

I.R.D. Duhallow

Progress Report

REPORT
09/10



Duhallow

The Spirit Of Rural Ireland

Communities in Duhallow



Duhallow - The Land & People

IRD Duhallow territory includes North West Cork and South East Kerry and is approximately 1,800 sq.km and has a population density of 16 per sq.km. It is a largely Rural area. Over 85% of the population live in the open countryside or in settlements of less than 200 people. The Duhallow region has four market towns: Kanturk (Pop 1915), Millstreet (Pop 1401), Newmarket (Pop 949) and Rathmore (Pop 611) and 36 villages.



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The European Agricultural Fund
for Rural Development:
Europe investing in Rural Areas

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Minister Mary Hanafin being presented with a copy of IRD Duhallow's Annual Report with Chairman Michael Twohig and Community Development Team Leader Eileen Linehan.

Chairman's Address

In reviewing my first year as Chairman of IRD Duhallow, I am struck by two things – firstly the scope and scale of the work of IRD Duhallow in an ever changing environment and secondly how quickly the time has flown.

My term as chair began with a review of the Company's Strategic plan and the key targets set by the Board to be achieved over the next four years. It is an ambitious plan spanning economic, cultural, human and environmental development. Indeed the first thing we recognised is that LEADER or the Local Community Development Programme on their own or indeed together would not have the capacity to deliver what we had set out to be achieved.

With this thought in my mind I became aware of the great potential of other European Programmes and asked the Manager to explore the possibility of accessing the Life+ programme. I was rewarded with the chair of the steering group. A comprehensive and ambitious plan, based on the river Allow to promote biodiversity and in particular the fresh water Pearl Mussel, Salmon and King Fisher was submitted to the European Commission. I am delighted to report that IRD Duhallow has been successful and with the support of the Department of the Environment we will be implementing a wide ranging environmental programme which will compliment LEADER, include the communities which are targeted in the LCDP and support the farmers along the river.

This, I believe is the future of Rural Development – one organisation, deeply rooted in the community, enjoying the support of the statutory sector with the capacity and structures to deliver a wide range of supports and services for the betterment of their area.

The LEADER Partnership Companies in Ireland have demonstrated such capacity. I, as well as every other voluntary chairman in the country, welcome the very positive moves by the European Commissions DG Agri to loosen those constraints, which many of us believe were doing little by way of ensuring the proper delivery of the LEADER Programme, on which rural areas are depending for their very survival into the future. Minister Pat Carey, to whom we extend a warm welcome as Minister for Community, Equality and Gaeltacht Affairs, who has assured us that the removal of the word "Rural" from the name of his department will not diminish in any way the role Rural Development will have in the coming years..

The riding instructions we received from various Departments last year was to "do more with less" and while this proved a challenge for us I am grateful for the support of the Chairs and members of our Working Groups and moreover the co-operation of the Company's management and staff and am delighted to report that we have indeed done more with less.

Our rural meal service, Duhallow Community Food Service delivered 22,000 meals last year, an increase of 30% on the previous year. Our Rural Transport Service carried 59,000 passengers and increase of 10% on the previous year. This service provides contracts valued at over €37,000 to 24 local hackneys and bus operators, ensuring the viability of their businesses. I must commend the Rural Transport Network, under the guidance of our own Jack Roche and his team, for a very successful campaign which saw the Rural Transport Programme maintained despite the recommendations of on Board Snip Nua. Our Warmer Homes initiative insulated 480 homes last year and has an increased target of 710 homes this year.

Combined, these social enterprises are providing employment for 110 people locally.

On the LCDP front we have seen an increase in the number of unemployed seeking assistance and training from our Job Centre. 92 people received training last year. We supported a further 80 farmers to access Farm Assist and the number of people being referred to MABS, which now has a weekly clinic in our offices has also increased. I was delighted to welcome the Minister for Tourism, Culture and Sport,



Mary Hanafin to launch the Walks Scheme which will benefit 30 farmers along the Duhallow and Avondhu Sections of the Munster Way with payments for maintenance work on the walk. This has been especially welcomed by the farmers, many of whom have marginal hill land.

The difficult decisions, which I as Chairman had to steer through this year, were made all the more easy by the support and advice of my fellow board members, Michael Manning who is chair of the HR Working Group and Michael Doyle who Chairs the Finance and Audit Sub Committee, in addition to the steady advice from my Vice Chairman Cormac Collins. The steadfast work and loyalty of our Management Team was crucial to the smooth implementation of these difficult HR and Financial

decisions and I am delighted to report that staff morale is high and there is a strong determination to reach even higher targets this year.

Pobal has forbidden any of its public funded programmes from spending on Annual Reports. The Board is strong in its belief that the best way of letting the people of Duhallow know about the services and supports available to them is through these reports. We made an appeal and got a tremendous response from community organisations and businesses so that all our work, including the Pobal funded Community Service Programme, Rural Transport and The Local Community Development Programme can all have feature pages in this Progress Report. I want to thank the Management and Staff and in particular Theresa Collins who produced this years Progress Report.

IRD Duhallow continues with the Board rotation policy set down by the government. This year we are losing the state agencies, which have been represented heretofore and are replacing them with other agencies relevant to the work and strategic focus of the organisation. Coillte, Teagasc and Cork Kerry Tourism will be replaced by representatives from the ESB Networks, The Department of Social Protection and the National Parks and Wildlife Services, I want to pay tribute to outgoing Board Members, Jerry Donovan, Elaine White, Pat Keane and Michael Manning. Michael Doyle, who stepped down as representative of Coillte, I am pleased to say afterwards secured the nomination of the Environmental Pillar. Suzanne Campion in her new role as Head of Business Development and currently South Eastern River Basin Director will play a vital role in the steering group overseeing the implementation of the Life+ programme.

I was delighted to chair the Community elections in North Eastern Duhallow recently where two of the five candidates nominated battled it out to win the 50% + 1 vote each to earn their seats on the board. The new Board Members Deirdre Green, John Cott, Barry O'Donoghue and Cork County Council members Dan Joe Fitzgerald and John Paul O'Shea combine youth with community experience. Overall the Boards gender balance, having taken a dive after the cohesion prescribed board membership, I am delighted to report has improved considerably and is now at 65% male to 35% female.

In conclusion and looking to the future there is every reason to be optimistic. The reform of CAP offers us the opportunity to maximise the LEADER potential by creating a Third Pillar with a simplification of the regulations. Our Board has commissioned a review of the current LEADER programme and the preliminary results shows IRD Duhallow to be in the top three groups with respect to commitments and spend in the 18 months since the programme was launched.

I am excited by the LEADER Young Entrepreneur Programme, which we are committed to along with the LEADER Partnerships in Kerry. This has to be the future for rural areas: that our young people are supported and trained from a young age to view entrepreneurship as a career choice and create wealth and jobs in Duhallow.

Michael Twohig
CHAIRMAN

Manager's Report

The Managers report last year began by predicting that the company was facing into its most challenging of its twenty years in operation. Looking back now, no one in the organisation would dispute that assertion. On top of the economic decline, poor milk prices and increased unemployment, which put additional pressures on our work load, we were flooded before Christmas and snowed under in January and February. But the resilience of our communities which has been handed down from generation to generation shone through. For IRD Duhallow not only did the show go on but essential services like the Rural Meals actually increased their output and deliveries during the difficult winter. We are indebted to the courage of the staff in braving the treacherous conditions on roads that were neither gritted nor salted to get into work in the first place, and furthermore to get into IRD Duhallow vans to deliver hot meals, and food essentials, insulate cold houses and provide vital Rural Transport. I for one was grateful to the inventor of the 4x4 and must say that the hill country of Duhallow is no place for smart cars.

Just when we saw off the worst excesses of the weather and subsequent clean up, the ravishes of public spending cuts struck in early spring. The very difficult decision of making two administration staff redundant had to be taken, but this was not enough to balance the reduced budget and the Chairman and I had to address staff again in June and tell them that a 10% pay cut had to be sought. The savings from the pay cuts can be spent on frontline services but with staff already stretched to the limit it will be very difficult to maintain, moreover as the bureaucracy attached to public funds grows apace. I must commend the Team Leaders and Staff for their co-operation and dedication to their work during this most difficult time.

I have no doubt but the source and inspiration of this professionalism and loyalty comes from the volunteers that govern the Company and steer our work through the Working Groups. Our newly elected Chairman calls in to the office regularly and during the difficult times, whether economic or weather related he phoned and visited on a daily basis. This level of commitment means a lot and is much appreciated by staff and management. Likewise the Vice Chair and the Chairs and members of our Working Groups have invested heavily in terms of time commitment to the organisation and the results of the combined effort of volunteers and staff is outlined throughout this report. I wish to thank them for their work and support.

The changing economic climate has seen a marked increase in unemployment and under-employment, an immediate impact has been seen in the decrease in numbers availing of our Afterschool Services as one or both parents are off work and at home. The viability of services such as this, hang in the balance as the economies of scale are harder to achieve, the removal of the grant towards fixed overheads has really compounded the problem.

The move by Rural Development Minister Éamon Ó Cuív to the Department of Social Protection, bringing with him the Rural Social Scheme, CSP and CE, we hope will bring increased opportunities for the expansion of these schemes. The Rural Social Scheme has proven itself over and over in terms of quality and scope of work, service to the community and also in terms of sustaining farm families. If the Minister succeeds in broadening and expanding the scheme this Company is ready and able to take on the challenge with work plans at the ready to absorb up to four additional schemes immediately.



There is no doubt but the mandate from our Board to strengthen our support to Enterprise so as to facilitate the creation of new jobs as well as sustaining those jobs already in the area. Plans are at an advanced stage for a major Enterprise Conference in October to which we have invited Duhallow's own, Minister Batt O' Keeffe to join Dragons'Den star Sean Gallagher, University College Cork Enterprise Lecturer Owen O'Brien and successful local Entrepreneur Dan Buckley. The significant role of Social Enterprises in future job creation has been tasked to the Management Team of IRD Duhallow because of their impressive track record in social entrepreneurship.

The Excellence Through People Standard which we are proud to hold from FÁS is testament to the not inconsiderable investment our Board makes in

management and staff development. Our entire management team has been grown in-house and many of our Development Officers and indeed even Team Leaders started in work experience placements. I would like to thank Marie Fleming for successfully managing the Excellence Through People accreditation process. The decision of the Department of Community Equality and Gaeltacht Affairs and the NUI to put forward a Diploma and Degree in Rural Development through distance learning funded by LEADER is indeed welcome. This will open up opportunities for staff and community volunteers to take up future Rural Development positions.

Due to the fact that many of our services are directed to children and vulnerable adults Garda Vetting has become standard for most of our operations and contracts. Derval Corbett has been assigned as one of two officers nationally, who is tasked with its smooth implementation in all LEADER Partnerships.

The courtesy and professionalism of our Department Inspector Breedra Doody in carrying out her work under the new intensive inspection regime has been noted by Board, Management and Staff and I am personally grateful to her and the Department's Rural Development Team in Tubbercurry for their support and guidance with LEADER.

I also want to acknowledge, Liz O'Connor as our new Case Officer in Pobal for her support and guidance with our Pobal funded programmes, and welcome Orla McEntee as our Rural Transport Case Officer.

Our Rural Social Schemes have been expertly guided by Aidan O'Rielly, Nora Durcan and the Rural Social Scheme Unit in Tubbercurry and Dannielle Byrne along with Tracy Coyne and the Pobal Team in Clifden.

I must pay special tribute to our Team Leaders Eileen Linehan and Catherine Crowley and also Triona Murphy who stepped in for Catherine during maternity leave. It was a year of terrible personal tragedy for Eileen, with the loss of her husband Dominic at such a young age, but her courage, selflessness and utter professionalism is an inspiration. I am indebted to the Team Leaders, Development Officers and Staff with whom I am honoured to work.

Having "weathered" all that this past year has thrown at us I believe that this organisation has emerged stronger and more resilient and determined to provide the best service we can to all the people of Duhallow on behalf of the various government departments and European Commission Directorates whose Development Policies we implement on the ground.

Maura Walsh
MANAGER

IRD Duhallow Ltd. Company Structure

IRD Duhallow was first established in 1989 and is a company limited by guarantee without share capital. It has charitable status and our directors are voluntary and receive no remuneration for their contribution.

The Company has adopted the good governance guidelines as prescribed by the Department of Community, Equality and Gaeltacht Affairs. Its Memorandum and Articles of Association also reflect this best practice and are in accordance with the New Charities Act.

The Board membership has been laid down by Government and reflects the integration of Social Inclusion with Rural Development, the importance of the environment and community volunteers and the democratically elected Local Authority Members.

Reflective of the integrated nature of our work, the Company's Board and Sub Committee Structures have

evolved over the years and enjoy a massive amount of good will and voluntary contribution in the region. Upwards of 3,500 people participate from the bottom up in these structures.

IRD Duhallow has a number of working groups with representatives from our Board and staff as well as community and state sector representatives. This structure allows us to target specific expertise beneficial to the implementation of the strategic aims of the particular working group.

IRD Duhallow continues to strive for excellence through the ongoing training and development of our staff. We have maintained the FAS Excellence Through People Standard, Ireland's standard for Human resource Management.



IRD Duhallow Board Members

LOCAL AUTHORITIES AND SOCIAL PARTNERS

Michael Twohig

Michael was elected chair of IRD Duhallow last September. He is a founder member of IRD Duhallow and served as Finance Director until he stepped down in 1996. He was reappointed to the Board in 2007 representing Kanturk Chamber of Commerce. With his wife Noreen he manages the family owned Supervalu in Kanturk, Abbeyfeale and Askeaton. A keen angler and hunter he has developed a number of angling projects in Duhallow. Michael is an active member of the Enterprise Working Group, Finance and Audit Working Group and HR Committee.



John Cooney

John represents the Trade Union Movement on the Board of IRD Duhallow. He served as an official with SIPTU, the Services Industrial Professional and Technical Union. John lives in Cork City, is married to Linda and they have three children. John is based at the Mallow Office where he is a Branch Organiser. He has been an active member of IRD Duhallow's Employment and Training Working Group for the past number of years.



John Linehan

John, a full time Dairy Farmer from Dromtariffe was elected on to the Board in July 2009 as a representative of the farming sector. John, who is married to Angela, has a diploma in Rural Development. He is Chairman of Dromtariffe IFA, is an active member of the Duhallow IFA and is on the regional committee for Dairygold Co-Op. He is also the Secretary of Dromtariffe Community Centre and sits on our Agriculture Working Group and a member of the IRD Duhallow Focal Farmer Programme.



Conor Creedon

Conor was appointed to the Board in 2007 as a representative of the farming sector. He is a member of the ICMSA (Irish Creamery Milk Suppliers Association) and participates on its Administrative Committee. Conor is a dairy farmer who along with his wife Elisha manages the family farm in Rathmore, Co Kerry. He is an active member of IRD Duhallow's Agriculture Working Group and is the Boards Representative on Kerry County Development Board.



John Paul O'Shea

John Paul was elected to the board of IRD Duhallow as a representative from Cork County Council in September 2009. At just 26 years of age, he is one of the youngest councilors in the country. John Paul, who lives in Laharn, has been involved in many projects in his community including the revival of dancing at Laharn Cross and the renovation of the old schoolhouse into a new Community, Cultural & Heritage Centre. John Paul chairs the Youth and Education Working Group is an active member of the Employment and Training Working Group.



Dan Joe Fitzgerald

Dan Joe is an elected member of Mallow Town Council since 1994 and Cork County Council since 1999. He is Director of North Cork Enterprise Board and Mallow Development Partnership. Dan Joe is Chairman of Housing SPC, Chairman of North Cork Area Roads Committee, a member of the Corporate Policy Group, Cork County Library and Cork CDB. He chairs IRD Duhallow's Enterprise Working Group and is actively involved in many sporting organisations including the Duhallow Hunt.



John Sheahan

John was re-elected to Kerry County Council in 2009 and was re-appointed to the Board of IRD Duhallow. He is an active member of his local community in Killarney and is a member of the Tralee Road Residence Committee and the Legion GAA Club. John is a member of the Kerry County Council's Planning SPC, The Killarney National Liaison Committee, and the Associations of County & City Councils. He is also on the Board of South Kerry Partnership and the Rural Water Committee of Kerry County Council.



Marie Maloney

Marie Moloney was elected to Kerry County Council in 2009 and subsequently nominated to the Board of IRD Duhallow. With over 17 years in the political scene, she has worked with local communities and knows the area well. Marie was recently elected as Deputy Mayor of Kerry, is also on the Board of South Kerry Development Partnership, Kerry Education Services, the HSE and Rural Water Committee. Marie lives in Kilcummin is an active member of voluntary and community organisations in the Killarney Area.



IRD Duhallow Board Members

STATUTORY FORUM AND ENVIRONMENTAL PILLAR

John Breen

John Breen joined the Board of IRD Duhallow in September 2008, as a nominee of the Kerry County Manager. John holds the position of Director of Services, Housing & Social Support and Community and Enterprise. He is also Killarney Town Manager. John and his staff support the work of the Kerry CDB and also have an overseeing role in relation to Kerry Local Sports Partnership, Kerry Enterprise Action Team, Kerry County Library and Kerry Community & Voluntary Forum.



Tom Stritch

Tom Stritch is Director of Services for the Northern Division of Cork County Council and joined the Board of IRD Duhallow in 2008 as the nominee of the Cork County Manager. He has responsibility for the management of services including; housing, roads, water, waste, litter, recreation, and amenities, delivered through Divisional offices in Mallow to area offices including Charleville, Kanturk, Millstreet and Newmarket. He is also Town Manager for both Fermoy and Mallow Town Councils.



Suzanne Campion

Suzanne Campion represents Inland Fisheries Ireland where she is Head of Business Development and currently South Eastern River Basin Director. She is a member of the Southern and Eastern Regional Assembly's Agriculture and Rural Development Sub-Committee, and works with Waterford Leader Partnership and WORD on various projects. Suzanne has worked as a manager and accountant in the public and private sectors. She is involved in the management, protection, development and conservation of the rivers and their habitats in the Region. Her role involves marketing, public relations, education and outreach, state fisheries and sustainable development of fisheries.



Cormac Collins

Cormac is ESB Networks Area Manager, and has been appointed to the Board to represent ESB Networks, having previously served as Community Representative for Western Duhallow. ESB has worked closely with IRD Duhallow's CLÁR in delivering three phase electricity to many small industries in Duhallow and has supported the Warmer Home Scheme since the beginning. He is chair of Gneeveguilla Community Council, one of Duhallow's most active, whose plan has won support of Kerry County Council, LEADER and CLAR and received the Kerry Community Awards. He serves on the HR, Finance and Community Development Working Groups.



Barry O'Donoghue

Barry joins the board this year. He is the National Parks and Wildlife Service Ranger for Duhallow, charged primarily with the protection of the area's wildlife and habitats. Barry hails from a background of nature conservation and farming. He has a Degree and Master's from UCD on Agriculture and Environmental Science. He is currently completing his Doctorate at UCC, which is focused on one of Ireland's rarest and most threatened birds of prey, the Hen Harrier, for which Duhallow is one of the most important areas in Europe.



Michael Doyle

Michael represents the Environmental Forum on the board. He is chair of the Finance Committee and also chairs the Equality, Disability and Migrants Working Group. He represents IRD Duhallow on the Cork County Development Board and the Cork Sports Partnership Board. He also represents the Board of IRD Duhallow on several National Fora dealing with Equality and Intergration. Michael liaises with the Sports council of Ireland and the National Trails Committee on the development and maintenance of long distance and looped walks.



IRD Duhallow Board Members

COMMUNITIES OF INTEREST AND COMMUNITY FORUM

John Kirwin

John was elected by the South Eastern Duhallow Forum to the Board in 2009. Through his involvement with Banteer, Lyre and Districts Community Council, he co-ordinated the training and setting-up of an action group that now has over thirty trained responders and three defibrillators in his local community. He also chairs the Board of Banteer Community Childcare Services. John serves on the Community Development Working Group and he works with the Department of Justice & Law Reform, based in Cork.



Hannah Kelleher

Hannah is from Cullen and was elected to represent Western Duhallow on the Board in June 2008. A national School Teacher, she was appointed Principal of Cullen Primary School in 2004. She actively supports the annual Cullen Feis. She is Vice-Chair of our Youth and Education Working Group and sits on the Community Development Working Group. Hannah has a keen interest in culture and heritage and promotes pride of place locally and nationally.



Sheila Crowley

Sheila was elected to the Board of IRD Duhallow in June 2009 to represent the South Eastern Duhallow Region. She is in her third year as secretary of Laharn Community Action Group and has worked diligently with the Group to transform the Old School House at Laharn in to a newly refurbished Heritage Centre. Sheila is a chef by profession and is proprietor of Ard Na Coill Bed and Breakfast in Laharn, situated on the Duhallow Way walking route.



Judy O'Leary

Judy represents Women's Group of the Board of IRD Duhallow. She chairs the Women & Childcare Working Group and is a member of the HR Working Group. Judy is a founder member of the Duhallow Women's Forum. She is actively involved with the Irish Country Women's Association and is Public Relations and Information Officer for Dromtariffe Guild. She has also served as Vice Chair of IRD Duhallow.



Jack Roche

Jack Roche is from Rockchapel and represents SAOÍ Network of Active Retired Groups. He sits on the Social Economy and Community Development Working Groups. He is chairman of IRD Duhallow's Agriculture Working Group and represents IRD Duhallow on Kerry Community Transport and ILDN. Jack represents ILDN on ELARD the European Association for Rural Development of which he is a past president. He sits on the Rural Development Forum.



John Cott

John was recently elected to the Board of IRD Duhallow to represent the North Eastern Community Forum. He is a beef farmer from Cecilstown in the parish of Castlemagner. He is a long time member of Castlemagner GAA club, is also involved with the Ladies Football Club, the Hall Committee and Lohort, Cecilstown Development Association. He has also served as Chairman of Kanturk Mart. John is married to Una and they have three children.



Deirdre Green

Deirdre is from Freemount and was elected to the board in June 2010 to represent North East Duhallow. She holds a Bachelor of Business from Cork Institute of Technology and a Higher Diploma in Education which she completed in University of Limerick. Currently, she works as an accountant in Mallow. Deirdre is very passionate about the development of rural areas and is deeply involved in the development of her local community. She is a founding member of Freemount Badminton Club and currently Joint Treasurer of Freemount Community Development Association.



Details of Staff



EILEEN LINEHAN, B.A. (Econ & Geog), MBS (Business Economics), Dip. Personnel Mng.
With nine years experience in Rural Development, Eileen was appointed Community Development Team Leader in 2006 having previously managed the Enterprise Team and has responsibility for the LDSIP & LEADER Programmes. She prepares the Programme of Activities and oversees the financial operations of RSS, FAS CE, Warmer Homes, NCIP and all project budgets. Eileen monitors the progress of the programmes through the SCOPE & LEADER performance monitoring systems and represents Community Partnerships on the Cork County Childcare Committee and Pobal's Pension Board.



TRIONA MURPHY, B.Sc Public Health & Health Promotion; Cert in Corporate Finance & Venture Capital

Triona completed a summer placement with the Community Development Team in 2007 and returned in June 2008. Triona is the Youth and Community Development Officer for Western Duhallow. She works in animation and capacity building with the communities and through LEADER funding assists them to develop high quality local services and amenities. Triona also supports the work of the Youth and Education Working Group. She is staff officer for the Duhallow Carers Support Group, the Towards Occupation Programme, the SAOI Network and the Dyslexia Support Group.



HELEN O'SULLIVAN, B.Soc.Sc., M.Soc.Sc, Dip Com, Leadership & Mgt, Cert in Agri.

With over 5 years experience in Rural Development Helen is the Youth and Community Development Officer for the Eastern Duhallow region where she supports community & voluntary groups to develop through animation & capacity building. Helen is the co-ordinator of IRD Duhallows After-Schools Service and she is also the staff resource for The Duhallow Women's Forum, The Bereavement Support Group & The Domestic Violence Support Group. Helen supports the work of both the Community Development, the Youth & Education and the Social Economy Working Groups.



MARY MCHUGH B.B.S. Postgraduate Dip in Rural Development, Food, Marketing and Co-operative Studies. Cert in Community Development. Cert in Health & Safety in the Workplace

Marie joined IRD Duhallow in May 2006 as clerical officer; she provides administration support to Development Officers and supports the Managers participation on a number of National Fora. Marie co-ordinates the monthly board pack and provides the administrative support for Excellence Through People, Ireland's standard for human resource development and co-ordinates training for staff members. Marie represents the staff as Safety Representative on the Health and Safety Committee.



DERVAL CORBETT, ECDL

With 10 years service as Clerical Officer, Derval is based in the Reception and Administration Office. She deals with general enquiries, administration and is responsible for company's stationery orders and oversees the Company's IT systems. She supports the Manager in her participation on a number of National Networks and is the Authorised Signatory for the processing of CLE Garda Vetting Applications. She is also editor of the monthly Newsletter which is circulated to 10,000 homes in Duhallow.



CATHERINE CROWLEY, B.Sc (Food Business), M.Sc. (Food Marketing)

With over seven years experience in Rural Development Catherine is the Enterprise Team Leader with IRD Duhallow. She promotes enterprise, craft and tourism development that will bring vital jobs to Duhallow and she facilitates training, development and building networks in the business community. She oversees the day to day operations of staff within the enterprise team and the operations of the Community Service Programmes, DART and the Rural Meals Services.



MARGARET O'CONNOR, MAAT, AIPA

With thirteen years service, Margaret is the Senior Accounts Administrator with IRD Duhallow. She is responsible for the establishment and maintenance of the company's financial systems and procedures and the implementation of the apportionment of overheads across the various programmes delivered including LEADER and LDSIP. She also oversees the Payroll and Pension administration and prepares Financial Reports for Management and the Board of Directors.



KATIE CROWLEY, B.B.S., Higher Dip in Food Mkt, Rural Dev & Co-ops, Cert in Agri.

Katie joined IRD Duhallow in 2007. She is responsible for the Diversification & Agri Tourism measure of LEADER and the Focal Farmer Programme. Katie supports the work of the Agriculture Working Group and the Environmental Forum. Through a range of innovative initiatives the programmes supports over 400 farm families in Duhallow. Katie actively promotes participation on the Rural Social Scheme, provides one to one supports, assist farmers develop business plans and organises various tailored training programmes throughout the year.



MARIE FLEMING, Diploma in Business Skills, PR and Marketing. Cert in Health & Safety

Marie joined IRD Duhallow in May 2006 as Clerical Officer. In addition to dealing with general queries in the front office she provides administrative assistance to the Development Officers and supports the Managers participation on a number of National Fora. Marie also provides the administrative support for Excellence Through People, Ireland's standard for human resource development and represents the staff as Safety Representative on the H&S Committee.



KASIA MELLER, MA in Political Science, IPASS Payroll Technician

Kasia, originally from Napole, a village in Central Poland, was appointed Accounts Officer in March 2007. In January 2008, Kasia took over as Finance Officer on the Community Development Team. She is responsible for the preparation of weekly and monthly wages and accounts for RSS, Warmer Homes, FÁS CE, Out of school and Dormant Accounts Fund (Carers), financial reports for the Social Economy Working Group and the Board as well as Pobal.



MARTINA O'SULLIVAN SEB (Secretarial Studies), Payroll Technician

Martina was appointed Accounts Administrator in February 2007. She is responsible for the preparation of weekly and monthly accounts and completes the reports submitted to Pobal and the Department on a monthly and quarterly basis. She also assists in the compilation of financial reports presented to the Finance Board on a monthly basis. Martina completed the IPASS Certified Payroll Technician Course in May 2009.

LEADER in Duhallow

In spite of the challenges posed by the regulations of the new programme, LEADER is running successfully and on target in Duhallow. During the 2 year interregnum period between LEADER+ the current programme, IRD Duhallow undertook extensive animation and capacity building in the community. This ensured that each community was in a position to submit projects for evaluation once the new programme was announced last year.

IRD Duhallow has committed over €2.0 million of the €7.4million available for projects up to 2013 and we have paid out over €500,000. We have the second highest commitment level in the country and we are on target to spend a further €700,000 before the EU year end in September this year.



Eileen Linehan IRD Duhallow, Pat Carey Minister of Community, Equality and Gaeltacht Affairs with Maura Walsh of IRD Duhallow



Maura Walsh receiving a presentation of a gold watch from Eileen Linehan and Catherine Crowley on behalf of the staff of IRD Duhallow to mark her 20th year with the company.

Following additional community meetings held over the past twelve months throughout around Duhallow, the uptake of funding under the Basic Services to the Rural Population measure has been immense. It is under this measure that community facilities and culture are funded and the measure is nearing 86% commitment stage which is indicative of the quality projects coming forward and the huge voluntary effort of our communities. Considerable commitment of rural communities to enhance their towns and



Members of the late James O'Keeffe's family at our Annual Board Dinner celebrating IRD Duhallow's 20 years in existence. Presentations of portraits of The James O'Keeffe Institute were made to members of the O'Keeffe family Seamus, Morty, John and Dan with Maura Walsh and Michael Twohig.

villages is also evident in this programme. Inter-territorial co-operation aims to achieve the critical mass necessary for a project to be viable. IRD Duhallow has embarked on a number of such projects, for example Isobel Fletcher will be engaged co-operatively by LEADER groups to support the promotion of artisan food projects and organise the "Food Village" at the National Ploughing Championships.



Cllr Timmy Collins who chaired an Information Evening to promote the benefits of Broadband pictured here with Katie Crowley of IRD Duhallow, Brian Purcell, Niall Boon and Fergus Sharkey of 3 Mobile.

Individual LAG's could not afford such expertise, but together we have the critical mass to make the appointment viable. The LEADER Young Entrepreneur Programme is another example where 4 LAG's in the Kerry/North West Cork Region have come together to deliver this innovative project to young people.



Maura Walsh has a look over her presentation to the European Conference "The Role of Women in Sustainable Rural Development".



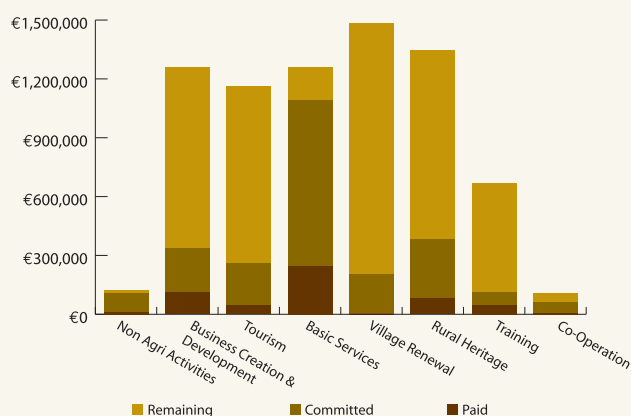
Chairman of IRD Duhallow Michael Twohig addressing the Annual Board Dinner.

The take up in the enterprise measure is on target, despite being confined to micro enterprises which have less than ten employees and our portfolio of rural tourism projects are set to enhance our position as an activity holiday destination in the very competitive South West Region. The Training Measure despite its restriction to non accredited training has nevertheless delivered 14 training programmes to 3000 people in the past year. The development of our Culture and Heritage through LEADER, has also started to impact with strong projects coming from the Western region of Duhallow especially. Finally the interim evaluation of the programme which the Board has commissioned shows a good geographical spread of projects, with commitments and spend on target.



Ms Breda Dooley, Dept Inspector with Team Leaders Eileen Linehan, Triona Murphy and Catherine Crowley.

Status of Projects June 2010



Enterprise

IRD Duhallow has played a pivotal role in the development of the Duhallow economy providing business information, advice, training, research, mentoring, management development supports and capital grants. The Enterprise Development working group recognises the difficult challenges being faced by companies in the current economic storm and remains focused on providing practical support and solutions to the enterprise sector in generating growth and jobs. Some enterprises are operating in economic circumstances that they have never seen before however the longer established ones have survived previous recessions and are facing severe challenges in terms of securing their businesses and retaining jobs. Despite these difficulties, the development of enterprise and the level of entrepreneurship in remote rural communities in Duhallow continues to be positively influenced by both LEADER and the Local Community Development Programme. Innovation is, and will continue to be, a crucial success factor.



Speakers at a Enterprise Network Workshop Cathriona O'Keeffe HR Consultant, Seamus Hayes Training Consultant, pictured with Enterprise Chairman Michael Forde and Mary McHugh of IRD Duhallow.

The structure of the rural economy is changing rapidly and will continue to do so and as it changes the need for more diverse forms of employment readily accessible by the rural population becomes even greater. The job losses in the manufacturing sector over the last number of years have not been recouped and the more recent decline in the construction and retail sector has exacerbated the situation. Our enterprise strategies over the last number of years have supported many indigenous enterprises to expand and diversify creating a steady stream of rural enterprises and sustainable employment. LEADER supported industries now account for 21% of all industrial employment in Duhallow.

LEADER Rural Enterprise Sapphire Signs winning the finest National Markets and now approaching International markets, pictured here with Director Brendan Dennehy and a staff member of the graphic design team putting the final touches to a Dairygold truck.



IRD Duhallow's Enterprise and Craft Network

IRD Duhallow's Enterprise Network members meet on a monthly basis to discuss business issues, share business advice and get help with building and promoting their business. The structure encourages networking opportunities and facilitates information dissemination for small business owners.

Supports to Business

LEADER's Business Creation and Development Measure provides capital grants of 50% up to €150,000, Analysis and Development grants of up to 75%. LCDP targets the long term unemployed and self employed. Increasing the capacity of local business owners through our Mentor Programme will undoubtedly lead to the growth of stronger companies in the area and ultimately job creation.

Business Training Programmes

Over the last twelve months nearly one hundred entrepreneurs have taken part in a diverse range of high quality subsidised training programmes covering a wide variety of business topics. The Working Group would also like to acknowledge the support of the Department of Social Protection in co-funding two Self Employment Options Programmes and One Business Fundamentals

Training course where almost fifty people who are on a Social Welfare payment have benefited from specific training to acquire the basic business skills and disciplines to assist them in their business start-up.



LEADER supported enterprise DCP Plastics director Padraig Sheehan established his business with LEADER support.



Catherine Crowley and Eileen Linehan of IRD Duhallow with Derry Sheehan, Director of LEADER funded JJS Wind Generator Repair Services at the commissioning of plant. This new business will create 8 new jobs. IRD Duhallow has plans for this region to become a Centre of Excellence in Renewable Energy Service.

The Next Generation of Entrepreneurs

Thriving entrepreneurship in all parts of Duhallow is fundamental to our enterprise strategy and to Duhallow's economic growth and employment potential. IRD Duhallow will celebrate Duhallow's next generation of Business Leaders by fostering student Entrepreneurship. Kerry has been awarded European Entrepreneurial Region for 2011 and IRD Duhallow together with the three LEADER groups in Kerry are developing an Inter-territorial LEADER project to fund the LEADER Young Entrepreneur Programme. LEADER Young Entrepreneur Programme will promote entrepreneurship as a natural career choice among the young people of the region. The programme will be rolled out in 18 Secondary Schools in Kerry & 5 Secondary Schools in Duhallow beginning in September.



Business Fundamentals Training funded by LCDP and Dept of Social Protection.



Celine's Handmade Beligan Style Waffles proved popular in the LEADER Food Village at the National Ploughing Championship.

Economic Infrastructure

Advanced and competitive broadband infrastructure is critical to support economic development and to enhance the attractiveness of the Duhallow area for enterprise development and investment. In conjunction with broadband providers IRD Duhallow is taking practical steps to extend broadband services across the entire Duhallow area. Work is ongoing with 3G, the company responsible for

Enterprise



Bridging the Digital Divide in Duhallow at Broadband Information Night was Councillor Timmy Collins showing Brian Purcell of 3G the blackspots in the Duhallow area with Katie Crowley, IRD Duhallow.

the National roll-out of Broadband facilities to ensure all communities have an efficient broadband service. Permanet and Ripple Communication are the other broadband providers in the area. Rockchapel and Meelin are two communities in Duhallow where broadband coverage was extremely poor and in April of this year '3' went live in Clonfert East, Clonfert West, Glenlara, Rowls, Knockatooan, Barnacurra, Glenlara and Meens.

Craft Sector

Our creative enterprises are capable of generating premium commercial, community and cultural wealth for the region and IRD Duhallow has made a significant contribution to the development of the craft sector and in developing an environment that nurtures niche opportunities. These enterprises have the potential to forge ahead with creative and innovative thinking. The "Hands of Duhallow" network, now in its fifth year places particular emphasis on raising consumer awareness, promoting craft at a retail level and developing craft enterprises in Duhallow. IRD Duhallow recognises the challenges faced by craft workers and artist and through support from the Local Community Development Programme, the annual IRD Duhallow Craft/Art Fair was held at the Glen Theatre, Banteer in November. Due to pressure on space, because of an increasing number of stall holders, the Hands of Duhallow craft fair will be hosted at James O'Keeffe Institute, Newmarket in November 2010. The unique event attracted large crowds and succeeded in uniting various arts, crafts, cultural and culinary interests.

Food Sector

Rural abattoirs and meat establishments are a key part of the rural economy and are a vital component of the local food offering. In recognition of the importance of the meat industry the need to provide an integrated support programme for the challenged rural abattoir sector was prioritised. A training programme was developed by Isobel Fletcher,



Cathal Cronin, Cronin's Traditional Family Butchers, Kanturk cuts the slicing edge of innovation at a recent LEADER funded Meat Matters Technical Training Workshop for artisan butchers.

LEADER The Small Food Co-ordinator entitled "Meat Matters". It brings together LEADER Organisations, Local Authority Veterinary Officers and Rural abattoir owners to provide participating abattoirs with the skills to develop and market the quality of meat being produced. Business development plans, consumer led marketing, quality control are just some of the features in this exciting new initiative to help achieve business sustainability.



Ollie O'Riordan, Jack and Tim McCarthy who is the fifth generation artisan butchers since 1882. Bronze medal winners from Blas na hEireann Food Awards and gold medal from La Confré des Chevaliers du Goute Boudin in France.

The LCDP funded new business Celine's Handmade Beligan Style Waffles received support towards the cost of exhibiting at the LEADER Food Village at the National Ploughing Championships in Athy, Kildare. Attracting over 200,000 people annually Duhallow food producers, Celine and Gerald Mulcaire had a very successful three days with plenty foodies dropping by to taste the fresh waffles.

Hannah McAuliffe bakes and decorates perfectly made Cup Cakes before being boxed and beautifully tied with ribbon for delivery or collection.



Hannah McAuliffe contacted IRD Duhallow for assistance in transforming her past-time of baking into a niche food business to support her family through the recession. Presented perfectly and decorated with the likes of edible flowers, the promoter established a very successful cup cake business. They are in popular demand for such occasions as weddings, christenings, birthdays and parties.

The Board will continue to encourage enquiries and applications for assistance from entrepreneurs in all eligible sectors. Projects need to be well researched, market-led and properly resourced with a detailed Business and Financial Plan demonstrating their viability. There is almost €1 million for Micro Enterprise Grants in Duhallow.



Local Food Producer Peter McCabe of Ballymaquirke Fruit Farm picks only his finest strawberries for his Jams.

Warmer Homes Initiative



COLM CROWLEY, Certificate in Business Studies (Marketing)

Colm joined IRD Duhallow in July 2007 as the Duhallow Warmer Homes Coordinator and is responsible for the day to day running of the scheme. Coming from the private sector he brought with him a range of experience, particularly in marketing and customer relations. He is a registered BER Assessor with the Sustainable Energy Authority of Ireland.

The Warmer Homes Scheme aims to alleviate fuel poverty by providing an energy efficient dwelling and reducing heat loss in the home through insulating attics and draught proofing external doors and windows, reducing fuel cost by installing lagging jackets and low energy light bulbs. Fuel poverty has a major impact on the lives of people affected including health issues and IRD Duhallow's Warmer Homes Scheme aims to alleviate fuel poverty for the elderly and those on social welfare.

Since the scheme was first rolled out in Duhallow in 2006, 820 homes have had their attics insulated and 80 homes have received cavity wall insulation which we introduced last year. The scheme itself is funded by the Department of Communications, Energy and Natural Resources through the newly renamed Sustainable Energy Authority of Ireland (SEAI). The Duhallow Warmer Homes initiative was piloted with 7 RSS



Colm Crowley reviews the weekly work schedule with Mary Cherry and Denise McGeough. Warmer Homes Scheme insulate 18 houses per week.

participants but demand grew so quickly that we required full time co-ordinator and administration. The Community Services Programme made available funding for a co-ordinator and four staff. More recently SEAI has funded a further 6 installers bringing the total employed to 18.

Cavity wall insulation service was approved and last year we commenced the roll out



We are registered with the National Standards Authority of Ireland as an approved installer to provide Thermosnug Cavity Wall Insulation.

immediately. This now means that IRD Duhallow WHS can provide an all inclusive service to our elderly and those most in need. We have put a third vehicle into service, staffed through CSP, SEAI and RSS. Householders who have received this service reported an immediate improvement in heat retention in their home, which has enabled them to cut back on their consumption of heating oil, thereby saving money.



Andrew Graham and Liam Buicke demonstrate to Inspector Joe Twomey the correct procedure to drill for cavity wall insulation as part of our NSAI inspection.

We are in no doubt that the incidence of serious respiratory illness this past winter, would have been much higher, had not been for this important service. All of our installers have completed FETAC Thermal Installer Insulation training. In the past few months, five members of our staff qualified to provide a Building Energy Rating assessment service in anticipation of SEAI's requirement that each house we insulate have an energy rating before and after insulation.

Deputy Sean Sherlock with Colm Crowley at the home of Evelyn Lawlor in Mallow whose attic was insulated by IRD Duhallow Warmer Homes Scheme. Deputy Sherlock has encouraged several people to avail of this service in this region.



The ESB Networks continue to support our Warmer Homes Scheme and to date have supplied over 4,500 low energy light bulbs and 580 hot water lagging jackets as well as 2 vehicles donated in 2007. We are very grateful to Anne Allen, Public Relations Officer with ESB Networks, for her support with the project again this year.

Care and Repair Duhallow

In carrying out our insulation work we noticed that several older people's houses needed small repair jobs but had nobody to carry them out. As a result, we established Duhallow Care and Repair in association with Age Action Ireland. The main aim is to carry out necessary small repairs and improvements to the homes of the elderly, enabling them to live independently in the community in increased comfort and safety. To date we have recruited and Age Action Ireland trained ten volunteers. Work is referred to them by our installers. The service is free to those who cannot afford it; they only pay for materials used. We also provide a trade referral system for jobs that need a professional tradesperson from our database of reliable trade's people.



Attic Insulation: Having insulated 400 attics in 2009 and increased our target to 470 attics for 2010. We currently have three teams insulation attics.



Initially one team of installers was trained but we have set up a third cavity wall team, to deal with increased demand.

Monitored and Smoke Alarms

The Scheme of Community Support for Older People provides funding for initiatives to improve the security and social support of vulnerable older people. In 2009, IRD Duhallow received funding and our WHS installed socially monitored alarms, smoke alarms, window locks, door chains and security lighting for a number of vulnerable older people.

"I am writing to send my sincere thanks for organising the insulation of the attic and cavity walls in my house a few weeks' ago. I can already feel the difference, and for once, am not dreading the winter! Your team were both professional and pleasant and explained the system to me carefully. Please extend my thanks to them also. I feel privileged to have been able to avail of this marvellous offer and am very grateful."

Letter from : Thomas Harrison, Gneeveguilla, Rathmore, Co. Kerry
May 17th 2010

Rural Social Scheme



RSS Supervisors from left: Tim Ring, Pat Fitzpatrick and Sheila O'Keeffe

Background

The scheme was introduced nationally in 2004 to provide additional income for low income farmers or their family members while offering communities and associations additional labour for community projects and services. The value to the participants and the Duhallow region in economic terms is valued at €1million annually.

Participants

The 58 participants on the scheme have a very strong work ethic and the skills that they possess have played a major role in the success of the RSS in Duhallow. The scheme has significantly improved the quality of the lives of its participants through income security, increased social interaction and also improved skills and increased self esteem while flexible hours of work facilitates them to continue with their normal farm activities.



Jerry O'Sullivan strimming the grass in Millstreet cemetery with John O'Keeffe Chairman of Millstreet Tidy Towns.

Communities

Communities are welcome to request support from the RSS in the region. Many of the participants have responsibility for the caretaking and maintenance of community and sporting facilities while also providing support to 8 community childcare facilities throughout Duhallow. RSS participants in the past year have completed painting projects on community facilities and continue to work in the preparation and delivery of meals for the elderly in DCFS and in insulation of attics and walls in the Warmer Homes Scheme. Due to the down turn in the economy the RSS materials budget has been severely cut. Communities and groups have generously made up this cut by agreeing to contribute towards the cost of materials and running costs of equipment. The willingness of Communities to contribute towards the RSS highlights the regard in which the scheme is held at a local level and this is due on no small way to the hard work and dedication of the participants.



Nora Shine combines working in the DCFS and Farmers Market with her duties on the farm

RSS Cost Benefit Analysis

Rural Social Scheme Cost Benefit Analysis highlighted the huge financial gain in terms of the real benefit of the scheme to the exchequer, the financial and social gain for participants and also the benefits derived by communities. This analysis was carried out nationwide, and featured a study of the benefit of the Warmers Homes Initiative in Duhallow and found for every euro invested there was a return of four euro to the exchequer. The analysis concluded that as well as contributing to the maintenance of community facilities and rural environment, the RSS is providing irreplaceable services, ensuring those who are most vulnerable in rural areas like Duhallow are supported. The financial benefit to the participants was highlighted, faced with poor returns from farming the RSS provides valuable income support.

Walks

The development of walks has been a priority of IRD Duhallow's since the first LEADER programme. The introduction of the RSS afforded us the opportunity to develop our walks to the high standard they are at today and we continue to enjoy a good working relationship with Coillte.

This year IRD Duhallow was successful in securing the Walks Scheme for the Duhallow and Blackwater sections of the Munster Way. Landowners who participate on the scheme receive payment for maintaining the sections of the walk on their land.



Joe Sexton joined the Rural Social Scheme in 2009 and has worked on a Number of community projects including maintenance of the Currarigue River walk.

Having developed the loop walk at the Source of The Blackwater, Minister Tony Killeen officially launched the walk in November and had great praise for the contribution of RSS to its ongoing maintenance.

An article written by the renowned journalist and travel writer Christopher Sommerville featured in the Weekender section of the Irish Independent in March and was also highly complimentary towards the quality of the Mount Hillary walk, the information boards and leaflets available. For a second year the RSS was involved in the organising of a trails day in the Duhallow region which was part of a wider national initiative to promote walking and the walkways available in the area.



Kathleen O'Connor is placed in Second Thoughts, the St. Vincent De Paul Shop in Kanturk



Mossie Reidy puts the finishing touches to the war monument in Rockchapel under the guidance of Finbarr Murphy.



Minister for Tourism, Culture and Sport Mary Hanafin, Deputy Michael Moynihan, Michael Twohig Chairman of IRD Duhallow, Michael Doyle of IRD Duhallow Walks Committee with farmers participating on walks scheme.

Minister Éamon Ó Cuiv with IRD Manager Maura Walsh at the launch of the Rural Social Scheme Cost Benefit Analysis at the National Ploughing Championships September 2009. Participants of IRD Duhallow scheme travelled to the event.



Agriculture

The Agri-food sector remains one of our most important indigenous sectors accounting for 8.5% of employment nationally. In Duhallow the rate of dependence on agriculture is almost three times the national average and is double the rate for County Cork. Duhallow also has a much higher level of dependency on agriculture than North Cork as a whole. Across the European Community the Agricultural sector is being restructured and represents the largest single economic change since industrialisation. Diversification facilitates farm households to diversify into non-agricultural activities and as a consequence maintain or increase the income of farm families. We need to ensure farm families play an important role in rural development by developing on or off farm rural enterprises to ensure a viable future for the next generation.



Make Hay while the sun shines, Abigail & Laura Lyons

Farm Diversification

Agri-tourism, Speciality Food Provision and an Open Farm are just some examples of complementary activities that IRD Duhallow has funded through LEADER+ that combine well with farming activity and provide farm families with the opportunity to become sustainable. With support from LEADER Peter McCabe of Ballymaquirke Fruit Farm was able to install a state of the art commercial kitchen for artisan jam production. Peter has been growing fruit on his farm in Ballymaquirke for the past 15 years and eight years ago he diversified into homemade Jam Production. Due to increasing demand for his jam products the production facilities at Ballymaquirke were inadequate and his newly funded commercial production unit has benefited him greatly.



Peter McCabe of Ballymaquirke Fruit Farm shows a variety of Jam Products to Katie Crowley IRD Duhallow during a recent site visit.



Honey Extraction Process- Andy Bourke, Secretary of Duhallow Bee Keepers Association, uncapping wax into a stainless-steel container.

Interest in keeping bees is at an all-time high, there is a growing awareness of bees, not just for their honey, but also for the role they have in pollinating trees and helping the environment. There is a definite potential in bees when it comes to supplementing on-farm income. Currently Duhallow Beekeepers Association has 60 registered members. A training course on Bee-Keeping for beginners was organised in January 2010 with over 25 individuals completing the course.



James Lysaght Basic Computer Tutor assisting James O'Connor and Niall Crowley during a Training Session in Boherbue.



Joan Ring, Bernie O'Sullivan and Maeve O'Sullivan concentrating on their bookwork during an eight week Farm Accounts Training Course.

Small Holder Programme

The Agricultural Working Group of IRD Duhallow undertook an extensive range of activities which directly assisted low income farm families. Funded by the Local Community Development Programme, tailored training programmes included: Basic Computers for Farm Families, E-Ferim Training, Farm Accounts, Counterbalance Forklift, 360 & 180 Excavator Training and Beekeeping for beginners was organised with over 102 farm families benefitting. Through the Focal Farmer Programme 92 farm families received AI, milk recording and soil sampling grants in order to maximise on-farm efficiency.

Farm Assist

The Farm Assist scheme is operated by the Department of Social Protection. Between 2005-2008 the numbers in receipt of farm assist remained very steady, however in 2009 due to the severe farm income situation the up-take of farm assist increased significantly and by the end of 2009 there were 8,845 families in receipt of farm assist nationally, IRD Duhallow assisted over eighty farm families to submit their application between January 2009 and January 2010.

Role of Women in Agriculture

IRD Duhallow actively supports greater female participation, the enormous role that women play in agriculture is often invisible to the general public. Ten women from Duhallow attended the Women in Agriculture Conference in Athlone.



Forty attended a Farm Walk which was hosted by beef farmers Jerry & Martina O'Leary, Meentogues, Focal Farmer Programme participants



Participants who completed EFEIRM training which was delivered by tutor Joan Maguire.



A group of women from Duhallow who attended the "Women in Agriculture" conference in the Hudson Bay Hotel Athlone, pictured with Maura Walsh IRD Duhallow, who chaired the conference; and Lyn Sykes Succession Planner Specialist from Australia.

Agriculture

This year's conference focused on "Getting the balance right". The conference was chaired by Maura Walsh, IRD Duhallow and key note speaker Dr. Maureen Gaffney spoke about the challenges faced by women marrying into the family farm. Because of the engagement of more and more women in farming, a new wealth of talent is being brought to bear which can only have a positive impact on the success of the industry and on rural life into the future.

Environmental Forum

Our environment is a unique, finite and irreplaceable asset maintained by generations of farmers in the area through traditional methods of agriculture. It is valuable both in its own right and for the health, well-being, and enjoyment of all people. The importance of our environment is now widely accepted and it is acknowledged as a vital part of our common heritage. It is up to every organisation to



IRD Duhallow's Environmental Forum L-R Padraig Whelan, Michael Doyle, Katie Crowley, Brin Donnell, Tom Anketell and Sean Buckley pictured after a Forum meeting.

develop goals to ensure environmental sustainability becomes embedded in their strategies. IRD Duhallow's Environmental Forum has put actions in place in order to maintain and further develop a sustainable environment for Duhallow. The forum has identified objectives which will further enshrine our commitment to promoting sustainable initiatives throughout the organisation and these include: environmental awareness raising campaigns, endorsing sustainable land use, protection of habitats and ecosystems, promotion of ecotourism, protection of endangered species and the conservation of hedgerows. The Environmental Forum includes representatives from Birdwatch Ireland, National Parks & Wildlife, Southern Regional Fisheries Board, Angling Clubs, Agricultural Sector, the Marine Institute and Cool Wood.

International Year of Biodiversity

2010 has been declared the International Year of Biodiversity the purpose is to raise public awareness of the importance of biodiversity and the consequence of its loss. An information seminar on the Birds & Endangered Species of Duhallow proved to be a great success and a broad range of events and measures will continue to be delivered throughout the year.



George the Bull, keeping a close eye on his environment.

Grow it Yourself (GIY)

Growing your own food is a lifestyle choice that not only makes sound economic sense, but is also good for physical and mental health, and individuals feel more connected with their community and environment. Michael Kelly a freelance writer, author and broadcaster established a National not-for-profit charity called "GIY Ireland" to inspire people to grow their own food and give them the skills they need to do so successfully. In 2009 Michael was given an award by Social Entrepreneurs Ireland in recognition of his work.

Duhallow's first GIY group was established in June 2010 the main focus of the group is to get amateur growers together so that they can learn skills from each other and connect with like-minded individuals. This LEADER inter-territorial initiative was facilitated by the LEADER Small Food Co-ordinator.



Michael Doyle Chairperson of the Environmental Forum, Katie Crowley IRD Duhallow and Michael Kelly founder of Grow It Yourself Ireland (GIY) pictured at the inaugural launch of GIY Duhallow.



Sharing ideas over a cuppa at the GIY Launch



Stall-Holders at IRD Duhallow's Farmers Market in Kanturk, proudly displaying the Voluntary Code of Good Practice Banner which was awarded to the Market in 2009

IRD Duhallow's Farmers Market

The primary aim of the market is to support local farmers and artisan producers by ensuring they have a direct outlet in which to sell their produce. The increase in demand to purchase high quality locally produced foods has led to the expansion of stalls at the Farmers Market. This year the Market was awarded a Voluntary Code of Good Practice in conjunction with the Department of Agriculture, Fisheries and Food and Bord Bia. IRD Duhallow's market is located at the rear of Twohig's Supervalu in Kanturk and is open from 10.30am -2.30pm every Thursday and Saturday.



Selection of new season onions, beetroot, parsnips and turnips at Kanturk Farmers Market.

Community Development

Introduction

The Community Development Working Group recognises that community consultation and local volunteerism are key ingredients for successful local community development. The essential ingredients to a thriving rural community include locally relevant facilities and services, achieving fairness for everyone, enriching social capital and empowering local governance. The Working Group continues to support communities to optimise their assets through the bottom up approach. Thanks to our ongoing and sustained support by providing opportunities and motivation, volunteerism is increasing annually in Duhallow



Local Banteer Ladies availing of the facilities in the LEADER funded Community gym in Banteer Community Centre

LEADER funding

Animation has long been recognised as key to the successful local community development. All communities need assistance in identifying local needs and developing projects to enhance the facilities and potential of rural areas. With this in mind, IRD Duhallow held a series of public meetings throughout Duhallow in the

past year to support communities to avail of LEADER funding and indeed other programmes and supports available from the company. Through ongoing, sustainable animation delivered by our staff, communities are uniquely positioned to tackle local needs by accessing LEADER funding. 45 community projects have been supported in the past 12 months under LEADER with an investment of €1.8m. Community projects include refurbishment of community centres. Village Renewal projects have also been completed in Kiskeam and Boherbue with communities taking on the role of promoting the unique culture of their areas by developing festivals and researching and publishing books.

Deirdre Green Board Member with members of the community at the newly finished community playground in Freemount village which was funded by LEADER



Community Facilities

Having a long interregnum between LEADER+ and the new programme and with ongoing animation from our staff, community groups have been quick off the mark to avail of funding under the Basic Services to the Rural Population Measure of LEADER. This measure affords communities the opportunity to enhance their community and cultural centres and the measure is now at a commitment level of 87% with 12 community halls and facilities securing commitments of funding in the first year of the programme.



Michael McAuliffe tries out the new rope bridge in the Freemount Community Playground



Minister Pat Carey TD with Eileen Linehan, IRD Duhallow, Siobhan Murphy, The Kerryman, Mary Prendergast, Credit Union, Siobhan Griffin, Kerry Community and Voluntary Forum, with (Back L-R) Cllr Bobby O'Connell, Mayor of Kerry, Sean Quinlan, Chairperson Kerry Community Awards Planning group, Cllr Michael Gleeson, Mayor of Killarney, Tom Curran, County manager, and Michael Brennan, MD of the Kerryman, at the 2010 Kerry Community Awards Ceremony.

Environmental Awareness Month

Now in its 4th year IRD Duhallow's Environmental Awareness Month in conjunction with the local authority and An Taisces National Spring Clean continues to raise awareness of important issues for the preservation of our environment. Groups that took part received support through the provision of rubbish bags, gloves, bibs, and the loan of litter pickers from IRD Duhallow. The Local Authority supported this initiative by appointing an agreed collection point in each community for this rubbish. Growing from this initiative there are now a number of groups that are volunteering to go out regularly to collect rubbish in their communities. Also as part of Environmental Awareness Month the Community Development Working Group organised a public seminar on The Protection of Endangered Wildlife & The Birds of Duhallow. Barry O'Donoghue Wildlife Ranger with the National Parks and Wildlife Service was the guest speaker on the night. Barry's presentation focused mainly on the hen harrier, one of Ireland's most rarest and protected birds. He highlighted the significance of Duhallow in European terms for this bird as we have two Special Areas of Conservation in our region. This offers huge potential to develop a tourism product based on the environment. This seminar coincided with the establishment of IRD Duhallow's Environmental Forum which focuses on the environmental issues and concerns for the region.



Maura Walsh Manager IRD Duhallow officially opening the new Astro Turf Pitch in Banteer along with Fr. Ryan, Fr. Winters, Cllr John Paul O'Shea, Denis Withers and members of Banteer Community Council

Kerry Community Awards

The Kerry County Development Board recognises the hard work that volunteers undertake for their communities through the Kerry Community Awards Programme. Following Gneeveguilla Basketball Club's success in 2009 in the Physical Activity Category, DANU Childcare in Rathmore did extremely well to be short listed in 2010 for the Community Enterprise Category. Prizes were presented by Minister Pat Carey. IRD Duhallow continues to support this initiative through the Local Community Development Programme and would welcome the development of a similar initiative for the Cork area.

Community Development



Maura Walsh, IRD Duhallow, Michael Doyle, Barry O'Donoghue Ranger with The National Parks & Wildlife Service, Jack Roche & Michael Twohig Chairman IRD Duhallow at the 'Birds of Duhallow Seminar'.

Active Communities Initiative

IRD Duhallow in conjunction with Cork Sports Partnership has delivered a number of workshops under their Active Communities Initiative in the region. This initiative focuses on promoting physical activity and healthy lifestyles amongst people who are not involved in mainstream sports in their community. These include An Active Leadership Course for Coaches, a Fit Walk Clinic and a Fit Walk Course for those interested in learning the benefits of walking and aerobic fitness. Other supports were also given to groups such as the Banteer Ladies Soccer Group and Yoga for The Open Door Network in Kanturk. IRD Duhallow has also recognised the need to revive some sports that were traditional in Duhallow in the past but have somewhat lost their prominence in recent years such as handball, cycling and boxing. It is vital that local people with experience in these traditional sports volunteer are supported to train youths in the area.



A large attendance at the Birds of Duhallow Seminar where Barry O'Donoghue highlighted the importance of Duhallow as an area with two special protection areas for the Hen Harrier

Heritage Seminar

The Working Group held a public seminar entitled "Worship in Duhallow from the Tuatha Dé d'Annan to Christianity" in November. Guest speaker on the night was Fr. Sean O'Dúinn of Glenstal Abbey. The seminar focused on the methodology of the Tuatha Dé d'Annan to the arrival of the Celts, and also looked at the development of Christianity in Ireland. Fr. Sean also spoke on DANU, The Saints of Duhallow and the Holy Wells in Duhallow. This public seminar was very well attended as it attracted locals who are interested in local history and the relevance it has on Duhallow today.



Jack Roche, IRD Duhallow, with Fr. Sean O'Dúinn of Glenstal Abbey who was the guest speaker at IRD Duhallow's Heritage Seminar entitled "Worship in Duhallow from the Tuatha Dé d'Annan to Christianity"

SAOI

IRD Duhallow's SAOI Network represents older people's groups and acts as an advocate for older people in Duhallow. The SAOI Network seeks to empower older people to live full lives as active citizens, and to ensure that they receive the entitlement and rights they need. Currently there are 16 actively retired groups and 3 day care centres that link in with the SAOI Network. Members of the SAOI Network attended the National Positive Ageing Strategy consultation road show which Aine Brady, Minister for Older



Mary O'Sullivan of the Dromtariffe Active Retired Club makes a presentation of a hamper of produce from Duhallow Community Food Services to President Mary McAleese in Ards an Uachtaráin



Maureen Connolly is delighted with Patrick Moynihan a volunteer on the IRD Duhallow Care & Repair programme which carries out small repair jobs for the elderly



Volunteers Dan Rahilly, Tom Murphy, Michael McAuliffe & Martin Murphy maintains the church grounds in Rockchapel on a weekly basis

People and Health Promotion chaired. IRD Duhallow is also working in conjunction with Age Action Ireland in operating the Duhallow Care & Repair Programme. This initiative has two different elements; a regular phone call service for older people from trained volunteers to check in with them to ensure that they are safe and well and secondly a repair scheme where local volunteers undertake small scale jobs in houses including putting locks on doors, trimming hedges, moving furniture.



Kathleen Moylan Castlemagner Sinsir Group with local men who took part in the Personal Development Course funded by LCDP.

Domestic Violence

Over the past 7 years, IRD Duhallow has developed a voluntary Domestic Violence Support Initiative to raise awareness of domestic violence in Duhallow and ensure the safety of men, women and children in situations of domestic violence. An information brochure has been developed which contains important information including the profile of an abuser, types of abuse and information on where to get help. We have also provided intensive training to a number of volunteers who completed 2 different training courses in this past year to ensure that they can deliver the best information and support possible on our domestic violence helpline. We hope to have this helpline up and running by the end of this year. We have networked extensively with other regions including a field trip to the West Cork Women Against Domestic Violence Project in Bandon. This has helped us to build on the experience of others and we are committed to providing a flexible service that will meet the differing need of the people who will contact the helpline.



Relatives turn up to see Inchmay Historical Society's monument to the dead and wounded in the 1921 Inchmay Ambush & the Nadd Round Up

LEADER Projects 09/13

Project Name	Description	€
Support for Business Creation & Development		
Hickey Metering Ltd	Funding to start up business of Hickey Metering which involves the sales, installation and maintenance of milk metering systems. This project involves the purchase of hardware and software.	€14,000
Terrprofile Ltd	Purchase GPR, Resistivity and Seismic equipment for analysis of sub surface ground conditions	€83,500
IRD Duhallow Social Economy Working Group	Analysis and development of proposals for development of Community Enterprise	€4,410
Brian Paterson & Sarah Evans trading as The Secret Garden	To construct a classroom facility, develop outdoor demonstration area and provide car park.	€16,100
JJS Wind Generator Repair Services	Purchase new technologies to service wind generator repair market	€200,000
Cube Business Consulting	Feasibility on business consultancy	€17,625
Diversification into Non Agriculture Activities		
Ballymaquirke Fruit Farm	Upgrading of facilities for jam production	€11,422
Declan & Patricia O' Riordan	Development of 4 star accommodation & walk	€47,000
Basic Service for the Economy and Rural Population		
Kanturk & District Community Council	Grant aid material and equipment for display boards and promotion of the first Arts Festival in Kanturk	€4,987
Banteer Community Hall	The expansion of the facility to include changing rooms, showers, steam room, toilets and gym equipment	€143,140
Ballydaly Community Hall	To install a new heating system in the hall comprising of seven new radiators, a boiler and a tank	€4,035
Freemount Community Playground Development Association	Development of site for playground with fencing and soft tiles	€42,020
Freemount Community Development Association	Remove current floor of the Community Hall and replace with new floor incorporating under floor heating.	€39,226
Duhallow Choral Society	Purchase of equipment and Uniforms	€15,700
Social Economy Working Group	Equipment for development of social enterprise	€12,558
IRD Duhallow Community Development Working Group	Development of media training room for community radio, training for communities and groups	€25,477
JOK Trust	Refurbishment of kitchen for after schools service	€42,372
Kanturk & District Community Council	Replacement of Crib Figures	€2,250
Dromtarriffe Parish Hall Association	Refurbishment work to hall including insulation, repairs and equipment	€54,540
Rathmore Social Action Group	Equipment for drama & variety shows	€11,786
Rockchapel Community Centre committee	Refurbishment works to hall	€30,939
Kanturk & District Community Council	Refurbishments to Edel Quinn Hall	€34,028
Bweeng Community Hall Committee	Development of amenity area to include basketball courts	€38,107
Freemount Development Association	Roofing of community hall	€39,720
Ballydesmond Community Centre Committee	Refurbishment works to hall	€47,857
Village Renewal & Development		
Boherbue Development Association	Reposition the village pump to its original place and lay down stone work and flower beds	€2,238
Nadd Development Group	Landscaping in village	€2,587
Araglen Development Association	Extension of Glouneen river walk	€120,000
Kiskeam Development Association	Installation of foot-bridge to complete loop walk and enhance social inclusion	€49,688
Banteer Community Sportsfield Ltd.	Upgrading of existing walk	€29,280
Conservation & Upgrading the Rural Heritage		
Centenary Committee Infant Child of Jesus	Research the history of the arrival of Infant Jesus Sisters from France to Drishane and their impact on the locality. Publish book on research and produce DVD.	€59,552
Boherbue Parish Council	To publish book on history of church in Boherbue and Kiskeam	€4,404
JOK Trust	To develop plan for James O' Keeffe Institute and Grounds	€30,000
Duhallow Women's Forum	To produce a book in honour of Nora Herlihy's legacy and the Credit Union Movement in Ireland.	€44,235
Kanturk Angling Club	Acquire the expertise to perform investigative monitoring and surveying on the Freshwater Pearl Mussel in the Blackwater and its tributaries	€13,607
Fr. John J. O' Riordan	Publication of book "Kiskeam Versus The Empire"	€1,949
Newmarket Pipe band	Publication of book on history of Pipe Band	€3,163
Inchemay Historical Society	Erection of War of Independence monument	€8,477
Cullen Pipe Band	Development of band practice hall & purchase of uniforms	€84,113
IRD Duhallow Community Development Working Group	Upgrading works to Duhallow Way	€19,644
Kanturk & District Community Council	Refurbishment works to Trade Union Hall	€6,816

Project Name	Description	€
IRD Duhallow Community Development Working Group	Development of Community Websites	€45,000
Ballydesmond development Association	Publication of book "Ballydesmond Rural Parish"	€3,609
Gneeveguilla Community	Publication of book on History of St Josephs Church	€3,730
Duhallow Women's Forum	Erection of monument to Sr. Mary MacKillop in Newmarket	€52,073
Donoughmore Historical Group	Publication of book on history of cemeteries	€5,655
Training & Information		
Duhallow Choral Society	Training for members of Choral Society	€6,000
Employment & Training Working Group	To deliver a pathways to employment programme for rural dwellers and communities in Duhallow	€11,500
IRD Duhallow Enterprise Development Working Group	To deliver training workshops to local entrepreneurs	€2,550
Employment & Training Working Group	FETAC Intermediate Computer Course	€5,185
Agriculture Working Group	To deliver counterbalance forklift training in the Duhallow area	€4,500
Rockchapel Comhaltas Ceoilteoiri Eireann	To run a master class for young people on traditional Irish music and dance and develop a group who will be in a position to perform and teach Sliabh Luachra music and dance.	€19,870
IRD Duhallow Enterprise Development Working Group	2 Customised Basic Bookkeeping Programmes	€11,300
IRD Duhallow Enterprise Development Working Group	Computerised Bookkeeping and Payroll Programme	€11,050
Youth & Education Working Group	Arts Education Programme in 30 Primary Schools	€7,000
Employment & Training Working Group	Basic Computer Training	€8,430
IRD Duhallow Enterprise Development Working Group	Mentoring for buinesss	€11,000
Agriculture Working Group	Grow It Yourself (GIY) Training	€3,200
Employment & Training Working Group	Internet, Email & Advanced IT Training	€11,100
Encouragement of Tourism Activities		
Maritime Tourism Ltd Trading as Ballyhass Lakes	Construction of a new store and utility building and purchase of equipment for activity centre	€43,345
Edward & Pollie Frampton	Development of Rural Museum	€31,075
Kanturk & District Community Council	Produce & Print Walking Guides of Kanturk	€2,000
Kanturk Cycling Club	Development of off road cycle track	€149,863
IRD Duhallow Enterprise Development Working Group	Shell Scheme for craft fair	€25,111
IRD Duhallow Community Development Working Group	Wildlife panels and benches on Blackwater Way	€8,250
Co-operation projects		
IRD Duhallow Enterprise Development Working Group	Predevelopment/animation costs of an Transnational/Interterritorial Project to promote The Duhallow Way as part of the European E8 trans Europe walkway with Poland	€2,000
IRD Duhallow Agriculture Working Group	Meat Matters-Training for rural abattoirs	€8,500
IRD Duhallow Agriculture Working Group	Food stand at National ploughing championships	€600
IRD Duhallow Enterprise Development Working Group	LEADER Young Entrepreneurial Programme for 5 secondary schools in Duhallow	€49,420
Total		€2,005,468



Members of the Project Evaluation group from left Helen O Sullivan of IRD Duhallow , Eucharua Chambers, Sean Kelly, John Fuller, Angela Linehan, Mary McHugh, Noel Dillon, Timmy Collins, Derry Fitzpatrick, Mort O Connor, Eileen Linehan and Triona Murphy of IRD Duhallow.

Local Development Social Inclusion Programme

Funds Committed to Projects to December 2009

Sector	Project Name	Description	Committed
Services to the unemployed	Focal Farmer Programme	e-feirme Follow up	€135.00
		Basic Computers Farm Families	€775.00
		EFEIRME	€925.00
		AI Information Initiative	€442.00
		Moorepark Study Trip	€299.40
		Women in Agriculture	€300.00
		Farm & Rural Stress Mailshot	€1,051.40
		AI	€7,810.51
		Silage Testing	€281.17
		Soil Testing	€927.96
	On Farm Diversication	Milk Recording	€6,278.33
		Ruth Gettings	€3,156.00
		Glencarney Organics	€2,405.00
		Excavator 180 & 360	€1,800.00
	Focal Farmer Support Groups Duhallow Farmers' Market IRD Duhallow Job Centre	Farm Walk	€324.70
		Farmers Market running costs	€612.17
		Pathfinder Licence	€616.34
		Business Cards	€241.79
	Adult & Second Chance Education	Internet & Email for Beginners	€1,223.00
		Unemployment Info Evening	€248.00
		Thirteen Individual Bursaries for Adults who are continuing education	€9,370.00
		Adult Education Exhibition	€600.40
Employment & Training Working Group	Introduction to IT	€4,253.00	
	Internet & Email 2	€1,110.00	
	Towards Occupation Basic IT	€405.00	
	Towards Occupation Creative Art Classes	€950.00	
Social Economy	Newmarket Afterschools	€742.00	
	Furniture Restoration	€1,070.00	
	Equipment for DCFS	€2,104.00	
	Business Workshops	€1,138.00	
New Enterprise Support	Jacqueline Murphy	€1,000.00	
	S.E.O.P.	€1,010.00	
	The Cup Cake Lady	€468.34	
	Celine Waffles	€443.00	
Establish Enterprise Supports Enterprise & Craft Network	Pat Casey	€2,000.00	
	Kathleen McAuliffe	€3,000.00	
	Mentoring	€226.18	
	Enterprise Networking	€165.00	
IRD Duhallow Monthly Newsletter	Craft Fair	€3,136.00	
	Printing and Distributing of Monthly Newsletter	€6,731.87	
Community Development	Domestic Violence Lone Parents Resources to Groups	Promotion of Domestic Violence Initiative	€3,572.85
		Support for Lone Parents through Training Initiatives & Bursaries	€4,370.59
		East Kerry Mental Health Promotions	€1,287.00
		Boherbue Flower Club	€325.00
	Empowerment of Older Groups	Gneeveguilla Athletics Club	€1,145.00
		Freemount Art classes	€1,386.00
		Millstreet Active Retired	€715.00
		Millstreet Elderly Workshops	€585.00
	Womens Forum	Kilbrin Nifty Fifties	€936.00
		Timmy O'Connor	€1,500.00
		Freemount Irish Classes	€1,580.00
		Castlemagner Sinsir	€1,164.00
	Community Development Forum	Play Therapy	€484.25
		Personal Development Workshops	€1,934.00
		Computer Classes	€845.00
		Introduction to Computers	€470.00
	Supporting Volunteerism	Enviornmental Awareness Month	€1,113.00
		Alzheimers Coffee Morning	€280.77
		Heritage Seminar	€846.00
		Care & Repair	€184.99
	Information Disemmination Urban & Village Renewal	Active Citizenship	€1,825.00
		Asset Community Development Based Training	€4,030.00
		Kerry Community Awards	€2,000.00
		Meelin Village Renewal	€4,176.89
	Parent & Toddler Group	Freemount Tidy Towns	€358.00
		Kandu	€426.00
		Kilcorney Parent & Toddler	€1,000.00
		Care Bears	€259.00
	Childcare Network Capacity Building of Bereavement Group	First Aid	€175.00
		Bereavement Support Group	€874.00
		Bereavement & Loss Seminar	€925.00
		Cards & Brouchures	€903.40
	Carers Group	Resource Library	€1,962.97
		Supervision Session	€700.00
		Creative Art Classes	€2,250.00
		Carers training	€1,051.00
	Empowerment of People with Disability	Two Individual Bursaries for Adults who are continuing education	€1,283.00
		Sign Language Classes	€320.00
		Roger Casey Book of Poems	€1,000.00
		Braille Sign in Kanturk Park	€377.00
Mental Health Promotion	Duhallow Mallow Marlins	€330.00	
	Aquired Brain Injury	€783.00	
	East Kerry Mental Health	€181.25	
	Beat the Blues	€1,300.00	
Asylum Seeker & Foreign National Inclusion	I ASIST	€700.00	
	World Mental Health Day	€958.20	
	AWARE	€562.00	
	Intergaraion BBQ	€710.00	
Community Based Youth Initiative	Afterschools Homework Support Youth & Education Working Group	SHEP Training	€1,000.00
		Homework Support in four Duhallow Secondary Schools	€1,105.00
		Early Schools Leavers Support Programme	€20,983.02
		Social & Personal Development Programme	€3,021.00
	Development of Youth Clubs	Dyslexia Support for Parents	€6,141.45
		Dyslexia Support for Children	€861.00
		Youth & Information Services	€13,042.20
		Lismire Youth Club	€1,723.55
	Summer Camps	Tullylease Youth Club	€750.00
		Tir na Nog	€294.59
		Anchor Playschool	€546.00
		Banteer Summer Camp	€750.00
	Banteer Youth Club Knocknagree National School Kanturk Basketball club Dromtarriffe Youth Club	Ballyhass	€750.00
		Danu	€540.00
		Rockchapel	€724.00
		Newmarket	€750.00
	Kanturk Basketball Summer Camp	Kanturk Basketball Summer Camp	€750.00
			€650.00
	Total		€180,302.53

Local Community Development Programme

In recent years the role of participatory approaches of communities in tackling poverty has been a major component of several National Programmes funded to address social inclusion. IRD Duhallow has administered the Local Development Social Inclusion Programme since 1994 and following a review process and cohesion of partnership groups and Community Development Projects, the new programme entitled The Local Community Development Programme (LCDP) was introduced in January of this year.



IRD Duhallow has developed a suite of supports for the elderly, which are delivered through pobal supported Programmes such as CSP. The Care and Repair Programme is delivered by volunteers supported through ring fenced LCDP funds.



Retiring Board Members whose enormous voluntary contributions were honoured at the IRD Duhallow's Annual Board Dinner. (Left to Right) Don Crowley, Patrick Buckley, Marie Murphy and Billy Murphy with Chairman Michael Twohig.

A particular challenge for IRD Duhallow has been to respond to the rapid and dramatic socio-economic changes which have taken place in Ireland in recent times. The funding cutbacks to the social inclusion programme come at a time when community sector services have never been more in demand.



Chairman Michael Twohig makes a presentation to former Chair Don Crowley on his retirement from the Board of IRD. Don chaired the Youth and Education Working Group, Employment and Training and Finance Working Group during his eight years on board.

Given the current economic downturn and the increasing pressure being exerted on operational budgets it is now essential that IRD Duhallow, and indeed all areas of the public sector, operate in the most strategic manner as possible to ensure maximum benefit is drawn from public finances. The plethora of community and voluntary groups in Duhallow have played an active role in brokering and facilitating networks and linkages between stakeholders in the community and voluntary sector as well as with the statutory and public agencies.

The LCDP is an integrated programme and encompasses the best of the former LDSIP aiming to tackle poverty and social exclusion through partnership and constructive engagement between Government and people in the most disadvantaged communities through Local Development Companies such as IRD Duhallow. The programme prioritises marginalised people and groups within the most disadvantaged communities, which means that it targets those furthest from access to education, training and employment, and those at highest risk of social exclusion. The programme will continue to work with the target groups/areas and issues as prioritised under the previous programmes based on an identification and demonstration of analysis of local need.



The James O'Keeffe institute is used most nights for LCDP courses.



Cork Flood Relief Table Quiz Fund Raiser; George Hook of RTE congratulates Frank Linehan, originally from Boherbue, who captained the IRD Duhallow Team to victory

There are four goals of the new Local Community Development Programme.

1. **Promote awareness, knowledge and uptake of a wide range of statutory, voluntary and community services.**
2. **Increase access to formal and informal educational, recreational and cultural development activities and resources.**
3. **Increase the work readiness of people to enter the labour market.**
4. **Promote engagement with policy, practice and decision making processes on matters affecting local communities.**



Discussing the three 'enabling' factors that are prerequisites for successful communities: skilful people, community assets and great plans. Maura Walsh with Rebecca Frost (Manager of UK and England Rural Networks), Nia Griffiths (Manager of Wales Rural Network), Ros Halley (Dumfries and Galloway LEADER), Andrew McAlister (Northern Ireland) and Adrian Banford Cumbria Fells and Dales LEADER

Duhallow Carers Group



Margaret Browne and her son Seamus enjoying a chat.

Family Carers in Ireland give an immeasurable contribution to the lives of the individuals they care for and to society as a whole. It is estimated that every week 3.7 million hours are worked by 161,000 Family Carers across Ireland. In the 2006 Census, 1,231 Carers were registered in the Duhallow Region. Research has suggested that as the age profile of people in Ireland continues to grow in the older spectrum, the number of carers needed to look after our aging society will also increase. The majority of Family Carers in an Irish study reported major restrictions in their social or leisure activities and that isolation was a problem for many family carers that affected their physical and mental health. The health of a family carer may affect not only their lives but the lives of the individuals for whom they provide care.

The Duhallow Carers' Group

provides support to all Duhallow family carers and aims to enhance their lives and the lives of those they care for. Carers living in a rural setting such as Duhallow face additional barriers of physical and social isolation and lack of services, both in terms of access and availability. The Duhallow Carers Group is committed, motivated and determined to actively reduce the existence of social isolation and obstacles that may hinder them from accessing services. Caring commitments often limit the time available to Family Carers to have a life of their own. Many Family Carers do not have access to supports to allow them significant time off from their caring duties to have a social life or more generally participate in the community and wider society. The Duhallow Carers Group aspires to offer support to each carer in terms of social, educational assistance on a time basis that is appropriate and suitable for carers.



The Carers Group is hoping to increase the number of young carers availing of supports from the group here is Denis O'Brien who is caring for his mother Bridget.

Monthly Meetings

Since the group's formation in 1999 the Carers have participated in monthly support meetings which provide an invaluable opportunity for its members to get together and socialise in a comfortable and supportive environment. These meetings also act as a platform for carers to voice their concerns and experiences.

Kitty O'Mahony who has been a member of the Carers Group for eleven years and is a full time carer for her daughter Lynda.



Dormant Accounts – Training for Carers

In 2008 IRD Duhallow successfully secured funding from the Pobal Dormant Accounts – *Training for Carers Measure*. This financial support afforded IRD Duhallow the opportunity to develop a tailored training plan for carers in the region. The purpose of the initiative is to up-skill carers so that they will be able to provide the best care possible, and also to reduce the risk of injury to the carer and to help them cope with the emotional and psychological aspects of their role. The programme has already been heavily implemented this year. IRD Duhallow in conjunction with the Carers Association Ireland has delivered several courses that include, Occupational First Aid, Inanimate and Patient Handling Course, Personal Development Course and Infection Prevention and Control Course.



Claire Duffy from the Carers Association of Ireland delivering a course on Entitlements for Carers in the IRD Training Centre in Boherbue. find time for social interaction.



Duhallow Carers on their annual day out: The family carer often finds it's difficult to find time for social interaction. Duhallow Carers Support Group is a valuable outlet for carers in the region.

Manual Handling Course – Stress Management

The *Training for Carers Measure* is ongoing with courses scheduled to include Caring for Children with Special Needs, Dependent Adult Training, and Care in the Home. As well as providing essential training, this programme is invaluable in facilitating social interaction amongst our carers.

Carer's Week 2010

This year IRD Duhallow celebrated Ireland's National Carers Week. Carers can derive satisfaction and a sense of well-being from their caring role and affection from their care recipient; gain a sense of achievement from developing personal attributes of patience and tolerance. To honour this event and the great work and immense worth of carers, the Duhallow Carers' Group hosted a coffee morning followed by an Entitlement for Carers. The seminar was presented by Mrs. Clare Duffy, Social Policy Officer with the Carers Association of Ireland. It examined topics such as of carers allowance and carer's benefits in terms of eligibility criteria and rates of pay.



A Day to Remember Kay O'Sullivan Duhallow Carers, enjoying a cup of tea with Margaret Duggan & Nora Mary O'Riordan at the Annual Alzheimer's Tea Morning which was held in Kanturk Farmers Market on the 6th May 2010

Equality, Disability & Migrants

The aim of the Equality Working Group is to promote equal opportunities for all people within society and to promote greater respect for individuals with regard to diversity, equality, cultural difference and people with disabilities. Over the past year, several different initiatives were funded by IRD Duhallow to encourage and support integration within the Duhallow area.

Disability Supports

People with disabilities are among the most marginalised groups in society. Through the Equality Working Group IRD Duhallow provides supports that seek the integration of people with disabilities. In response to the strong demand Sign Language Classes were organised again in 2009. These classes aim to support individuals in the Duhallow area who wish to learn the skill of Basic Sign Language and who also wish to learn about the deaf community.



Roger Casey and family at the launch of his book "Old Dog New Trick" Back L-R Mick Casey, Roger Casey, Con Casey, Denis Casey. Front: Joan O'Sullivan Breda Casey, Mary Gardiner

In 2009, Roger Casey, who suffers from severe sight impairment, was granted funding from IRD Duhallow under the LCDP to publish his poems and photos which feature people, events and groups from the Cullen area. The publication of this book helped to create a wider awareness of the special talents that people with disabilities often possess.

An information sign in Braille was designed & created and placed at the 'Time to Talk Time to Listen' picnic gardens in Kanturk. The aim of this project was to promote inclusion within the local community.



Are we there yet???...Are we there yet???...

OMG - A white Santa

Ha! Mini-Me or is it Maxi - Me

Since 2007, IRD Duhallow has been successful in its application for funding under the Integration Fund which is administered by the Office of the Minister for Integration through Kerry County Council and Cork County Council for projects at local level. As a result of this fund IRD Duhallow has supported many initiatives including developing a Social Centre for Foreign Nationals in Rathmore and Kanturk, where foreign nationals meet, chat, exchange experiences and avail of training and initiatives organised by IRD Duhallow. The Social Centres operate on a monthly basis where migrant workers can receive and share information about rights and entitlements, public services and local social activities. With IRD Duhallow's Job Centre, one to one supports are offered. The numbers visiting the Social Centres have remained strong and in the current economic climate legally resident immigrants are facing new challenges with unemployment levels still rising. The funding received in 2010 will be provided towards the further development and success of the Rathmore Social Centre.



Polish and Lithuanian Community attend the Social Centre in the Trade Union Hall, Kanturk



Garda John Fuller, Integration Officer with An Garda Síochána with Deborah Ajoike Jomoh, John is a member of our Equality, Disability and Migrants Working Group.



Michael Twohig Chairman of IRD Duhallow and Maura Walsh presents DCFS Employee Liz Walsh with flowers to mark her achievements in the Special Olympics National Games where she won Bronze and Silver for the shot putt.

In 2007, the Social Inclusion Measures (SIM) Working Group of Kerry County Development Board established the Integration Task Group with the aim of developing a strategy which would assist the integration of immigrants into the community. In May 2008, Maura Walsh of IRD Duhallow was appointed Chairperson of this task group. The strategy was completed in June 2010 and focuses on four strategic impact areas; Education and Training, Information, Awareness Raising and Networking, Employment and Access to Basic Public/Private Services. IRD Duhallow will focus on implementing the relevant elements of this strategy in the Kerry area of Duhallow.



Santa & Mrs. Claus meeting a group of children and their parents during the Multicultural Community Days in Teach Iosagáin, Rathmore.

Drishane Accommodation Centre for Asylum Seekers has 280 residents and up to 27 nationalities. Together with Le Cheile and the Centre, IRD Duhallow organised and funded a five week course which was provided by the Cork Social & Health Education Project (SHEP). This course targeted all the residents of Drishane Castle and the main aim of the course was to share information on different cultures and to build intercultural dialogue.

A Social Welfare and Money Management Information Evening was organised in conjunction with the Department of Social Protection and the Money and Budgeting Services (MABS). On the night, foreign nationals living in Duhallow received information on their rights and entitlements to Social Welfare along with budgeting information. To encourage inclusion and participation in the Duhallow region, IRD Duhallow supported a hugely successful Summer Barbeque Party, which was held in the Drishane Accommodation Centre. This event allowed Duhallow to celebrate the wide variety of cultures now represented in the region.

Over the past number of years, IRD Duhallow has successfully organised and held Multi Cultural Community Days at Christmas time. In 2009, three Multi Cultural Days were facilitated by the Equality Working Group in Rathmore, Millstreet and Kanturk where ethnic minorities and local Duhallow children and parents mixed and got to know each other better.



Participants of the Sign Language Classes taking direction from tutor, Karol McGuirk.

Employment & Training

The Mission Statement of the Employment and Training Working Group is to **"Identify and engage in targeted and specific action in the sphere of Employment, Training and Educational opportunities for disadvantaged individuals and groups within the Duhallow community so as to enhance the quality of life"**. The Working Group comprises of representatives from IRD Duhallow, SIPTU, FÁS, VEC, MABS, Teagasc and the Department of Social Protection.



Derina Bourke and Caroline Hurley are on work experience with IRD Duhallow.

Unemployment figures in Duhallow have risen by a dramatic 526 per cent in the last three years. The rise in unemployment occurring across all sectors will be most difficult to resolve in rural areas which are over-reliant on primary industries such as agriculture, construction and low-level manufacturing. People in Duhallow, now more than ever, are experiencing the effects of the economic downturn and are operating in economic circumstances that many have not seen before. The effect of company closures can be seen from IRD Duhallow's Employment and Training Centre with an significant increase in the number of people registered to the job centre. This is collaborated with the increase in persons on the live register from 454 in 2007 to 2,391 in 2010.



Pathways for Adults Education and Training Exhibition.

It is critical that people in Duhallow are given the opportunity to gain the necessary skills and qualifications to move away from the declining sectors towards occupations that are likely to grow in the future. It is for this reason that the Employment and Training Working Group has put in place specific strategies to improve the prospects of those most distant from the labour market towards participating in Educational, Training and Employment Opportunities and finding more creative ways of using our resources and skills to deliver sustainable progression pathways for individuals. Through the Employment and Training Centre a broad range of training programmes were delivered in the period aimed at enhancing the employability of unemployed and under-employed people.

With the support of funding from the Local Community Development Programme and LEADER, IRD Duhallow was able to increase the range of training programmes available to Job Seekers to assist their re-entry into the labour market. We successfully



Gemma Hart from the National Counselling Institute of Ireland at hand for queries at the Pathways for Adult Education and Training Exhibition which was funded through LDSIP.

implemented seven Educational and Training programmes and provided Individual support programmes to over 360 adults through the Job Centre.

Career Development Training

The "Pathways to Employment" training course equipped rural dwellers with the appropriate range of skills suited to the needs of job seekers looking for employment and in career development and personal development. The training programme allowed each individual to develop a tailored made plan to suit their distinctive needs and covered the following modules (1) Career Planning (2) CV Preparation and Personal Effectiveness (3) Interview Skills/Confidence



Finnoula O'Sullivan getting a taste for IRD Duhallow's Pathfinder Programme.

Building (4) Health/Stress Related issues. Ten people completed this course from which one has returned to formal education and three are now working.

With the support of the Local Community Development Programme the Job Centre is better able to place a strong emphasis on skills development and increasing the capability of individuals to make career decisions that

previous to the recession they did not have to make. The Working Group has put in place a number of workshops to get individuals focused on how to bridge the gap between where they are now and how to get to where they would like to be. These workshops consisted of: Outplacement Training, Interviews and Post Interviews and a final workshop on "Where's the Balance?"

Computer Training

The Working Group recognises that I.T. Skills are a key necessity and are required in a variety of sectors. Therefore it is a priority that people who do not have any experience using computers, are given the opportunity to close the digital divide before it becomes too wide as



Participants who completed the Basic Computer Training Course which was funded through LEADER.

Employment & Training



Members of the Intermediate Computer Training Course with tutor Brid O'Brien from career tracks which was funded by LEADER.

technology is ever advancing. Two Basic Computer Training Programmes were delivered, three Internet and Email Training Courses and one Intermediate Computer Training Course where in total 98 people received training.

Increasing People's Work Readiness and Employment Prospects

Over 360 people were assisted to access information appropriate to Job Seeking Skills. In these changing economic times it is now more important than ever to have an outstanding CV that can attract prospective employers. There are many skills and techniques required by Job Seekers and the Job Centre supported over 360 individuals in CV preparation, Cover Letter Assistance, Completing Job Application Forms and Interview Preparation and Techniques.

The Centre also supports employers in the local area as it has an extensive database of prospective employees. The Centre can provide an employer with a shortlist of local candidates whilst ensuring a smooth, accurate and confidential service to the employer.

The Job Centre continues to operate the Pathfinder +HE programme



With the roll out of Broadband to rural areas there is strong interest in Internet and e-mail training.

which is a psychometric tool that is made available to those who visit the job centre and who are seeking as much assistance as possible to aid in their career decisions. This career guidance programme combines a psychometric assessment of interests with a job matching facility to aid people in their career decision making.

Adult and Second Chance Education

The Employment and Training Working Group has seen a rise in the number of enquiries relating to a variety of issues including information on courses, welfare rights, education opportunities and starting up a new business. Following the success of last years exhibition the working group felt there was still very much a need to provide a one stop shop where people can receive all the necessary information they need within one roof. IRD Duhallow hosted the "Pathways for Adults Education and Training Exhibition 2010". This was a tremendous success with a number of local education providers in attendance along with providers UCC, Limerick I.T.,

Cork Institute of Technology, NUI Galway and many more. Importantly there were representatives from the Department of Social Protection, Money Advice and Budgeting Services, FAS and Mallow Return to Education to name but a few.



Due to the demand for a second training course for Internet and Email Training IRD Duhallow successfully facilitated a second course in the James O'Keeffe purpose built computer room.



Catarina Fortuna, who was on Work Experience with IRD Duhallow on the Leonardo Da Vinci Programme through the European Career Evolution.

Provision of Bursaries

The Employment and Training Working Group is very much aware that the high cost of attending third level training programmes most of which are only available outside Duhallow is a huge barrier to adults returning to education. The Working Group has long felt that bursaries for individuals are crucial in facilitating access and entry to education for many who may not have had the opportunity to continue and complete their education previously. It is for this reason that IRD Duhallow has awarded a number of bursaries for individuals in 2009 across a range of disciplines including: Counselling and Psychometric Testing Degree, Degree in Counselling Studies, Accounting Technician and Environmental Biology Degree.



Bernie Donohue Department of Social & Family Affairs and Donie O Mahony MABS speaking at IRD Duhallow Money Matters & Social Welfare Information Evening.

Mental Health and Transition to Employment

Positive mental health is an integral part of the health and well being of the people of Duhallow. The message that it is good to 'check in' with your mental health the way you might with your physical health is an important one. IRD Duhallow has long supported the development of mental health at a community level including the development of a range of mental health projects to increase public awareness and change public attitudes towards the understanding of mental illness.



Donal Curran and Peg Twomey preparing and planting the seedbed at the Horticulture course.

Healthy School Environment

As mental health problems are on the increase, it is now more important than ever for young people to be introduced to the concept of positive mental health. IRD Duhallow has made considerable efforts to reach and influence the behavior, mental health and development of adolescents within the school environment in Duhallow. AWARE's *Beat the Blues* programme was delivered to senior cycle students in the 5 Secondary Schools in Duhallow. The programme aims to educate young people about depression and mood disorders, the treatments available and to nurture a more positive attitude to dealing with the illness. It was emphasised that depression is not a character flaw but a biological illness.



Pupils of Scoil Phobail Sliabh Luachra who participated in Peer Support Education Programme with IRD Duhallow's Mary McHugh

Many young people in Duhallow are touched, sadly, by the issue of suicide and in particular suicide of young men. Postvention is available – counseling is there for the bereaved, supports are in place after. The **Peer Support Education Programme**, a five week community based suicide awareness/prevention programme was delivered to Transition Year Students in Scoil Mhuire, Kanturk, Scoil Phobail Sliabh Luachra, Rathmore and Boherbue Comprehensive School. The programme which was designed through a partnership of the HSE and National Learning Network is unique in that the identification of the need for such a programme came directly from young people who wanted to make a difference in their community after experiencing the suicide of friends and/or family members. Two trained IRD Duhallow Development Officers delivered the programme in the schools using the mediums of small group discussions, exercises and role-plays. Through participation on this programme the students improved their listening and communication skills, and learned how to assist someone in getting the appropriate support or intervention if they are in some difficulty or crisis.



Triona Murphy and Mary McHugh of IRD Duhallow with the pupils of Boherbue Comprehensive School on completion of the Peer Support Education Programme.

IASIST

To support suicide prevention IRD Duhallow in conjunction with the HSE delivered ASIST (Applied Suicide Intervention Skills Training) which is a two-day interactive workshop in suicide first-aid. ASIST is the most widely used suicide intervention training program in the world and trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. Care givers including: health workers, teachers, community workers, Gardai, youth workers, and volunteers took part in the workshop in 2009. The workshop provided opportunities to learn what a person at risk may need from others in order to keep safe and get more help.

Understanding Anxiety and Depression Seminar

An information evening with guest speaker Dr. Tony Humphreys, Consultant Clinical Psychologist was attended by over 80 people from a variety of backgrounds and ages. The theme was understanding anxiety and depression and certainly struck a chord with the audience. AWARE meetings offer a unique opportunity to talk openly about depression and its impact. Ongoing attendance at the groups gives a better understanding about depression (and elation), so that its impact on relationships, work or social life can be better understood.



Community Representatives who took part in a 2 day ASIST Suicide Intervention Training Programme in conjunction with the HSE.

Towards Occupation Programme (TO)

The Towards Occupation Programme aims to bring about positive change in the lives of individuals with mental illness providing the support and help they need to regain confidence to engage in everyday social and workplace activities. This programme is a partnership programme delivered by IRD Duhallow, Ballyhoura Development, Avondhu Blackwater Partnership, and West Limerick Resources. The TO programme which is mainly funded through the Department of Social Protection and the Local and Community Development Programme is designed to allow participants explore a range of new skills and set achievable goals whilst also placing a strong emphasis on confidence building, communication skills, increasing self belief and promoting social interaction. Specifically targeting those feeling isolated, lacking confidence and those out of work for a long time for whatever reason, the programme allows participants interact with others who are encountering similar situations and dealing with similar issues. It offers opportunities to increase their personal network of support, including making new friendships and using self help approaches.

This year 23 participants, all of whom are long-term unemployed undertook Upholstery Classes and a Personal Development course on a part time basis. The programme took place in our Boherbue Training Centre and was supported by Duhallow Area Rural Transport, which

Mental Health and Transition to Employment

proved vital in terms of access for the participants. The TO participants enjoyed many different aspects of being in a training environment, the satisfaction in actually producing a piece of work, the confidence that comes with training and developing their skills and the social aspects of coming to the training centre to mix with a group of people. Participants were encouraged to work at their own pace, ensuring it was not too regimented for those with mental health problems.



Participants of the Horticulture course which took place at the Secret Garden (back row) Donal Curran, Eileen Murphy, Marion Harman, Patricia O'Donoghue, Julie Lehane, Danjoe Twomey, Sarah Evans of the Secret Garden, and Peg Twomey (front row) Julie O'Keeffe, Bridget Sheehan and Alan Pitcher of the Secret Garden.

A horticulture course also took place in the Secret Garden, Newmarket. The therapeutic value of horticulture is now much more widely recognised and promoted. A participant commented that the sense of achievement was important to people like him whose illness had meant they often had to drop out of things in the past.

IRD Duhallow is aware that people's mental health needs and aspirations change over time and therefore the TO Programme offers support based on a flexible and person centered approach to recovery. The training environment created aims to enhance self esteem, dignity, independence and overall functioning in work and life skills. IRD Duhallow would like to take this opportunity to thank the Department of Social Protection who co-funded the programme, the management and staff of Kanturk and Psychiatric Day Care Centre, Community Health Nurses, Local GP's and the Clergy for their continued assistance in the promotion of this worthwhile programme.

Furniture Recycling Project

IRD Duhallow is keen to establish a furniture recycling and reuse initiative in Duhallow. The project will provide training and employment opportunities in furniture repair and reuse, for individuals with mental ill health and in turn supply furniture, curtains and other small household items to the elderly and low income households in the Duhallow area. The project will strongly adhere to the social inclusion agenda and will be 'recovery' focused. Recovery provides a shift in focus from mental illness to mental wellness whilst recognising that people can have occasional setbacks on their recovery journey. The Department of Social Protection under the Activation and Family Support Programme provided funding

for the delivery of Foundation Training for those interested in taking part in the Furniture Recycling Project going forward. The training included: Health & Safety in the Workplace, FETAC Level 5 Occupational First Aid and Manual Handling. We are hoping the Community Service Programme will open its doors to applications again soon. Without the core staff of a co-coordinator and administration support it is impossible to get the project off the ground.

Bereavement Support

IRD Duhallow continues to provide a free and confidential listening service to people who have experienced a loss in their lives through our volunteer led Bereavement Support Group. Trained volunteers are available to provide both one-to-one and group support to people who are in need of support through a difficult loss in their lives. Our volunteers continue to be up skilled by undertaking training and workshops to ensure that we provide a high quality service. IRD



Manual Handling Tutor Sheila O'Keeffe, showing participants the vertebrae and spinal cord.



Nora Mai Kelliher and Ciss Guiney with guest speaker Mary Roberts and Maura Walsh IRD Duhallow.

Duhallow's Bereavement Support Group hosted a public seminar in September entitled 'Living Through Loss' which was a great success. Renowned Psychotherapist Jean Woods addressed the audience on *The Challenge of Change brought about by the Death & Loss of a loved one*, Adult Guidance Counsellor Alan Galvin spoke on *Refocusing After Job Loss & Redundancy*, while Mary Roberts, Psychiatric Nurse outlined *Local Issues and Supports available*. This event covered all types of loss that a person can experience in life and what supports are available. The volunteers continue to promote the service locally through the distribution of leaflets and business cards in prominent locations in Duhallow. The volunteers are currently in the process of establishing a drop in service in IRD Duhallow for September which will help to create greater access for people who are experiencing a loss in their lives.



Upholstery Tutor Michaela Donegan gives Linda Murphy and Claire Galvin a helping hand.



Speakers Jean Woods, Alan Galvin and Mary Roberts here with Triona Murphy of IRD Duhallow and Margaret Liston at the 'Living through Loss' Bereavement Seminar.

Youth and Education

IRD Duhallow's Youth & Education Working Group promotes social, personal and educational development of young people in Duhallow. The promotion of socially inclusive initiatives is vital for youth in Duhallow and this is a priority of the Youth & Education Working Group. It has extensive representation from all the relevant youth bodies including primary & secondary level schools, youth clubs, youth organisations and An Garda Síochána.



Leanne McCarthy and Tessa Keane who attend Newmarket Afterschools at the ceremony where our Afterschools were awarded the Green Flag. Back Row: Ellen Murphy & Jim Wilson (An Taisce) Ann McMahon and Helen O'Sullivan (Newmarket Afterschools) Karen Lucey (Wrigleys) and Dr. Mary Stack (Cork County Council)

Triona Murphy, Development Officer in IRD Duhallow completes the pathfinder exercise with a student from Colaiste Treasa at the Careers Day. Pathfinder is a software programme that generates a list of courses and career options tailored to each individual.



Youth Information

IRD Duhallow's Career Exhibition continues to be a successful event with 10 schools from North Cork, Limerick and Kerry availing of this service from 22 various Universities, Colleges and Agencies. This event attracts students and their parents in rural areas to gain the information and knowledge from these exhibitors rather than having to travel to open days at these institutions nationwide, many of which would be unable to attend.

Future Focus

The Youth & Education Working Group identified the need to reach out to 2nd level students that were unsure of their future career paths and were at risk of early school leaving. 15 students from the 5 secondary schools in Duhallow took part in this 5 week initiative which commenced with a team building session at Ballyhass Lakes, followed by 3 sessions with a life coach and finished with a full day at Tralee IT where the students participated in their Taster Programme on subjects including Nursing, Engineering and Health & Leisure. This initiative helped the participants to focus on what their interests are and what they would like to do with their futures. The IT Taster Programme was also opened up to other transition year students in Duhallow.



Niall Blake of Pallaskenry Agricultural College gives advice on farming as an option to students at the Careers Day.



Students on the IRD Duhallow Future Focus Programme which aims to alleviate early school leavers by focusing the student on the requirements of entry to college. Team building is part of the programme and Ballyhass Lakes is an ideal location for this.

Dyslexia

The Duhallow Dyslexia Support group was established by IRD Duhallow to focus on the needs of children with learning difficulties and to provide help and advice for parents. IRD Duhallow is at the forefront in its quest to secure adequate resources and support for children with learning difficulties in Duhallow.



Val Doughty, tutor on the IRD Duhallow Literacy Support Workshops aids a student with reading and listening skills.

Literacy Support Workshop

IRD Duhallow operates a Literacy Support Workshop on a weekly basis in Newmarket. The support workshop is for all children that are finding school difficult. This year IRD Duhallow established a book borrowing system in our Literacy Support library. It is hoped that this scheme will increase our student's access to suitable reading material that will encourage and enhance their reading ability. Advisory Clinics in conjunction with the Literacy Support Workshop operate on a monthly basis. The aim of these clinics is to offer advice and information to parents and guardians who have queries or need guidance on how to help their child with literacy difficulties. A Parent Information Evening was also held to increase awareness of dyslexia and to provide parents with information on the social and academic supports available for children in primary, secondary, and third level education.

Touch Type Read and Spell (TTRS)

TTRS is a computer package designed to help people overcome literacy difficulties such as Dyslexia. The programme is specifically designed to develop reading, writing; spelling, touch typing skills, self esteem and motivation in primary and secondary school pupils. IRD Duhallow has trained its development officers who offer this support to young people.

Millennium Partnership Fund (MPF)

The aim of MPF is to offer financial assistance for further and higher education students who are experiencing financial difficulties whilst attending college. Last year 29 bursaries were funded through IRD Duhallow, this increased to 32 for this year, which was a welcomed increase.



University of Limerick was one of the 25 colleges that exhibited at the Careers Day Exhibition. 10 local schools attended the day which also provided opportunity for parents to access information locally.

Youth and Education

Public Speaking

Now in its third year running, IRD Duhallow Public Speaking Competition continues to have a positive affect on those who participate in it. Following both the Western & Eastern Duhallow heats, 4 schools proceeded to the final held in the Glen Theatre, Banteer. The high standard in public speaking on the night is a credit to both the pupils and the schools that put in the extra work to take part in this competition. St. Lachteens National School, Donoughmore took home the IRD Duhallow Perpetual Trophy on the night with Freemount National School coming a close second. Best Speaker went to Leanne O'Connor from Cullen National School. The working Group hopes that more national schools will take the initiative to join this very beneficial programme in 2011.



Winners of the IRD Duhallow Perpetual Trophy for Public Speaking were St. Lachteens National School Donoughmore. Front Row L-R Jack Cremin, Ciara Morrissey, Joseph Twomey, Ciara Crowley and David Looney. Back row L-R Ms Deirdre Kelleher teacher, Joe O Carroll, Eileen Linehan Noreen Twohig and Cllr John Paul O'Shea

Newmarket After Schools Service

The Newmarket After Schools provides both an after schools service during the school term as well as full day childcare during the mid term and school holidays. Duhallow Area Rural Transport ensures that children are collected from school and delivered safely to our facility. This facility provides a vital service to parents as it allows them to continue to work or undertake training while their children are cared for in a safe environment receiving homework support, a nutritious home cooked dinner and social interaction with other children. A tiered pricing system through the Community Childcare Subvention Programme is also in operation in our facility, which allows parents regardless of their financial circumstances, gain access to this service. The After Schools was successfully awarded the Green Flag by An Taisce at an Awards Ceremony at the Lifetime Lab in Cork. This was a great achievement for the facility as it is the first After Schools in the country to receive the Green Flag.

After Schools Homework Support

The Youth & Education Working Group continues to support an after schools homework club in 4 of the 5 secondary schools in Duhallow as well as St. Lachteens NS Donoughmore which focuses on children who require additional support in their studies after school hours.



Freemount National School pupils (L-R) Triona O'Callaghan, Aoife O'Connor, Paula Reidy and Kayleigh O'Brien who were runner ups in the Public Speaking competition final with sponsor Joe O Carroll, Eileen Linehan IRD Duhallow, sponsor Noreen Twohig, Cllr John Paul O'Shea and Teacher Ms Mairead O'Sullivan.

Summer Camps

8 summer camps throughout the region received support last year from IRD Duhallow which ranged from traditional dancing and basketball to general sports. All these camps ensured children from disadvantaged families and rurally isolated had access.

Social & Personal Development

In order to raise awareness on bullying a seminar 'Coping with Bullying' was organised. Guest speaker on the night Dr. Brendan Byrne addressed the packed room of parents and teachers, on the role of parents, bullying in the workplace and building up self esteem. Dr. Byrne who was a member of the Government Working Party which drew up guidelines for Primary and Post Primary schools on countering bullying behavior provided invaluable information and supports to parents and teachers on the night.

IRD Duhallow supported the Drive Safe for Life Programme with transition year students in secondary schools in Kanturk and Rathmore. This workshop raised awareness of road safety amongst students at an age when they are about to embark on their driving experiences. The programme included graphic results of reckless driving, drink and drugs when driving, using a mobile while driving, how speed kills, the rules of the road and the importance of seatbelts.

The Kilcorney Feis celebrated its 100th Anniversary and to coincide with this IRD Duhallow supported Kilcorney National School to paint a mural on the side of the school.



Eileen Linehan IRD Duhallow presenting the best speaker award to Leanne O'Connor of Cullen National School at IRD Duhallow's Public Speaking Competition with her teacher Miss Sinead Murphy, Sponsor Joe O'Carroll of O'Carroll Insurance, Sponsor Noreen Twohig of Twohig's Supervalu and Cllr John Paul O'Shea.

Colaiste Treasa was supported to undertake a 1st year students "Introduction to Study Skills" workshop on Goal Setting, Time Management, Note Taking and A Proven Method of Study. This workshop trained students to work efficiently and save time in studying.

Youth Clubs

Youth Clubs and Youth Projects continue to receive support from IRD Duhallow under the LCDP Programme. Both Tullylease and Lismire Youth Clubs received funding for small scale equipment for their members. Meelin Youth Choir which started in 2007 for 4-10 year olds was supported with the purchase of new uniforms and organ tuition. Children in Meelin came together with Meelin Community Council to paint a mural on an unsightly wall in the village.

The LEADER programme targets young people and having piloted an arts education programme for a handful of primary schools through LDSIP funding in 2008, an Arts Education Programme for 28 schools was rolled out last year through LEADER. The workshops focused on delivering an educational message on environmental issues through creative art, music and puppetry. Environmental preservation is a feature of the new LEADER programme and this project ensures we inform and educate our children on the importance of our environment.



Dr. Brendan Byrne, guest speaker at the Bullying Seminar which highlighted bullying in schools and in the workplace.

Women & Childcare

The Women & Childcare Working Group focus its efforts on the issues that affect the lives of women in Duhallow and advocates for the positive development of women's rights and opportunities especially those disempowered within rural areas. Women are a recognised target of both LCDP and LEADER.



Tim Browne Feile Dhuthalla & Jeanette O'Connell IRD Duhallow Women's Forum present a picture of Hanna Sheehy Skeffington to Dr. Margaret Ward Author of "Hanna Sheehy Skeffington...A life"



Maura Walsh, IRD Duhallow, Mary Prendergast, Credit Union, and Siobhan Murphy, Advertising and marketing Manager of The Kerryman, with Danú Childcare group (Front Left) Mary Agnes O'Keeffe with (back from Left) Triona Murphy and Eileen Linehan, IRD Duhallow, Danú Childcare's Ann Marie Fleming, Mary Woods and Nora O' Mahony at the Kerry Community Awards Ceremony.

Childcare

One of the major developments for women in Duhallow over the past 7 years is the development of 5 community childcare facilities that provide affordable childcare in the local community. In the last 12 months these local community childcare providers have welcomed the new Early Childhood Care and Education Scheme (ECCE) which allows for the provision of a free pre-school place for children. This new scheme is very beneficial for parents; however issues still remain with this programme as no extra funding has yet been provided for its roll out.. Pobal has announced that the current Community Childcare Subvention Scheme (CCSS) will cease at the end of August and will be superseded by a new Community Childcare Subvention (CCS) Scheme which will be a mainstream scheme where contracts will be entered into on a rolling one-year basis. The top-up grants that facilities were receiving in the past have been abolished which is a serious concern for all community childcare facilities. The Working Group will continue to work with childcare providers in order to ensure the viability of our childcare facilities.



Ann McMahon Childcare Worker with some of the children she supervises in the IRD Duhallow After Schools

Parent & Toddler Groups

During the past year workshops were delivered for childcare facilities and members of parent and toddler groups on infant first aid and play therapy. The courses were very successful with additional play therapy courses being facilitated to cater for the demand from childcare providers and parents. Boherbue, Kilcorney and Lyre Parent & Toddler Groups availed of LCDP small capital

funding towards the costs of equipment and toys. Summer Camps were also supported in childcare facilities in Duhallow. The County Childcare Committees have taken over the brief for parent & toddler groups and the Women & Childcare Working Group is supporting groups to access this funding.

Notable Women in Duhallow

Following the release of the Mna Duthalla Calendar in 2004 which featured a range of notable women from Duhallow, the working group is continuing to highlight the efforts of these women in order to raise the profile of women in Duhallow. Sculptures have already been erected to Hanna Sheehy



Liam Boyle having fun eating his home cooked bacon in the IRD Duhallow's After Schools facility which he attends.

Skeffington, Sarah Curran, Alice Taylor, Danu and Edel Quinn. Under the new LEADER programme, funding has been secured to produce a book of essays to celebrate the Centenary of the birth of Nora Herlihy, Credit Union Pioneer. We have engaged a researcher from UCC as well as the support from local volunteers and historians as well as Rathmore Credit Union. It is hoped to publish these essays in November this year.



Victoria Cottrell happily gives Helen O'Connor R.S.S Worker her empty plate after dinner in the IRD Duhallow After Schools.



Ann Murphy RSS Worker getting a helping hand from Ava Joyce in the kitchen at IRD Duhallow After Schools.

LEADER funding has also been secured to erect a monument to Sr. Mary McKillop, founder of Josephs of the Scared Heart order who inhabited the James O' Keffe Institute for 50 years and over 600 nuns trained and from here they travelled to Australia and New Zealand in order to carry out the work of the order. Sister Mary is to be canonised in October this year.



Members of the Duhallow Women's Forum enjoying a cup of tea at their meeting held on International Women's Day

In May the Forum in conjunction with Féile Dúthalla hosted a public seminar in Kanturk on the Role of Hanna Sheehy Skeffington in the fight for women's right to vote. Margaret Ward author of "Hanna Sheehy Skeffington: A Life" was the guest speaker at this event.

Training for Women

IRD Duhallow continues to provide advanced training for women interested in gaining employment or in starting their own business or enterprise. In the last 12 months 66 women have taken part in a range of different courses including the Self Employment Options Programme, The Start your Own Business One Day Seminar, The Book Keeping & Payroll Programme, The Mentor Programme and The Business Fundamentals and Accounting, Manual and Computerised Programme. We also delivered a Personal Development Course for Women. This course specifically focused on developing the participants listening skills, confidence building, assertiveness skills and self esteem, and aimed to equip them with the skill to handle difficult situations in their life. We also delivered 2 courses for women on Introductory Computers. Women will continue to be targeted in these different courses to ensure that they have access to the supports and training that they individually require.



Caroline Murphy Tutor with participants on the Infant first Aid Course held for Parent & Toddler Groups and Community Childcare Facilities in Duhallow



Andrew McCann Author of 'Know Your Rights' with Judy O'Leary Duhallow Women's Forum and Colette Vaughan Manager of Newmarket Social Welfare Office at the Women & Pensions Seminar.

Parenting Alone in Duhallow

Parenting Alone in Duhallow

The family in Irish society is changing. IRD Duhallow recognised that we can no longer assume that a family is made up of two parents and their children. Census 2006 recorded 189,213 lone parents' families in Ireland with 18% of all families now consisting of one-parent families. IRD Duhallow has taken a pro-active approach to the ever evolving family structure through its establishment and ongoing development of the Parenting Alone in Duhallow Group (PAL). The group supports the diversity of lone parent families and promotes society's understanding of the needs of these families. The group highlights needs and issues that affect one parent families and provides a positive image of one-parent families in the area. The group has grown in volume, purpose and ability since its inception in 2003. There are currently over forty members both male and female in the network, from its initial membership of five lone mothers in 2003. The profile of the PAL group has also transformed and now fathers and members of migrant communities in Duhallow all play a beneficial and welcomed role in PAL.



The two Mollie's getting to know the pets at Kennedy Pet Farm



Members of the Parenting Alone group enjoying their annual family day out at Kennedy Pet Farm Killarney

Monthly Meeting

The past year has been a busy and productive year for the members of PAL. The group have participated in numerous courses, workshops and monthly meetings. Monthly PAL meetings provide practical support to lone parents through the dissemination of information among the group. As lone parents are the expert in the area of managing single parent households the information and experience they can provide and exchange with other group members is indispensable and greatly encouraged in these meetings.



Donal O'Mahony (MAB'S) gives information regarding debt, money and budgeting.

Stress Management Course

Through continuous consultation with the PAL group it was identified that stress posed a major burden to both the mental and physical health of many lone parents. In response to these consultations IRD Duhallow organised a Stress Management Course which ran in the autumn of 2009. This course increased the



Triona Murphy Development Officer of IRD Duhallow facilitating a Positive Parenting Course.

participant's capability to be efficient and content parents, which will have a subsequent positive impact on their own lives and the lives of their children.

Following on from the success of this course IRD Duhallow has organised a Personal Development course which will provide the

participants with an opportunity to explore issues which affect their emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.

Positive Parenting Programme

The positive parenting programme was run over a period of 6 weeks. The overall aim of the programme was to provide parents with the opportunity to reflect on their parenting and build skills and strategies that will support the parent-child relationship. IRD Duhallow hosted a positive parenting seminar for the members of the PAL group and other interested parents in the Duhallow region. Dr. John Sharry, a leading child psychotherapist presented on the



Dr Tony Humphries, Author of "Self Esteem, the key to your child's future" who addressed a large attendance at a seminar or raising confident adolescents

night and the focused on the topics of 'Building Quality Relationships with your children' and 'Building Children's Self-Esteem and Confidence'. A two day course in Behaviour Management was also rolled out for parents of PAL. This course allowed the members to discuss their issues and concerns on a one to one basis with a counsellor in respect to their children's behaviour.

Financial Advice and Budgeting Information Evening

IRD Duhallow hosted an information seminar that focused on financial advice and budgeting specifically tailored for the lone parent group. Speakers from the Citizens Information Office and MABS presented on the night. Lone parents are more likely than any other group to be living in poverty, compared to 4.2% of the population as a whole. With ongoing threat to cut Lone Parents Allowance during Ireland's current economic downturn, information on money management is one that is of immense relevance and importance.

Family Fun Day

The annual family day for the PAL group takes place in July. Both parents and children thoroughly enjoyed their day out at Kennedy Farm. The day provided immense benefit at modest cost per family. The trip gave the parents an opportunity to spend some quality time with their children in a relaxed safe environment and it also allowed the members of PAL to bond together as a group.



Cllr John Paul O'Shea who Chaired a Seminar on Bullying given by Dr Brendan Byrne with Maura Walsh and Eileen Linehan of IRD Duhallow.

Tourism

Prior to the establishment of IRD Duhallow, there was little focus on developing Duhallow's image. In terms of tourism the area has not enjoyed the same level of external profile or popularity as more established and visited areas in Cork or Kerry. We recognise that Duhallow will never compete with these regions on physical beauty; however Duhallow has much to offer tourists in terms of rural recreation.



At the switching on of the Mont Des Art replica at Millstreet Country Park, Donie Howard, Park Manager; Former president European Parliament, Pat Cox; Jerry Sheehan, of Millstreet Country Park; His Excellency Robert Devriese, Belgian ambassador who performed the official ceremony and Batt O'Keeffe, Minister for Enterprise, Trade and Innovation.

For Duhallow to realise its full tourist potential, we must develop our tourism product in order to achieve the critical mass required to make the region a viable tourist destination. New tourism products and the expansion of existing tourism and leisure related products will be central in the development of our economic and tourism base. Millstreet Country Park was developed as one of IRD Duhallow's flagship projects and has emerged as one of its most successful. The park located at the slopes of the Musheru Mountain near Millstreet is now visited by over 30,000 people annually.

Ballyhass Lakes in Eastern Duhallow has emerged as a prime activity centre in Cork for young people and is Ireland's best known spring water trout fishery, with eleven four star holiday homes and an activity centre for groups, schools and corporate team building.

With assistance from LEADER, Kanturk cycling club is currently developing an off road cycling track with velodrome track and will be one of the largest in the country when completed this summer. Community driven developments such as these along with the walks and angling are key to developing Duhallow as a rural recreation centre.



Fishermen from England enjoying an angling holiday at Ballyhass Lakes.



Work is underway in Kanturk on the off road cycle track. Members of Kanturk Cycling club with IRD Duhallow Chairman Michael Twohig and Eucharía Chambers, Bank of Ireland Manager of our Project Evaluation Working Group



Nuala Riordan and Louise Dineen enjoying a trek and met with Minister Tony Killeen at Source of the Blackwater, an ideal bridal trail

Since its inception, the development of walks has been a key focus for IRD Duhallow. The Duhallow Way was the first walk to be developed and today we have 6 loop walks and 3 long distance walks. With the Rural Social Scheme in place we are ideally placed to maintain our walks to the standards



Isabella Witkowska Coillte, Jack Roche, Michael Doyle, Minister Tony Killeen, Bernard Burke and Jim Ryan of Coillte.

commended by the Irish Sports Council in their inspections. We have developed good brochures and all our walks are furnished with detailed information boards. Some of our walks are ideal bridal trails building on the strong sport horse heritage of Millstreet and Duhallow.



Nathan Kingerlee of Outdoors Ireland on his trek on the Munster Way at Shrone Co. Kerry with a dog and a goat as companions.

Our rivers are one of our untapped natural resources and have potential to be developed as a viable

tourism product with the Rivers Feale, Blackwater and its tributaries providing some of the best trout and salmon fishing opportunities in the country. With funding secured from the EU Life+, a conservation programme on the Allow River is planned for North Eastern Duhallow. Kanturk is set to become an angling centre of excellence with an active angling club and international women's and youth team.

One of the rarest birds in Ireland and indeed Europe is the Hen Harrier



Barry O'Donoghue tags a rare Hen Harrier.

which is rarer than the corncrake due to habitat loss and subsequent decline in breeding. Duhallow boasts two of the six special protection areas in the country for the hen harrier which makes Duhallow a very special place even in European terms. We therefore have the opportunity to develop a nature tourism product based on bird watching.

Minister for Tourism, Culture & Sport Mary Hannifin visited IRD Duhallow's office and launched the Walks Scheme and Ballyhass Lakes activity centre. She was impressed with the offering of Duhallow in tourism terms and the key role LEADER has played in developing a range of products to suit all tastes in rural recreation. She recognised the need to expand our products and we outlined to her our plans to develop our region over the life of this LEADER programme to include the development of Cathair Craobh Dearg as a centre for Druidic and Celtic spirituality.



Students from Scoil Ghobnatán in Mallow on their school tour at Ballyhass Lakes Activity centre meet Minister for Tourism, Culture & Sport Mary Hannifin

Culture



Surrounded by the rich and diverse musical sounds of their Sliabh Luachra roots. Traditional Irish Music Group, "The Pure Irish Drops", Matt Cranitch, Tommy O'Sullivan and Jackie Daly are deep in the Sliabh Luachra region at Knocknaboul Cross kick-starting the first concert of their European tour which was held in Rockchapel.

There exists three key dimensions of the creative industries; innovation, enterprise and connecting. It is worth recognising the valuable role played by the creative arts in unlocking creativity and in contributing to the economic growth of Duhallow as well as building social capital within communities. Creativity is not only in the hearts of our creative industries but underpins our ability to innovate, to create and exploit new economic opportunities and to compete more effectively. Cultural resource development enables fostering of creativity and strengthens the identity of an area. Numerous projects have been supported over the last LEADER programme to foster creativity in Duhallow. Many communities have been supported to develop innovative solutions and have come together to develop a wide range of cultural and arts resources. The LEADER programme has helped to develop the cultural resources of Duhallow and to preserve the cultural treasures of the area and the identity that goes with it.



Dancing Teacher, Kathryn O'Donnell, sets out the steps for these young girls at Bruach na Carraige.



Sliabh Luachra is recognised nationally and internationally as the bedrock of traditional Irish music, song, dance, poetry and culture and is the source and inspiration of some of the finest traditional musicians in the whole of Ireland. The LEADER funded Bruach na Carraige Centre in Rockchapel has trained a new generation of musicians, singers and dancers in the Sliabh Luachra style ensuring it lives into the future.

We will build on Duhallow's position as a recreation destination and capitalise on our cultural tourism potential by putting the remaining necessary infrastructure in place with the support of LEADER. This will lay the foundations for future investment in culture. Resources will be developed as attractions in their own right, for sustainable rural tourism and also for their positive influence, economic and social development.

Duhallow boasts three Pipe Bands and IRD Duhallow has ensured the bands continue to grow and develop. Cullen is in the process of building a new band practice hall with the help of LEADER funding.



Dermot Jones autographs his book on the Newmarket Pipe Band Story funded by LEADER.



Supporting local events and festivals Newmarket Pipe Band get ready for action.

Newmarket Pipe Band this year produced a book on the history of their band celebrating their achievements since inception in 1963. Millstreet Pipe Band continues to play all over Ireland and are approaching 60 years in existence.



Dancing "At The Crossroads" in Laharn Cross representing a time in Irish history when house dancing was prohibited.

Communities have taken a proactive approach to preserving their culture and heritage by researching and publishing books. In the past year the communities of Ballydesmond, Boherbue, Millstreet, Rathmore, Donoughmore and Kiskeam have all secured LEADER funding to publish books of historical significance to each area. Boherbue Parish Council launched their book "The Church in the Parish of Kilmeen" which was researched by Former School Principle Louis McCarthy in November.

Duhallow boasts three cultural centres in Laharn, Freemount and Rockchapel. These innovative projects illustrate the range of ways in which the LEADER programme supports basic services for building of strong resilient rural communities.

The Culture Centre, Bruach na Carraige in Rockchapel holds a weekly Seisiun throughout the summer. They have secured LEADER funding to deliver master classes in traditional Irish music song and dance and once complete the centre will have a group of 20 young people that will be in a position to perform and teach Sliabh Luachra music and dance into the future.



Timmy Collins veteran accordion player, with local musicians at the launch of his CD.



Duhallow Choral Society has performed at home and abroad including for Senator Hillary Clinton and the European Parliament. Choir Leader Bridget Daly, Pat Cox & IRD Duhallow Board Members Michael Twohig (Chairman), Jerry O'Donovan, Judy O'Leary and Maureen Walsh launching the choir's uniforms.



A Kanturk photographer, Patrick Casey exhibits some of his personal favourites from his archives of black and white photographic images at the LEADER funded Kanturk Arts Festival, Hinterlands exhibition.

IRD Duhallow FÁS Community Employment Scheme



**Paddy O'Connor
Supervisor**

Paddy has been the IRD Duhallow CE Supervisor for over nine years and has gained valuable experience in aiding participants to get the most from their CE placement. Paddy has responsibility for supervising the eighteen participants as well as liaising with the

communities to ensure optimum support for the communities while ensuring the ongoing progression of participants.



Stephen Buckland and John Feely fencing at Dromtariffe Community Centre.

save over €1,600 in the cost of the insurance for our scheme. This saving will be passed on to our communities for materials.

Importance of CE Scheme in economic recession

Over the past twelve months IRD Duhallow has experience an increase in the number of people enquiring about vacancies on our CE Scheme. CE provides a unique opportunity to participants to develop their skills and abilities while undertaking valuable work in the community setting. The scheme is ideal for the long term unemployed who have been out of the workforce for some time and are in need of re-training. It is also useful to people who have lost their jobs and need to retrain.



BEFORE: Rear of Boherbue Church Yard. AFTER: Extensive work was undertaken by CE Participants Thomas Doody and Michael O'Driscoll in conjunction with the community

IRD Duhallow's CE Scheme

We aim to provide the best possible service to communities while ensuring the most valuable work placement experience for participants. Support the integration of people who have been absent from the workforce for some time into the workforce and alleviate disadvantage for those distant from the labour market.

We encourage our communities to feedback on a continuous basis in order to ensure that all works are completed to a high standard. The scheme provides support for community halls such as Dromtariffe, Parks such as Banteer Sports field, village greens and GAA pitches.

Without their help, community groups would find it difficult to maintain the high standard of the community facilities which they have achieved.



Following a review of the works being undertaken by the participants in Boherbue, huge improvements have been evident in the village. The participants as seen here cleaning the path around the playground.

Due to the increasing demands on the scheme from unemployed people, we applied to FÁS for extra places on our current scheme. However, we were not successful and so we have to work within our existing numbers.



Participants on the FÁS 'Core Skills Training' which ran for 13 weeks and was open to the other Duhallow CE Schemes.

Participant Development through Training

Training and retraining is a key focus of CE scheme. IRD Duhallow strives to identify the needs of local employers in order to focus training in areas where real job opportunities exist locally. This is facilitated through our Job Centre. The supervisor works with each participant in developing a specific training plan tailored to the abilities of each participant.



Deirdre Kirwan Kearney receives her certificate in Occupational First Aid from Paddy. Deirdre is one of 4 CE Participants that is working in a community childcare facility through IRD Duhallow's CE Scheme.

Over the past year participants took part in an excellent Core Skills Training Programme which is FETAC accredited and included Securing Employment, Job Seeking Skills, Interview Skills, Personal Skills for Employment and Money Management. Participants also got a further opportunity to participate in IRD Duhallow's Pathways to Employment Course which was run in Boherbue Training Centre. The Supervisor encourages all participants to consider specific training so that they can up-skill and improve their confidence and self-esteem on a personal level and improve their chances of gaining employment.

The specific training completed so far this year includes Fork Lift and Reach Truck, Safe pass, Mathematics, Horticulture, Child Development, Communications, Work Experience Course, Early Childhood Education, Play Therapy Workshop, Sign Language, Towards Occupation Course, Pathways to Employment, Sewing Classes, Using Spread Sheets, Intermediate Computer, Occupational First Aid, and Active Leadership Course as well as project courses in Manual Handling, Machine Safety Awareness. All of the courses undertaken by participants are certified through FÁS or FETAC.

Case study - Boherbue

The village of Boherbue has two CE participants who have responsibility for the local cemetery, village greens, park and entrance roads to the village. Following extensive surveying of the village during the summer of 2009 and consultation with the local community, the participants have been supported to develop a work plan which ensures the village appearance is good all year round. The supervisor has worked closely with the participants in order to maximise the impact of CE in Boherbue and ensure their work is visible and recognised by all.



Denis Murphy CE Participant at Crossroads in Ballydaly

Rural Transport Programme



Yvonne Brosnan B.A. Information Systems Management, Dip. International Business, Cert. E-Commerce, Cert. Supervisory Management

Appointed in February 2003, Yvonne is responsible for the day-to-day management of the Duhallow Area Rural Transport (DART). She co-ordinates the recruitment and supervision of Passenger Assistants and

Administration Staff. She generates reports for Pobal and liaises with community groups for consultation on transport needs.



T.D. Michael Moynihan and IRD Duhallow Board Member Jack Roche meet members of COPE on the DART bus to Cork.

We have seen another challenging and successful year for the Duhallow Area Rural Transport Programme as it continues to build on its success in delivering services throughout Duhallow despite the cut in CSP funding and the threat to the programme by the McCarthy report. Locals have become fearful of

cuts to rural transport, which would leave them isolated and without access to even the most basic of services.

Last September IRD Duhallow held a National Rural Transport Day to raise awareness of the Programme and to challenge the An Bord Snip Report. We were delighted with the support of Deputy Michael Moynihan and Councillors Timmy Collins and John Paul O'Shea who got on the buses to support DART.



Vincent McDonnell and Theresa Collins members of the DART team working with Vice Chairperson Cormac Collins in preparation of the Finance Working Group Meeting.



DART staff Noreen Courtney and Eilish Breen brief Mr. Noel Dillon, Chair of the Social Economy Working Group.



Newmarket National School students Patrick and Michael Browne and Aaron Jennings among the students collected and brought to the IRD Duhallow's Afterschool facility with Passenger Assistant Marie Shire.

DART is managed through IRD Duhallow's Social Economy working group. DART is also a member of the Rural Transport Programme Network of which Board Member Jack Roche is Chairman.

Since 2003 DART has provided an invaluable service to people living in Duhallow to access basic amenities such as health clinics, pension, shopping and education. We provide transport that is affordable and accessible and its key feature is the door to door collection and both scheduled and demand responsive services.

DART has fifty three different services operating throughout Duhallow and we have on average more than 4,500 passengers using DART each month. In 2009 a milestone was reached with over 59,000 passengers carried by DART.

A group from Nadd and its surrounding area travel to Kanturk to access basic services such as health clinics, pension and shopping.



We provide a daily service from Boherbue-Newmarket-Kanturk to Mallow which supports people in accessing education in Mallow College and Youthreach. Transport to COPE Foundation and the three Day Care Centre's in the Duhallow region is critical and borne out by the numbers availing of the service to access social, medical and training supports. Our thirteen evening services continue to be very successful with groups in numbers attending Bingo in Kanturk, Banteer and Kilbrin. We supported Schools, youth clubs and After school services. We transported children to attend Swimming Lessons and each school an educational or social trip.

Since 2003 DART has received CSP funding towards staffing costs and overheads which allowed us to spend the entire rural transport budget on Transport in Duhallow. The recent cut of the grant towards overheads has made the operations of DART more challenging this year. DART operates by identifying and organising passengers and routes and contracting local hackneys and bus owners to provide the service. These businesses are mostly small, either family, partnership or sole-trader operators and for most DART represents a significant source of income; with a total of over €1.5 million being distributed to 24 Taxi/Hackney Bus Operators in the Duhallow region since DART began.



Cllr Timmy Collins supporting DART customers from the Rockchapel area who travel each week to Rockchapel Post Office.



Fine Gael T.D. Fergus O'Dowd Spokesperson for Transport, IRD Duhallow Board Member Jack Roche, Chairperson of National Rural Transport Network, National Secretary, Carmel Walsh of Kerry Community Transport and Deputy Michael Ring Fine Gael Spokesperson for Rural Development.



Cllr John Paul O'Shea supporting DART customers availing of transport from Dromahane and Lombardstown area to Mallow.



Eileen Cavanagh and Peggy Singleton just before they get on DART's new route to Cork which replaced the Bus Eireann Service which ceased.



From left to right: Jerry Lehane, Michael Curtin, JP O'Keeffe and Jack Culloty DART drivers taking part in Midas Training which was organised by IRD Duhallow.

Duhallow Community Food Services



Orlaith Tomkins was appointed Manager of DCFS in January 2008. She has gained wide experience in the hospitality and food industry in a number of different roles. She completed a Management of Food Hygiene course and is a registered trainer with the HSE.

Duhallow Community Food Services provides a subsidised meal service to the elderly or to those who are not in a position to cook for themselves. DCFS currently has 120 clients who avail of the service in the home and 55 in group settings in community centres across Duhallow. Over 22,000 meals were delivered last year; an increase of 5,000 on the previous year. The demand for the service has almost doubled in the last 3 years. Menus are carefully planned to ensure that clients receive tasty, wholesome, well balanced and varied meals. Meals are delivered piping hot or chilled.



Iwona Loniewska packages the hot meals with the new L Sealer Packaging Machine which was funded under the LDSIP Programme.



Aidan Creedon, Liam Murphy and Louise McBride check chilled meals for delivery.

A recent review of DCFS by independent consultants, Momentum Consulting stated that "the very clear contribution of DCFS is that elderly people living in isolation now have the multiple benefits of a hot meal in their own homes or in a community setting, furthermore ingredients are sourced locally from local suppliers creating a multiplier impact in the local economy with a spend of over €140,000 with local suppliers in 2009".

The Management and staff at DCFS emphasise the safe and hygienic production and transportation of food. The meals kitchen has been upgraded with LEADER assistance to utilise cook/chill technology in the preparation of the cold meals. The vehicles are fitted with both heated and refrigerated units to facilitate the safe transportation of the food.



Our elderly population are more vulnerable in severe weather conditions, Tim Ring RSS assists DCFS driver Paul O'Connor to deliver meals during extreme weather conditions.

The floods and heavy snow and ice in January proved challenging in terms of the distribution of meals. However meals were delivered each day with drivers in some cases walking where they could not drive in order to reach their customers and bring milk, bread and other essential items to those who would otherwise have to do without. DCFS delivered over 1,000 meals during the heavy snow period.

DCFS is managed by its Board of nine voluntary directors. It provides employment for 23 people living in the Duhallow area. Eleven staff are working as part of the Community Service Programme, and

twelve are participants in the Rural Social Scheme. There are also two volunteers on deliveries. The project is an excellent example of the two schemes working side by side for the better of the community and to improve the quality of life for the most vulnerable. DCFS has 4 supervisors each assigned a team of people to work in their respective areas. Meals supervisor is Louise McBride, Bakery Supervisor Rose Drew, School Catering



DCFS ensured that customers also had supplies of bread and milk during the snow.



Michael Murphy delivers a meal to Denis Healy who is always ready to play a tune for him.



More than just a hot meal! The social interaction is just as important, Mike Nagle receives his dinner from Michael Murphy.

Supervisor Mary O Connell and Transport Co-ordinator Neily O' Flynn. Our caring staff and volunteers check on the welfare of customers, all unexpected unanswered deliveries are reported to the office and investigated with their nominated contact. We are indebted to the volunteers who give their time so generously in the delivering of meals and to the groups in the community centres who organise social gatherings.

The costs associated in running the service are understandably high. To enable us to provide meals at an affordable price to the elderly and overcome the reduced grants from Community Service Programme, DCFS must generate additional revenue to offset these costs. Our bakery, school and catering service is of huge importance to assist in the funding of the meals service.

Our bakery unit supplies 12 retail outlets on a daily basis and the Farmers Market in Kanturk with a wide selection of fresh bakery products.



Mr. Noel Dillon Chairman presents a hamper from DCFS to Ms. Mary Hanafin TD, Minister for Tourism, Culture and Sport.

Since April 2008 we have provided catering for the students and teachers in the Comprehensive school in Boherbue, providing healthy food and drinks to over 350 students and staff on a daily basis. Our catering service is very popular for family occasions, birthdays, Communions and Confirmations. The centre also provides catering for much larger gatherings in a community or private setting. We are indebted to the HSE for grant aid: this supports the service and helps to keep cost of the meals affordable to the customer.

With the local community supporting our services by buying our bakery products and using our catering service and our website www.foodinduhallow.com to promote our services we are poised to meet the increased demand for our service and have a target of 24,000 meals this year.



Stanistawa Dul puts the finishing touches to an order for a catering event, with CSP cuts to non wage grant it is now more important for DCFS to subsidise the meal service for the elderly, through outside catering.

Community Groups in Duhallow

South Eastern Duhallow Communities

Aubane
Banteer
Bweeng
Derrinagree
Donoughmore & Stuake
Kilcorney
Laharn
Lyre
Nadd
Millstreet
Rathcoole
Firmount
New Tipperary

Western Duhallow Communities

Ballydaly
Ballydaly
Ballydesmond
Boherbue
Cullen
Gneeveguilla
Kiskeam
Knockaclarig
Knocknagree
Meelin
Rathmore
Rockchapel
Taur
Knocknaboul
Toureencahill
Ballinahulla
Shrone
Foilogohig

North Eastern Duhallow Communities

Castlemagner
Cecilstown
Dromtariffe
Freemount
Kanturk
Kilbrin
Lismire
Newmarket
Tullylease

IRD Duhallow Representatives

John Kellehe & Gerald McSweeney
Denis Withers & John Kirwan
Jeanette O'Connell & Sean Kelly
Tom Meaney & Charlie Drake
Patrick Buckley & Michael Forde
Donie Howard & Mary Kelleher
Eileen Forde & Sheila Crowley
Billy Murphy & Donal Murphy
Clodagh McSweeney & Paudie O'Shea
Eily Buckley & Sean Radley
Eamonn Hurley & Liz Burns
Margaret O'Donovan & Peter Cafferkey
Mamie O'Shea & Tony Horgan

IRD Duhallow Representatives

Willie Joe Moynihan & Donie Carroll
Richie O'Connor & Tim Murphy
Siobhan Moynihan & Billy Lane
Margaret Murphy & Marie Casey
Tom Riordan & Hannah Kelleher
Cormac Collins & Caroline O'Sullivan
Paddy Joe O'Leary & Batt Casey
June Walsh & Ide Fitzgerald
Geraldine O'Connor & Claire Fleming
Kathleen Lehan & Denis McAuliffe
Donal McCarthy & Marie O'Leary
Mike Allen & Nellie Curtin
Batt O'Callaghan & Darby Murphy
Maureen Fleming & Tim Fitzgerald
Cynthia Daly & Lil Fleming
Liam Doody & Betty Collins
Conon Creedon & Colette Carmody
Annette O'Rielly & Geraldine Cremin.

IRD Duhallow Representatives

James Twohig & Andy Burke
Mary Cooney & William Morrissey
Gerald Murphy & John Linehan
Caroline O'Carroll & Pat Keane
John Fuller & Tommy Mullane
Patrick Drumm & Sinead Lynch
Colmon Jones & Sheila Kearney
Eilish Hourigan & Sean Browne
Angela Hannigan & Mary O'Connell



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