

## SPECIAL POINTS OF INTEREST:

EDUCATION AND TRAINING

EXHIBITION

DUHALLOW

SKILLNETS

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# IRD Duhallow

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## Community Development Working Group

**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 €135 (April-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 Club** is now accepting membership for the coming year. Enquiries to Gerald on 087-3733181.

## Bealtaine

On Friday 29th April, the SAOI Network will open **Bealtaine** with a **Mass at 6am at the Source of the Blackwater** with Music by the **Duhallow Choral Society**. People are encouraged to wrap up well in warm clothing for **this special spiritual ceremony**. To register please ring 029-60633.

## Adult Education and Training Exhibition

Edel Quinn Hall Kanturk 12pm-8pm on Monday 11th April 2016

IRD Duhallow are hosting an Adult Education and Training Exhibition on **Monday 11th April from 12 noon to 8pm in the Edel Quinn Hall in Kanturk** specifically targeting individuals who are:

- ◆ Considering a Change in Career
  - ◆ Considering Returning to Full or Part Time Education or Training
  - ◆ And or individuals wishing to Up-Skill Within their Own Profession
- Roisin Kelleher Career Guidance Counsellor will offer advice during two **FREE Career Guidance Workshops**

**Workshop A:** 1.00pm – 2.00pm    **Workshop B:** 6.30pm-7.30pm

Items to be covered during the Workshops include:

- ◆ Up to Date Information and access details on Courses and Training Available
- ◆ Details on Where Job Opportunities are
- ◆ Advice on following your Interests and Aptitudes
- ◆ Advice on How to Enter the Job Market with Preparation of CV and Cover Letters.

For further Information please contact 029-60633 or [Katie.crowley@irdduhallow.com](mailto:Katie.crowley@irdduhallow.com)

## 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

**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 further information visit the website: [www.irdduhallow.com/duhallow-enterprise/mentoring](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or contact Louise at 029-60633.

**CPC Training** Duhallow Skillnet will run CPC Training. €50 per module: **2nd 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.

**Allergy Awareness and Labelling** This 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** is one of the leading accounts software applications used in business today for processing accounts and producing various financial reports. 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:** 12th & 13th of April **Time:** 9.30am – 5.30 pm. **Cost:** €200.

**Managing Challenging Behaviour** This programme is designed to equip the learner with the knowledge skills and competence to support individuals with intellectual disabilities who present with challenging behaviour. It is learner centred, interactive and designed to ensure that students can apply their learning once they are in an environment which requires them to deal with individuals presenting with challenging behaviour. **Dates: Tuesdays & Thursdays 10th May – 2nd June Times: 6.30pm – 9.30pm This course is free to family and voluntary carers.**

**Emergency CPR** Learn the Fundamentals of Emergency CPR. Participants will learn the basic techniques of cardiopulmonary resuscitation (CPR), how to use a Defibrillator and the action to take in the event of choking for adults and children. The programme ensures that the all-important chain of survival is intact and that patients receive basic life support before the arrival of the emergency services, without which advanced life support will not succeed. **Dates:** Thursday 14th May **Times:** 6.30pm – 9.30pm **This course is free to family and voluntary carers.**

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

## Employment and Training Working Group

**Horticulture Course** commencing on **Monday, 18th of April 2016** for 1 Year Full-time.  
Qualification: FETAC Level 4 Major Award in Horticulture

This course aims to provide you with the skills, knowledge and competence to obtain entry level employment in the horticulture sector or to progress to further education and training. You will establish, grow and maintain a range of plants both in the polytunnel and on the grounds.

Modules will include; Plant Identification, Care & Maintenance · Safe Horticultural Practice · Growing Vegetables · Establishing Turfgrass · Horticultural Science · Plant Propagation · Hard Landscape Construction · Work Experience ·

No formal qualifications required to participate.

**More information: Katie Crowley IRD Duhallow 029 60633 [katie.crowley@irdduhallow.com](mailto:katie.crowley@irdduhallow.com)**

### Computer Training for Beginners

IRD Duhallow is seeking to run computer training for beginners or those seeking to improve their skills. This course is designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media, how to shop online and Skype. This training is open to everyone and will be run over a five-week period.

limited places available for further information please contact Katie on 029-60633.

## Youth and Education Working Group

### IRD Duhallow Literacy Support Programme

IRD Duhallow offers a literacy support programme for children with **Dyslexia and Dyspraxia**.

Two strands; Literacy Workshops and TTRS.

**For further information and registration please contact Louise at 029-60633 / email duahllow@eircom.net**

### 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**.

### Understanding Autism

This **two part series** is delivered by Autism Ireland is being aimed at **Parents of children with Autism**. On Tuesday the **12th April** at 7.30pm Understanding Autism Spectrum Disorder, which will covering the entire spectrum from diagnosis to living with autism. Tuesday the **19th of April** at 7.30pm will focus on Behaviour Support and Intervention therapies and tips. Admission is free, but registration is essential on 029-60633 / louise.bourke@irdduhallow.com

### Catch 22 – No Experience, No Job – No Job, No Experience

Are you under 25 years and caught in the catch 22 situation of no experience, no job – no job, no experience?? A work placement can be a fantastic opportunity to sample a job that you might find interesting. This experience can make it easier to decide what career you would like to pursue and what career is most definitely not for you! IRD Duhallow is focused on tackling youth unemployment by providing a quality offer of training and work placements to young people. For more information please contact Katie Crowley on **029-60633**. **This project is funded through the Dormant Accounts fund.**

## Community Services

**The Crystal Project**, the community dementia project in north Cork, led by the HSE, are currently **looking for volunteers** in the area. We are on the lookout for kind, caring and dependable people to join our team of social volunteer visitors. If you are interested in volunteering with the project or would like to find out more about what we do: Phone: **Christine O'Riordan 086-0255205 / Sheena Cadoo 086-7871818** or Visit: **www.crystalproject.ie**  
**Email: christine@crystalproject.ie**

### 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

**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. If you are interested in attending please contact Katie at 029-60633 or [Katie.crowley@irdduhallow.com](mailto:Katie.crowley@irdduhallow.com)

**Finding My Way – A Recovery Programme for Mental Distress:** Many people go through periods of mental distress and it can be very disorientating. It can be difficult to find a way forward while taking on board everything that is needed to experience a quality of life unique to each of us. The most important thing to remember is that recovery is possible. Finding My Way 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. Shine are an organisation which support people affected by mental ill health [www.shineonline.ie](http://www.shineonline.ie) This 8 week programme (1.5 hours per week) will aim 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. If you are interested in attending please call 029-60633 to register.**

**The SAOI Network is taking expression of interests in the following courses:** Introduction to Genealogy, Simplifying Photography, Landscape and Architectural Photography and also the possibility of developing a Duhallow Befriending Network which will visit older people in the area. **Please contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

**The Duhallow Skillnet** is offering discounts on Jeep & Trailer Driving Lessons to attain your **BE Licence**. A formal requirement for anyone pulling a horse box / cattle box / trailer.

**Expressions of interest** are currently being taken in a ‘**Successful Selling Course**’, sales techniques, pitches, how to speak to the main decision maker and customer service.

**For further details please contact Louise on 029-60633 / Email [duhallowskillnet@gmail.com](mailto:duhallowskillnet@gmail.com)**

## Environment Working Group

### IRD Duhallow says farewell to LIFE project scientists

IRD Duhallow would like to wish outgoing project scientists, Dr Fran Igoe and Kieran Murphy, the best of luck in their new endeavours. Fran has taken a senior position with the Local Authority Water and Communities Office, and is coordinating public participation in water management at the regional level in Ireland. Kieran is building on his experience in ecological monitoring and freshwater management. Both Fran and Kieran brought a huge amount of passion and enthusiasm to IRD Duhallow’s LIFE projects, and will be missed.

Our new project scientists, Dr Ilse Corkery and John Ballinger, are a husband and wife team and start their new jobs with Raptor LIFE in mid-April. Ilse is an ecologist from University College Cork, with expertise gained in Ireland and New Zealand. John has just completed an EPA research project (update below), investigating bottom up approaches to catchment management. John has experience implementing environmental monitoring programmes in his native New Zealand.

### EPA Research Project in bottom up approach to River Water Management

The EPA project report “Delivering Integrated Catchment Management through the bottom-up approach: A critical analysis” has been completed and is currently under review by the EPA. The project examined various bottom up approaches to water management, both in Ireland and abroad, with a view to developing a process that might work best for the Irish settings. This research will be available for download of the EPA website by the middle of the year. **For more information, contact John at 029-60633.**

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

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 years and older accompanied by an adult will also be welcome. **Registration essential:** Contact Sheila / Katie at 029-60633.

