork City. This will be run in aid of Enable Ireland. The show will also have an agricultural college showcase, farm models, technical workshops, children's entertainment and artisan producers to add to the large trade stand display and quality show animals at the event. It will, as always, be a family focused event.

### Pieta House "Mind Our Men Initiative"

For every 10 suicides in Ireland, 8 of them are men, the Mind Our Men initiative is calling on women and men to look out for the men in their lives and encourages people and communities to reach out and look out for the men closest to them. **Spot the signs. Save a life.** Together we can help reduce the rate of male suicide. Farming communities are bearing the brunt of the invisible despair, while farming is "the most noble livelihood it's also the most lonely livelihood" -Joan Freeman founder of Pieta House. In the coming week's information booklets will be sent to farm families, giving advice on how to recognise the signs and symptoms of suicidal behaviour and explaining what to do if someone is in crisis.

#### Signs Someone May Be In Distress:

- Isolating Him/Herself – withdrawing from social situations and being less communicative
- Turning off mobile phones and quitting social media
- Emotional Outbursts - either angry or tearful
- Possible increase in alcohol or drug use
- Behavioural changes – such as loss of appetite, or little to no sleep
- Becoming lethargic and emotionally withdrawn
- Becoming accident prone or continuously distracted.

#### Most importantly

It's the language that individuals use that is most telling: "I have no future , I see no light at the end of the tunnel, My family would be better off without me, I wish I could go to sleep and never wakeup, What's the point in anything?"

#### Helpline Numbers:

- The Samaritans 1850 609 090
- Rural Stress Helpline 1800 742 645
- ILife 1800 247 100
- Mental Health Ireland 01- 2841166
- HSE South (Cork, Kerry) Helena Cogan, Co-ordinator of Training & Support Services Mental Health Resource Office HSE South 028-40402.

### IRD Duhallow Birdwatch Group

Duallow Birdwatch group was formed in 2010. The group consists of professional, advanced, and beginner bird watchers. The group is of interest to any person who has an interest in birdwatching. Seminars, Workshops, and fieldtrips are just some of the activities organised by the group. If interested in joining or require further information contact Katie on 029 60633.

Keep updated with our Raptor and Hen Harrier satellite tracking projects by logging onto <http://henharrierireland.blogspot.com>  
<http://duallow.blogspot.com>

## The 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 2002**

**Contact IRD Duhallow Warmer Homes Office on 029-60633.**