



Transforming Ireland

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IRD Duhallow Community News

029-60633

e-mail: duhallow@eircom.net

www.irdduhallow.com

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Enterprise Working Group

Thinking of Starting Up or Expanding a Business? LEADER Grant aid is available for new business creation and existing business expansion at the new increased rate of 75%, but applicants must fulfill specific criteria. Pick up the phone today to see can we help you! **Contact Louise at 029-60633.**



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



IRD Duhallow **Mentoring Programme** is free and open to businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Businesses can receive up to 10 hours one to one mentoring time with an experienced business advisor. The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. Between sessions participants will carry out project work to implement agreed solutions. For further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise at 029-60633.**



Training Course for Walking Leaders

IRD Duhallow is looking at the possibility of hosting a training programme for hill walking guides. Learn how to be a walking leader to take tourists and visitors around the scenic areas and iconic walks of Duhallow. For further enquiries and expressions of interest please contact **Louise at 029-60633.**



Self Employment Opportunities Programme

IRD Duhallow will offer a course which focuses on the fundamentals of starting your own business and becoming self employed. The course will commence on **Tuesday 18th September** and places will be allocated on a first come first served basis. For further enquiries and expressions of interest please contact **Louise at 029-60633.**



Practical Application of Online Marketing

Applications are currently being accepted from enterprises wishing to do a course entitled the Practical application of Online Marketing. By the end of which, every course participant will have a working information based website, a facebook page and learn how to use other social media. **For further information and registration contact Louise at 029-60633.**



National Ploughing Championships

Anyone visiting the National Ploughing Championships from the 25th – 27th of September, be sure to visit the IRD Duhallow and associated stands in the LEADER village. **For further information contact Louise at 029-60633.**

Hands of Duhallow

IRD Duhallow would like to invite any crafts person who currently is not member of the IRD Duhallow Hands of Duhallow Craft Network to contact us to receive information on the supports available to them to develop their enterprise. The IRD Duhallow Annual Christmas Craft Fair will be held on Saturday 24th and Sunday 25th November and IRD Duhallow would welcome new crafts people who wish to exhibit their unique pieces. **For further information please contact Helen at 029-60633.**

Warmer Homes Scheme

The Warmer Homes Scheme promotes and improves home heating for the elderly and disadvantaged in the Duhallow region. The services provided include upgrading attic insulation, cavity wall insulation, draught proofing windows and doors, fitting lagging jackets on cold and hot water tanks and providing low energy light bulbs.

Homes must be owner occupied and constructed before 2002. People in receipt of any of the following payments will receive the service free of charge - Fuel Allowance, Family income support or Job seekers allowance for over 6 months and with children under 7 years of age. **For further information please contact, Colm or Eileen at 029-60633.**



Duhallow Care & Repair Programme

IRD Duhallow would like to encourage older people in Duhallow to register for our **Weekly Phone Call Service to ensure that they have regular contact with someone.** The purpose of this service is for older people to receive a phone call from trained volunteers to check in with them to ensure that they are safe and well as well as having a friendly chat and give them information on services and activities that they can avail of in the locality. IRD Duhallow is inviting individuals as well as actively retired groups, day care centers and family members to contact IRD Duhallow regarding this service. This phone call service is **free of charge** and is available to all older people at a time suitable to them. **For further information please contact Helen at 029-60633.**

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

MABS – An Outreach Clinic is available in the James O’Keeffe Institute, Newmarket. Please contact the MABS Mallow Office to arrange an appointment **Tel: 076-1072440.**

REVAMP – Furniture Recycling Project

We are very grateful for the many items of furniture which we have received over the past few months and thank all donors most sincerely for their generosity.

Thanks to Tús and Towards Occupation Participants who have done an excellent job in revamping all the items.

We now have many pieces of furniture eg tables, kitchen chairs, arm chairs, couches etc available for low income households. **For further information please contact Con or Don at 029-60633.**

Employment & Training Working Group

IRD Duhallow's Job Centre continues to be a core element of our service to the unemployed and to other job seekers and local businesses. The job centre provides the following services to those seeking employment: **CV assistance and compilation, Interview guidance and preparation, access to training and educational opportunities.**

Employers can avail of an effective local recruitment service whereby you can advertise your current vacancies with us. From our database of candidates we will select applicants that have the job specific criteria and forward their Curriculum Vitae to you. For further information or to register with the Job Centre please phone **029-60633.**



Internet & Email Training Course

The Employment and Training Working Group is seeking to run a course in Internet and Email. This proposed course will be one night a week for seven weeks and will commence in October. The module is designed to provide learners with the necessary skills and knowledge required to access a website, use a web browser, access web addresses, search engines, email, Internet Security, Social Networking etc. will also be covered. Only a very basic knowledge of computers is required from participants. The total course cost **per participant is €35.** If you are interested in participating or require further information please contact **Mary McHugh at 029-60633.** Please note that places on this course are limited.



Introduction to Computers Training Course

The Employment & Training Working Group are currently organising an **Introduction to Computers Training Course.** The course is designed for complete beginners or those with very little computer experience. There will be a nominal fee attached to undertaking this course. The course modules will include an Introduction to Microsoft Office including Word Processing, Spreadsheets and Databases.

If you are interested in participating or require further information please contact **Mary McHugh at 029-60633.** **Please note that places on this course are limited and the course is due to commence on Wednesday the 26th of September and will run one night per week for 7 weeks.**



Basic Sign Language Classes

IRD Duhallow will hold **Basic Sign Language Classes** beginning at the end of September. The classes will run for 6 weeks and will cover such topics as: *Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc.* The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. Please note that there is a course fee of €55 per person to take part in this course. **If you**

are interested in participating or require further information please contact Mary Mc Hugh at 029-60633.



It's Never Too Late to Learn!

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



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

Youth and Education Working Group

Newmarket Breakfast Club & After Schools

September Bookings

The Newmarket After Schools will open its **Breakfast Club** this September following demand from a number of parents to help facilitate them to get to work on time while knowing their child is in a safe environment and will be dropped to school on time. This new service will commence at 8am on weekdays from **Monday 3rd September** and will include transport to Newmarket Girls and Boys School. For details on this new service please contact Helen at 029-60633. The facility will also continue to operate its After Schools Service from 2pm-6pm for children attending Newmarket and Lismire School. Currently transport is available from these two schools. A warm nutritious home cooked dinner is provided along with homework support daily. Children attending the **IRD Duhallow Literacy Programme** can also avail of this transport from school and receive dinner before starting their classes. Please note IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. There is no requirement to book a place for a full week rather parents have the opportunity to be flexible and book a place only when they need to. This year the After Schools service will re-open on Monday 3rd September. If you are interested in sending your child to the afterschools please contact **Helen at 029-60633.**



Literacy Support for Primary School Children

Is your child experiencing difficulty with reading, spelling or writing? Has your child been diagnosed with a learning difficulty and are you concerned about their progress? Do you need advice on how to support you child?

IRD Duhallow is running weekly **literacy classes in James O'Keeffe Institute, Newmarket** to support primary aged children in the area. The classes are run by an experienced Primary teacher who has specialised in teaching children with learning difficulties and the classes aim to support the students' literacy needs, taking account of their strengths and weaknesses. The service also provides regular advisory clinics for parents/guardians to discuss the students' progress in class, offer advice on how to support the child at home or to discuss any other educational queries/concerns. Classes are open to children aged between Senior Infants and 6th Class.

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

TTRS (Touch Type Read and Spell)

TTRS (Touch Type Read and Spell) is a specially devised computer programme for children with learning difficulties. The programme has two functions, firstly, it teaches children to touch type, which is a vital skill for all ages. In addition, the words used for typing are the most commonly misspelt words, so children are unknown to themselves, learning how to spell.

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

Equality Working Group

Equality For Women – Work Life Balance Training Course

Work Life Balance for Employment – Cooking on a budget, Preparation of Healthy Meals considering time constraints and Healthy Eating. This course will take place over six weeks and will begin in September. **If you would like to book your place or find out more please contact Mary McHugh at 029-60633.**

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Au Pairs in the Duhallow Area

Are you a Host Family or an Au Pair living in Duhallow? If so would you like to meet with other Au Pairs who are working in surrounding areas? We understand that it can be very isolating coming to live and work in Rural Areas therefore we are inviting Host Families to contact IRD Duhallow whereby a register will be developed of Au Pairs/Host Families and for example you can get the details of Au Pairs / Host Families living in the area to make contact with them to share your experience or to meet up etc. If you are interested in finding out more information **please contact Mary Mc Hugh at 029-60633.**

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Wellness Recovery Action Plan Information Seminar

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

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Meetings for Praise, Prayer and Bible Study

An informal meeting for Bible study, praise and prayer takes place each Sunday evening in Millstreet at 7pm in the Canon O'Donovan Centre (kindly granted) on Clara Road in Millstreet town. The meetings begin with a time of singing accompanied by piano, guitar and various percussion instruments. We then read a passage from the Bible together and someone gives a short talk helping us to understand the meaning of it. The meetings last for about an hour and are then followed by tea/coffee and wonderful homemade buns! These meetings are organized by the Methodist Church and are open to *anyone and everyone*. Why not give it a try you would be very welcome.

For further information please contact Laurence at 064 6631613 or email laurence.graham@irishmethodist.org

Agriculture Working Group

The Focal Farmer Programme assists Low Income Farm Families to maintain a viable family income by maximising the farm enterprise and by providing a number of key services which include: AI Grants, Milk Recording Grants, and Soil Sampling subsidies. **For further information on the qualifying criteria please contact Katie at 029-60633.**

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Farm Assist is a supplementary income to assist Farm Families when business isn't at its best. It is a means-tested payment which is administered by the Department of Social Protection. In order to qualify for Farm Assist you must be a farmer, farming land and aged between 18 and 66 and satisfy a means test. **For further information please contact Katie at 029-60633 or Newmarket Social Welfare at 029-22110.**

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STRESS is the reaction people have to excessive pressure placed on them. Farmers work under extreme pressure and have no control over various aspects of their work including the weather. We often hear the term stress used in relation to other occupations but it is not a term commonly used by farmers. Farming by its nature is a very stressful occupation. Confidential advice and help is available from many sources including the following Helplines:

Farm & Rural Stress Helpline 1800 742 645

A free-phone helpline open from 6.00pm to 10.00pm daily. This helpline is aimed at people who may be feeling down, suffering from stress or depression or those who are concerned about someone.

Aware Helpline 1890 303 302

Aware is a voluntary group which provides support for those suffering with depression.

Samaritans - 24 hour support phone **1850 609090** delivered by volunteers.

Suicide Prevention Helpline – 1800 742 745 - A free phone helpline open from 6.00p.m. to 10.00p.m. for people who are suicidal or equally for a family member or friend who is concerned about someone.

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KANTURK FARMERS MARKET, located at the rear of Twohig's Supervalu takes place every **Thursday and Friday** from 10.30am -2.00pm. Every week at our Market you will find a brilliant range of fresh local produce, including home baking, cakes, plants, eggs, honey, chicken's (Fri only), Preserves, Chutney's and Jam's. New Stallholders are welcome. **For further information please contact Katie at 029-60633.**

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The 4th Annual GIY Gathering takes place on the **15th & 16th of September** as part of the Waterford Festival. This year the event has a truly international feel, bringing together some of the world's leading experts and advocates on food growing from Ireland, UK, US and New Zealand.

A gathering ticket costs €20. Annual members can avail of a special membership reduced ticket view www.giyireland.com/pages/giy_gathering_2012 for further information.

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September's meeting of **GIY Duhallow** will take place on **Tuesday 25th September** in the James O'Keeffe Institute, commencing at **7.30pm**. This meeting will incorporate the **Annual GIY Harvest Festival** which is a celebration of the produce grown by the group during the summer months. Individuals can drop produce for the meal on **Monday 24th Sept. between 3.00pm – 4.00pm** for further information please contact Katie at 029-60633.

Community Development Working Group

Duhallow Boxing Club

The Duhallow Boxing Club has reopened in Kanturk. Training will take place every Monday, Wednesday and Friday.

Under 12s – 6.30-7.30pm

Under 16s – 7.00-8.30pm

Adults – 7pm -9.30pm

For further information please contact Jim at 087-8122405.



SafeTalk & Assist Workshop

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

This workshop will be held on **Thursday 1st and Friday 2nd November 2012 from 9am-5pm** on both days. For further information and to reserve you place on this programme please contact **Helen O'Sullivan at 029-60633**.



Domestic Violence Support Helpline

IRD Duhallow's Domestic Violence Support Helpline is operated by trained volunteers and provides support and information to those affected by domestic violence. This service is for both men and women and volunteers are available to provide a supportive and listening ear to all. Family members and friends who are concerned for a loved one can also contact this helpline for information.

The Domestic Violence Support Helpline is **087-7733337** and operates from **Monday to Saturday from 10am – 10pm**.



Bereavement & Loss Support

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group of trained volunteers provide a **free confidential service** to people who have experienced a loss in their lives whether through death, separation, divorce, job loss etc. This is not a counselling service but a friendly and supportive listening service.

A trained volunteer can meet on a one to one setting at a time suitable to both parties.

To make an appointment please ring the Bereavement Support Helpline on **087-6279000**.



Duhallow Carers

The Duhallow Carers group will be meeting next on **Thursday 6th September**. Do you want to meet with someone else who is caring for someone? Have a friendly chat and gain advice from those in similar circumstances.

For further information contact Louise at **029-60633**.



PAL

On **Thursday 20th September** PAL group for Lone Parents will be holding a night 'cooking on a budget' which will feature healthy, nutritious meals for adults and kids at minimal cost. The event will take place in the James O'Keefe at 8.00pm. For further information contact Louise at **029-60633**.

Duhallow Area Rural Transport (D.A.R.T.)

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

Duhallow Area Rural Transport provides an invaluable transport service in the Duhallow region with 49 regular routes now in operation and carried over 58,000 passengers in 2011. Unfortunately DART has received some substantial cuts to its public funding for 2012 which will make it impossible to maintain all routes this year.

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

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

Duhallow Community Food Services (D.C.F.S.)

The Food Centre in Boherbue provides a **home delivery meal service**. Meals can be booked on a long or short term basis. Dinner and Dessert cost €6.00 per day, delivered piping hot to the door.

We also provide a wide range of hot or cold dishes for any **catering event** such as Parties, Functions, Retirements, Office Parties and Special Occasions. We supply a wide range of menu's delivered to your door to suit your budget.

For Further information on any of our services please contact **Orlaith Tomkins at 029-76375**.

Check out our website: www.foodinduhallow.com

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

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