

**SPECIAL POINTS
OF INTEREST:**

**BETTER ENERGY
COMMUNITIES 2016**

**DUHALLOW
SKILLNET**

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IRD Duhallow

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Community Development Working Group

Duhallow Arenas

The Duhallow Arenas (situated adjacent to the James O'Keeffe Institute in Newmarket) are available for hire for all equestrian related events at a rate of €20 per hour. Become a key-holder for €180 (January - December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633 / duhallow@eircom.net.**

Duhallow Community Laundry

This facility is over 1 year in operation and was established to assist the elderly, low income households and carers with washing and drying clothes, linen and towels. Duhallow Community Laundry has been set up in the James O'Keeffe Institute, Newmarket. Laundry can be dropped into Duhallow Community Laundry, Monday to Friday from 9.00am to 5.30pm. We can arrange for laundry to be collected and brought back to households who may have transport difficulties. **For further details please contact Helen at 029-60633.**

1916 Commemorations

The 1916 Commemorative Meetings are proceeding well at the James O'Keeffe Institute. The next meeting will take place on **Tuesday 19th January at 4.00 p.m.** Items discussed thus far include monuments survey, cataloguing and upkeep; events, organisation in local towns and villages; events granting; and historical discussion surrounding past events. The period being dealt with is 1916-1921. To register your interest or attendance, **contact Helen at 029-60633.**

Communities and Charities

Communities and Charities are reminded that **support for their work is available through Tús and RSS Schemes.** For further details please contact **Triona Murphy at 029-60633.**

Better Energy Communities 2016

IRD Duhallow is submitting an application to the Sustainable Energy Authority of Ireland under the Better Energy Communities programme 2016. This programme provides funding towards energy efficient upgrade works such as attic and wall insulation, boiler and heating controls upgrade, window and door replacement and energy efficient lighting. Buildings such as community centres, schools, community creches etc. may be eligible for funding. **For further details, contact Colm Crowley on 029-60633.**

The Warmer Homes Scheme

If you are in receipt of **one** of the following payments you will now be eligible to receive the insulation services **free of charge** :

Fuel Allowance Or Family Income Supplement Or Job Seekers Allowance (for more than 6 months and have children under 7 years of age).

Houses must be owner occupied and constructed before 2006.

Contact IRD Duhallow Warmer Homes at 029-60633.



EUROPEAN UNION
Investing in your future
European Social Fund



Enterprise Working Group

IRD Duhallow Mentoring Programme

Thinking of starting up a business? Then why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. The programme is open to start up or existing businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Businesses can receive up to 10 hours one to one mentoring time with an experienced advisor and its entirely free!!!

The 10 hours mentor time will be maximised using business analysis to identify the areas most in need of addressing. Between sessions participants will carry out project work to implement agreed solutions. For **Contact Louise at 029-60633 / email duhallowskillnet@gmail.com**.

Start Your Own Business Programme

Expressions of interest are currently being taken in a Start Your Own Business Programme which will run on the 1st, 8th, 15th, 22nd and 29th of March. The Course is aimed at people looking at going into business. Cost is €25.00 For more information **contact Louise on 029-60633**.

Duhallow Skillnet is currently taking expressions of interest for each of the following:

Intermediate Computer training FETAC Level 4. Modules covered will include Basic IT Theory, File management, Word Processing, Spreadsheets, Databases, Presentations, Internet and Email.

Patient and People Manual Handling This training will show your staff how to lift patients, particularly elderly or incapacitated people and therefore avoid back injuries. By training your staff how to lift people safely you can avoid costly compensation claims and create a safe environment for the people that are being cared for.

Microsoft Excel Advanced training course is a 1 Day public programme, designed for candidates who would like to enhance their understanding and knowledge of Excel to an advanced level. It takes participants through the items listed in the course contents to a point where participants can use Microsoft Excel to advanced levels to increase efficiency in their everyday work.

Infection Prevention and Control

FETAC Level 5 Infection Prevention and Control.

Build your Own Website Participants will learn how to create their own website by using WordPress. This course will allow participants to build a technically advanced website without having to learn any code or subscribe to expensive design programmes. Also, participants will gain the skills and knowledge to manage and grow their websites in the future.

Twitter for SMEs will be held on **Monday the 8th and 15th of February from 8-10pm in the James O'Keeffe Institute**. Course participants will learn how Twitter is not only a Social Network but also a powerful tool for business. Course content includes having a compelling bio, header and profile pic, crafting effective tweets including sharing links and images, connecting with influencers, scheduling, correctly using hashtags in various situations, Biz Hours, the mobile environment and Social Customer Care on Twitter. The course will be 'hands-on' with about 30 mins actually live-tweeting during #CorkHour on the second evening. The Course will cost €40.

To express your interest in any of the above training please contact Louise at 029-60633 / duhallowskillnet@gmail.com

Youth & Education Working Group

IRD Duhallow Literacy Support Programme

IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia. Two strands: Literacy Workshops and TTRS. **For further information and registration please contact Louise at 029-60633 / email duhallow@eircom.net**.

Newmarket Afterschools

Our Afterschools continues to operate from 2pm-6pm Monday to Friday. All children are welcome to attend with homework support and a homemade dinner provided daily as well as loads of fun and games. A tiered pricing system is in operation for families in receipt of a social welfare payment or a medical card. Parents also have the flexibility of sending their children for the whole week or daily as they wish. **For further details please contact Helen at 029-60633**.

Equality Working Group

Training for Family and Voluntary Carers

IRD Duhallow has been granted funding under the **Dormant Accounts funds** to provide training to family and voluntary carers throughout 2016. Expressions of interest are currently being taken in: Care of the Elderly, Infection Prevention and Control, Care Skills, Rights and Entitlements, CPR, Challenging Behaviour, Autism Information Training and Person Centred Dementia Care. **To express an interest in any of these courses please contact Louise on 029-60633 / duhallowskillnet@gmail.com**

Towards Occupation Programme

Are you experiencing emotional and/or mental health challenges? Are you out of work for a long period of time and looking for direction? Would you like to boost your confidence and self esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? If you answered **YES** to any of these questions then maybe this programme is for you. The Towards Occupation Programme is designed to assist people who are in receipt of a social welfare payment to develop the skills and confidence to move into education, training, voluntary work, employment or other directions. Participants are supported to explore a range of new skills and set achievable goals whilst also focusing on confidence building, communication skills and increasing self belief. The programme is flexible and part time including training opportunities in: Life skills/Personal Development, Computers, Crafts, Horticulture and Furniture REVAMP. **For more information please contact Triona at 029-60633.**

IRD Duhallow's Domestic Violence Support Helpline is operated locally by trained volunteers and provides support and information to people experiencing domestic violence. This service is for both men and women who are sufferers of domestic violence and volunteers are available to provide a supportive and listening ear. One to One sessions are also available with a trained volunteer at a time suitable to the individual. Family members and Friends who are concerned for a loved one can also contact this helpline for information. For information please contact the Helpline @ **087-7733337** from Monday to Saturday from 10am – 10pm. We also invite you to like our 'Duhallow Domestic Violence' page on Facebook.

Bereavement & Loss Support - If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a free confidential service to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. This is not a counselling service but a friendly and supportive listening service. A trained volunteer currently meets in a one to one setting with a client at a time suitable to both parties. To make an appointment call **087-6279000**.

CareBright is a non-profit, social economy business and they focus on caring and supporting people to live independently in their own homes. CareBright has been providing services for older people in the form of Home Care Grants, Home Help Services, Chiropody, and Subsidised Hours in the home, while also being a homecare provider providing care for clients in a private capacity. The care services that are provided are for the elderly, people with disabilities, post surgery, people who require specialised services, companionship or general support in the home. For details ring **061-383644** or visit **www.carebright.ie**.

Cairde Maithe, supported by The Crystal Project is a volunteer visiting service developed to provide companionship and support for people with dementia in Mallow and throughout North Cork. We are always on the lookout for friendly, caring and dependable volunteers from all walks of life to join our team. For more information please contact: Christine O'Riordan on 02258727 / 0860255205 or email **christine@crystalproject.ie** or visit **www.crystalproject.ie**

GROW Community Mental Health, Is A 12 Step Program For Living, which enables people to develop coping strategies, to help them live and deal with any emotional, or mental health issue they may have in their lives. Founded In Australia over 50 years ago, The GROW Program, has been derived from the AA model of recovery. It has been written by individuals who know what it is like to live with stress, anxiety, depression Etc. GROW Meetings are held every Monday night, In The Duhallow Day Centre Kanturk At 8pm. (rear of Kanturk Community Hospital). They Are totally confidential, relaxed, friendly and free to attend. **For more information on GROW please telephone GROW Area Co-ordinator Noreen on 086-1726004 or log onto www.grow.ie or come along any Monday night, you will be very welcome.**

ALCOHOLICS ANONYMOUS - Closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday Morning at 11.30am and Thursday at 8.30pm.

AI ANON If you are affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Thursday night at 8.30pm or to the Health Centre in Millstreet on Sunday nights 6pm winter time and 7.30pm Summer time as per change of clock.

Financial Difficulties?

MABS An Outreach Clinic is available in the James O'Keeffe Institute, Newmarket. Contact the MABS Mallow Office to arrange an appointment **Tel. No: 076-1072440**.

Emotional Support Service

IRD Duhallow is offering a One to One Integrative Counselling service. This service is being offered by two pre-accredited counsellors and is free of charge. **If you would like to make an appointment or have any further enquiries please contact Kate or Aoife on 087-1179990.**

"A Journey of a thousand miles begins with a single step"

-Confucius

Agricultural Working Group

Kanturk Farmers Market will re-open on **Thursday 7th of January and Saturday 9th of January 2016**—We thank all our customers for your custom in 2015 and we look forward to serving you all in 2016. The Farmers Market which is located at the rear of Twohig's Supervalu, takes place every Thursday and Saturday from 10.00am. Each week at our Market you will find a fine range of fresh local produce. New stallholders welcome — for further information please contact Sheila O'Keeffe at 029-60633.

Environmental Working Group

Bird Watching Group Due to the cancellation of our trip to Cromane we are **rescheduling the trip to Cromane on Sunday 10th of January**. If you are interested in going please contact Sheila O'Keeffe at 029-60633.

IRD Duhallow receives two Environment Awards

Cork Environmental Forum presented its **Community Development Group award** to Michael Twohig, Michael Doyle and Fran Igoe of IRD Duhallow LIFE Project at its recent awards ceremony in recognition of the work of its project to protect the otter, hen harrier and freshwater pearl mussel and its effort to eradicate an invasive plant, Himalayan Balsam from the banks of the River Allow.

The Himalayan Balsam plant was introduced here from India in 1839, as an ornamental plant with pretty purple or light pink, flower and has since spread to most parts of Ireland. It leads to erosion of river banks, competes with native vegetation and also impacts on pearl mussel and salmon spawning due to excess silt being washed down rivers in winter flood. The species prolific in damp soil area, such as along river banks where it forms continuous stands. It can also take root in damp woodland and swampy areas. It is one of the highest risk non-invasive plants here, largely due to its impact on native waterside vegetation and damp ground at the expense of native species. The plant can kill up to two-thirds of native plants, but is possible to successfully control or eradicate it from infested sites.

This award is in recognition of the work to date carried out by IRD Duhallow under the LIFE Programme with the co-operation of the EU, Inland Fisheries Ireland, the landowners, RSS, Tús, Kanturk Angling Group, supporters and volunteers.

Cork Environmental Forum also presented IRD Duhallow Community Garden with an award on the night for its work which includes the Grow It Yourself Group, Towards Occupation Group, COPE and Newmarket After-schools with the assistance of Tús and RSS Participants under the leadership of Rachel Budd.

Organic Produce from the Garden has been on sale at Duhallow Community Food Services and has got great support from the public.

EPA Research Project in bottom up approach to River Water Management

John Ballinger has taken up the post to lead this exciting project which **aims to identify ways for better community involvement in water management**. John previously worked on Integrated Catchment Management projects in his native New Zealand. Currently the project is interviewing practitioners in the field both in Ireland and Internationally and is also drawing from lessons learnt through the River Allow Catchment Management Initiative. **For more information contact John at 029-60633 for further details.**

Native Woodland Scheme is now open

This scheme is targeted especially at woodlands designated as Special Areas of Conservation (SAC) and to protect and enhance water quality through the creation of new native woodlands adjacent rivers and streams. This is particularly relevant in catchments designated for freshwater pearl mussels, salmon and otters. The scheme also targets community-led native woodland projects through a link with the NeighbourWood scheme which provides for pathways and signage.

For more information check out <http://www.agriculture.gov.ie/media/migration/forestry/grantandpremiumschemes/2015/NWEstablishmentGPC9GPC10220915.pdf>

Volunteers

If you are interested in volunteering from bird watching to conservation actions and wildlife management, please contact Nuala at 029-60633 or leave your contact details at www.duhallowlife.com or email duhallow@eircom.net.

IRD Duhallow LIFE project would acknowledge and thank all of the landowners, supporters and volunteers for their assistance with the project to date. If you would like further information or participation as a volunteer please contact us for further details. IRD Duhallow LIFE project: Tel: 029-60633 or check us out at www.duhallowLIFE.com.

