

**SPECIAL POINTS OF INTEREST:**

# IRD Duhallow

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## Community Development Working Group

**DUHALLOW**

**SKILLNET**

**CARERS SEMINAR**

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### 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 €150 (March-December), which will allow full access to the arenas. For further details contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

### Newmarket Pitch & Putt

Newmarket Pitch & Putt Club is now accepting membership for the coming year. Enquiries to Gerald on 087-3733181

### Day Time Cinema

The SAOI Network will be holding a Day time Cinema on Wednesday the 16th of March, which will feature the musical '7 Brides for 7 Brothers' in the James O'Keeffe Institute Newmarket. Dinner at 1pm followed by film showcase at 2pm. Admission (Incl. Dinner) €10. Booking essential. Please contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com).

### 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](mailto:louise.bourke@irdduhallow.com)

### Duhallow Befriending Network

The 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 for this new initiative. If you are interested please contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

**Celebrity Chef Neven Maguire, in association with Lyre National School,** will be holding a cookery demonstration in the Charleville Park Hotel, Charleville on the 10th of March, 2016. There will be a cheese and wine reception along with an indoor market of Irish artisan food produce. Why not pay a visit to the Duhallow Community Food Services stand. Tickets are only €20. Available at Lyre National School, online at [www.lyrenationalschool.com](http://www.lyrenationalschool.com) (secured with PayPal) or from the Charleville Park Hotel at 063 33700. Early booking is advisable as tickets are limited. Doors open at 7pm with the demonstration commencing at 8pm.

## The Warmer Homes Scheme

Free Insulation Service: Eligibility criteria expanded to include **One Parent Family Payment**. If you are in receipt of **one** of the following payments, you may be eligible to receive insulation services free of charge: **Fuel Allowance** **or** **One Parent Family Payment** **or** **Family Income Supplement** or Jobseekers Allowance (for more than 6 months and have children under 7 years of age) Houses must be **owner occupied** and constructed before 2006.

Contact Colm or Eileen on 029-60633 / email: [whs@irdduhallow.com](mailto:whs@irdduhallow.com)



## Enterprise Working Group

**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 - 29th of March **Times:** 9.30am – 1.30pm **Cost:** €25.00

**Occupational First Aid Refresher** Occupational First Aid refresher course is aimed at those who already hold an existing Occupational First Aid Cert that's about to expire. **Dates:** 1<sup>st</sup> March **Times:** 9.30am – 5.00pm

**Management Works Breakfast Meeting** The Duhallow Skillnet would like to invite Business Owners to a Breakfast Meeting on Thursday the 3<sup>rd</sup> of March in the James O'Keeffe Institute, Newmarket at 9.30am. Management Works offers a suite of high-impact management development programmes to help business owners, managers and management teams to achieve better results and help you to create a profitable and more sustainable business. Management Works are looking at delivering training locally here in Duhallow.

**CPC Training** Duhallow Skillnet will be running CPC Training €50 per module: **5<sup>th</sup> March** - Module 1: Control of the Vehicle & Eco Driving Techniques, **19<sup>th</sup> March** – Module 2: Minimising Risks and Managing Emergencies, **2<sup>nd</sup> April** – Module 3: Health and Safety of the Professional Driver, **16<sup>th</sup> April** – Module 4: Role of the Professional Driver in Transport, **7<sup>th</sup> May** – Module 5: The Professional Truck Driver, **21<sup>st</sup> May** – Module 6: The Professional Bus Driver. All modules are full days from 9am – 5.30pm.

**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. **Date:** 9th March 2016 **Time:** 9.30am – 5.30pm **Cost:** €150.00.

**Allergy Awareness and Labelling** This 2 hour course is designed to answer any of the questions businesses may have in relation to the upcoming changes to Allergen Legislation. **Dates:** 19<sup>th</sup> April 2016 **Times:** 7.00-10.00pm **Cost:** €50.00

**The Big Red Book** The Big RED Book is a popular choice of accounting solutions for business moving from a manual bookkeeping system to a computerised system. The aim of this training course is to provide clients with the necessary skills & knowledge which will enable trainees to manage their own suppliers, customers, produce sales invoices & credit notes and allow each client process various reports at month end including VAT Returns monthly statements etc. **Dates:** 19<sup>th</sup> April **Times:** 9.30am – 5.30pm **Cost:** €125

**SAGE Computerised Accounts** The aim of this training course is to provide clients with the necessary skills & knowledge which will enable trainees to manage their own suppliers, customers, produce sales invoices & credit notes and allow each client process various reports at month end including VAT Returns monthly statements etc. This course is ideally suited to any small to medium sized business in retail, service & manufacturing industry. **Dates:** 12<sup>th</sup> & 13<sup>th</sup> of April **Times:** 9.30am -5.30pm. **Cost:** €200

To express your interest in any of the above training please contact Louise at 029-60633 / [duhallowskillnet@gmail.com](mailto:duhallowskillnet@gmail.com)

## 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.

**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.

**Adult Education and Training Exhibition** IRD Duhallow will host an ADULT Education and Training Exhibition on Monday April 11<sup>th</sup> from 12 Noon to 8pm in the Edel Quinn Hall, Kanturk targeted at adults considering returning to full or part time education/training or for anybody who would like to maybe up skill within their own profession. There will be a number of local and National Colleges/Organisations attending giving information on a wide range of different Educational and Training courses Also on the day there will be information provided about grants and financial assistance available to Adults returning to education as well as Adult Career Guidance. **Admission is free.**

**If you require further information please contact Katie at 029-60633.**

**What is Alternative Health? Series of Workshops:** We are currently determining interest in running five workshops on the following topics: What is holistic/alternative medicine; Digestion and allergies; The immune system; Skin and respiration; Hypnotherapy and how it works, how to use it for self-motivation on weight loss, to give up smoking etc. These sessions will run once a week for five weeks. We are currently taking expressions of interest to see if there is demand for these workshops. **To register your details please contact Katie on 029 60633.**

## Youth and Education Working Group

### Build Your Childs 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 Katie 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 Katie on 029 60633.**

### Eggtastic Easter Camp

IRD Duhallow will be running its '**Eggtastic Easter Camp**' from **Monday 21st March to Thursday 24th March** and from **Tuesday 29th March to Friday 1st April** from **9am-1.30pm** each day for Primary School children of all ages. Activities include arts and crafts, baking, easter egg hunt, fancy dress disco, indoor games, potting plants, computers, DVD day. IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. **For further information or to book a place please contact Helen or Stephanie at 029-60633.**

### 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. IRD Duhallow would like to enable young women and men to gain and expand their knowledge and skills in agriculture and food related industries through practical work experience and activity-based learning. **This project is being funded through the Dormant Accounts Fund.**

## Community Services

### Duhallow REVAMP ..... Recycle, Restore and Reuse!!

Duhallow Furniture Revamp has a wide range of furniture at affordable prices. Our showroom is open Monday to Friday, 9am to 5.30pm. Do you have an item in need of some attention or would you like to upcycle an old piece of furniture? Then, why not avail of our restoration and upholstery service. Talk to the design team and discuss ideas about reviving your furniture pieces. For more information please contact Jessica at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp. We greatly accept donations of unwanted, reusable furniture and household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving etc. A collection and delivery service is available.

**Domestic Violence Support Helpline** - IRD Duhallow's Domestic Violence Support Helpline is operated locally by trained volunteers and provides support and information to people experiencing domestic violence. This service is for both men and women who are sufferers of domestic violence and volunteers are available to provide a supportive and listening ear. **One to One sessions** are also available with a trained volunteer at a time suitable to the individual. Family members and Friends who are concerned for a loved one can also contact this helpline for information. 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.

**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.

**Wills & Trusts** Concerned about Making Provisions for your Child who has an Intellectual Disability? Then this is the seminar for you! Sarah Lennon from Social Inclusion Ireland will be speaking on Making a Valid Will, Wards of Court and Guardianship & Trust Funds on **Wednesday 9<sup>th</sup> of March at 8pm** in the James O'Keeffe Institute

**Understanding Autism** This two part series is delivered by Autism Ireland is being aimed at Parents of children with Autism . On the **12<sup>th</sup> April at 7.30pm** **Understanding Autism Spectrum Disorder**, which will covering the entire spectrum from diagnosis to living with autism. Tuesday the **19<sup>th</sup> of April at 7.30pm** will focus on **Behaviour Support and Intervention therapies** and tips

**Care Skills** (Level 5) Through this course participants will learn to recognise the personal care needs of clients. Respond effectively to clients' individual needs, with their involvement and use of choice; Acquire practical skills in the area of client personal care; Maintain a safe, healthy and hygienic environment for clients; Appreciate the models of care; Be aware of nursing ethics and etiquette in care situations; Communicate effectively in ways that are consistent with the carer's role. Spaces on this course are free for Family & Voluntary Carers. **Dates:** Mon 13<sup>th</sup> April - Mon 15<sup>th</sup> June **Times:** 6.30pm – 9.30pm For any of the above courses contact Louise on **Tel 029-60633 / Email** [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

**LIFE Skills Training Programme** The Life Skills programme that will give people an opportunity to develop greater self-awareness, grow in self-confidence, develop their 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.

**Finding My Way – A Recovery Programme for Mental Distress:** is a programme co-produced by Shine and people in recovery to help find our way to a better place after periods of mental distress. This 8 week programme (1.5hrs per week) aims to assist people in getting to a better place by supporting empowerment to embark on that journey of recovery. Themes include: Finding My Way in Recovery, Ownership and Empowerment of My Recovery, Overcoming self-stigma, Equality, Rights and Entitlements, Self-advocacy, Effective communication, Enhancing My Life - Occupational Development and Career Planning, Seeing the Amazing Me – Building Resilience. Dates to be confirmed. The course is free of charge.

**“Steps to Success” Course for Individuals in Receipt of Social Welfare** This course will be broken into 2 parts with the first part focusing on personal development and building skills including CBT and dealing with thinking errors, identifying and dealing with the inner critic, confidence building, how to build motivation, sustain motivation and motivational aids. How to re-frame, daily habits and habits of successful people and goals them back and then from there developing a plan of action. Goal setting. The second part will focus on life coaching and participants will be guided on knowing what limits them and how to overcome them. Please contact **Katie on 029 60633 for more information on any of these courses.**

## Environment Working Group

Duhallow Angling Centre of Excellence will hold an angling camp for children during the Easter Holidays. The camp will run for three days from Monday 21st March to Wednesday 23rd March. Anybody interested should contact Tom Anketell at the Angling Centre on 086-0827484. Booking is essential.

**BIRD WATCH GROUP:** Meeting with a view to this year's 'Inward Spring Migration' in the James O'Keeffe Institute on Wednesday 16<sup>th</sup> March at 7.30pm Everybody welcome. Contact Sheila @ 029-60633.

**Beekeeping For Beginners:** Beekeeping for beginners, there will also be something for experienced beekeepers, running for 3 nights Monday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> March from 8pm in James O'Keeffe Institute, IRD Duhallow, Newmarket. Everybody welcome. Contact Andy @ 087-2783807 or Sheila @ 029-60633.

### **LIFE + Biodiversity MONITORING BUMBLEBEES AND BUTTERFLIES PLUS WORKSHOP**

**Background:** Monitoring bumblebee and butterfly populations is an important means of measuring change in the environment as well as the state of habitats for biodiversity. It is also a useful way that both professional ecologists and volunteers can contribute to the conservation of insects, the majority of Irish biodiversity! Tomás Murray of the National Biodiversity Data Centre will introduce the biology and the species of Irish bumblebees and butterflies, and provide training on how to monitor both groups of pollinators according to international standards. You'll also get to spend a few hours in the field honing your identification skills for both groups and practice the necessary skills to become a recorder for the National Biodiversity Data Centre's butterfly and bumblebee monitoring schemes. The **Free** Workshop will be held in IRD Duhallow on Saturday 16<sup>th</sup> April from 10.00am to 4.00pm with registration at 9.45am. Nets will be available on the day, as well as identification books and nets for sale. The workshops are tailored towards adults, but children 12 and older accompanied by an adult will also be welcome. **Registration essential:** Contact Sheila @ 029-60633.

