

**SPECIAL POINTS
OF INTEREST:**

IRD Duhallow

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DUHALLOW

SKILLNET

CARERS SEMINAR

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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 keyholder for €165 (February - December), which will allow full access to the arenas. **For further details 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.**

Tús and RSS support for 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.**

Bealtaine 2016

The SAOI Network is looking to hear from groups who wish to **organise events** as part of Bealtaine 2016 which is a month long festival **throughout the month of May** and aims to celebrate **Actively Ageing.** Contact Louise on 029-60633 / louise.bourke@irdduhallow.com

Duhallow Befriending Network

IRD Duhallow's Saoi Network is currently exploring the possibility of developing a Duhallow Befriending Network, which will visit older people in the area. **Volunteers are currently being sought to take part in this new initiative. If you are interested please contact Louise on 029-60633 / louise.bourke@irdduhallow.com**

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.



Enterprise Working Group

Duhallow Skillnet is providing the following training:

Build Your Own Website Don't want to spend a fortune on a website for your business and would you like a website that you can update regularly yourself? So learn how to build your own! 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. **Dates: Every Wed 3rd February – 9th March Time: 7.00pm – 9.00pm Cost: €150.00**

ECDL Start —The European Computer Driving Licence is a recognised computer proficiency. The ECDL Start covers the first four modules of the full ECDL Programme including: File Management, Word Processing, Spreadsheets and Internet & Email. **Dates: Every Thurs from the 4th of Feb – 28th of April Times: 7.00pm-10.00pm Cost: €325.00**

Twitter for SMEs 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. **Date: Mon 8th & 15th of Feb Time: 8.00pm – 10.00pm Cost: €40.00**

Patient and People Manual Handling Learn how to lift patients, particularly elderly or incapacitated people and therefore avoid back injuries. By training you and 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. **Date: Sat 20th February 2016 Times: 9.30am – 5.30pm Cost: €75.00**

Start Your Own Business Programme

Thinking of setting up and starting your own business? Then this is the course for you. Covering modules on Company Structure, Market Research, Business Planning, Marketing, Cash Flow and Finance. **Dates: Tues 1st, 8th, 15th, 22nd and 29th of March 2016 Times: 9.30am – 1.30pm Cost: €25.00**

Train the Trainer The purpose of the Certificate in Training Delivery and Evaluation programme is to provide training delivery personnel with the tools and techniques required to effectively deliver, assess and evaluate their training programmes. **Dates: Every Mon 7th March – 23rd May 2016 Times: 6.30pm – 9.30pm Cost: €350.00**

Primary Food Safety FSAI (Level 2)

This programme is designed for all food handlers & supervisors serving food for public consumption (ie. Café, shops, hotels, healthcare) On completion of this Primary Food Safety Hygiene Training course, participants will have the skills to implement good Food Safety Practices. **Dates: 9th March 2016 Times: 9.30am – 5.30pm Cost: €150.00**

Employment and Training Working Group

Create the right First Impression when seeking Employment—Styling for an Interview Workshop

We will have a qualified Style and Image Consultant to help you build your confidence and help you make that vital first impression, for a job interview. This workshop will try to impart advice on appropriate clothing for an interview and importantly how to select the most flattering clothes for your body shape and why certain fabrics may suit you more than others. **To register your interest please contact Mary on 029-60633.**

Upcycling / Recycling Training Course

IRD Duhallow is proposing to deliver an Upcycling/Recycling training course (dependent on demand). This course will run once a week for 10 weeks. The training will allow you to discover the sense of achievement in revamping or altering your once loved clothing whilst learning a new skill. Be provided with inspiration and ideas on how to develop your skill level on a domestic sewing machine. Learn how to upcycle using fabric, buttons, classic embroidery stitches, corsages and beads. **Places will be limited, for more information please contact Mary on 029-60633.**

The Therapeutic Potential of Art—Workshops

Participants will be provided with an opportunity to explore the therapeutic potential of Art through themed experiential workshops. Participants will be facilitated to engage with the belief that information is not only communicated verbally but also through the process of drawing, painting and image making and how to reflect, express and explore experiences, emotions and relationships in a “realm beyond words”. Dates: To be Confirmed. **To register your interest contact Mary on 029-60633.**

Youth and Education Working Group

Build Your Child's Self Esteem Training Programme

We are seeking to determine interest in delivering a programme for parents of children from 6 to 12 years of age. Proposed topics may include: Learn how to build your child's self-esteem; Positive limit setting and boundaries; Understanding Your Child's Development and Emotional Needs; Having less fights and more positive time at home. This course will be delivered over 6 weeks in two hour workshops. To register your interest or for more details please **contact Mary on 029-60633**.

Child Development Workshops

We are taking expressions of interest from Parents of 2-6 year olds on learning about Child Development. Modules may include: Supporting your Child's Development and getting help with setting routines and establishing boundaries and the importance of play for your child's learning and development. The course will be delivered over 6 weeks in two hour workshops. To register your interest or for more information **please contact Mary on 029 60633**.

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 / louise.bourke@irdduhallow.com**

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-**

Youth Training and Work Placements (15-24 years)

Are you aged between 15 and 24 years and currently NOT in education, training or employment?

Would you like to avail of employability mentoring/coaching, core skills training and a possible work placement in a related field? If yes, please contact 029-60633 for further details or to register your interest.

This project will be funded through the Dormant Accounts fund.

Smartphone and Tablet Training for Beginners

IRD Duhallow is seeking to run a series of computer classes on how to use a smartphone and tablet. The main aim will be to introduce participants to a range of practical ways in which you can use **tablet devices** and the course will be useful to people who are new to using computers, smartphones and the internet. The training will be open to everyone and we are taking names of people interested in participating. **To register your interest please contact Mary on 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**.

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

Equality Working Group

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. Training places are free for Family and Voluntary Carers. **To express an interest in any of these courses please contact Louise on 029-60633 / duhallowskillnet@gmail.com**

Carers Rights and Entitlements Seminar

The Duhallow Carers Group are organising a Carers Rights and Entitlements Information Seminar on **Wednesday the 3rd of February at 8pm in the James O'Keeffe Institute**. Delivered by the Carers Association, attendees will learn about Carers Allowance, Domiciliary Care Allowance, Respite Care Grants, Medical Cards, Home Adaptation Grants and the Fair Deal Scheme. **Registration is essential contact Louise on 029-60633 / louise.bourke@irdduhallow.com**

LIFE Skills Training Programme We are seeking to deliver a Life Skills programme that will give people an opportunity to develop greater self-awareness, grow in self-confidence, develop your ability to be assertive and to manage stress. It is the aim that this Life Skills Programme will try to help make life less difficult! Course content will include: Self-awareness; Self Image, Self Esteem, Positive Living, Assertiveness, Understanding Stress, Managing Stress and living a Health Life. This course will be delivered over ten weeks in two hour workshops. **Places will be limited, to register your interest or for more information please contact Mary on 029-60633.**

Environmental Working Group

The European Commission would like to clarify the following points in relation to recent flooding in Ireland: Any suggestion that EU environmental rules are somehow to blame for the recent severe flooding in Ireland is completely without foundation.

EU law does not ban dredging. The Water Framework Directive (WFD) and the Floods Directive do not include detailed rules on how Member States manage their water courses. That is decided by the Member States themselves.

The Irish Government **does not need to notify** the European Commission about plans to dredge rivers as there is no such obligation in EU legislation.

EU Nature Directives (Birds and Habitats) do not prevent measures being taken to protect lives and property. In particular they provide for situations of 'over-riding public interest' to permit activities that might damage a Natura 2000 site but which are necessary for human welfare. The Directives do however require an assessment of the options available before a conclusion is reached that such damage is unavoidable. (more below)

Dredging is not always the solution for flooding. It may help to sort out a local problem but it may also transport the problem downstream, sometimes from rural to urban areas where the damage on properties and economic activities can be much higher. Therefore the basin-wide approach included in EU policies is essential to find effective and long-term solutions.

EU funds:

The EU Solidarity Fund (EUSF) was established to respond to major natural disasters and express European solidarity to disaster-stricken regions in Europe. The conditions for compensation are set in the EUSF regulation – see more here http://ec.europa.eu/regional_policy/en/funding/solidarity-fund/

As well as the EU's Solidarity Fund, many of the programmes co-financed by the European Structural and Investment Funds for 2014-2020 aim to invest in flood prevention and to mitigate against the impact of climate change. In 2014-2020 Ireland will receive almost €705 million for investments in Climate Change Adaptation & Risk Prevention.

EU legislation:

EU Water Framework Directive (2000/60/EC)(WFD) promotes sustainable management of water courses with the aim of reconciling environmental protection with human uses including flood protection but also provision of drinking water, clean water for industry, agriculture, etc. The Water Framework Directive's general objective is to achieve good ecological status in water bodies but it provides for exceptions such as flood protection. It is up to Member States to apply such exceptions according to the conditions provided in the Directive.

The Floods Directive (2007/60/EC) aims at the reduction of adverse consequences from significant flooding and foresees managing flood risk through measures for prevention, preparedness and protection. The Floods Directive is a stand-alone Directive. Implementation needs to be coordinated with the Water Framework Directive and other related policies.

Nature Directives:

Birds: Directive 2009/147/EC

Habitats Directive 92/43/EEC which are the principal EU legal instruments for the conservation and sustainable management of nature) NB: These Directives do not prevent measures being taken to protect lives and property. In particular they provide for situations of 'over-riding public interest' to permit activities that might damage a Natura 2000 site but which are necessary for human welfare. The Directives do however require an assessment of the options available before a conclusion is reached that such damage is unavoidable, as well as a consideration of any compensatory measures that will be taken. The Directives also permit derogation from species protection measures 'in the interests of public safety' and for other reasons including socio-economic ones – again, provided no satisfactory alternative is available.

Therefore, EU environmental legislation does not prevent taking action to address the problems of flooding but rather provides a framework to help ensure the environmental sustainability of any such measures.

Ruth Deasy, Head of Press, European Commission Representation in Ireland