

SPECIAL POINTS OF INTEREST:

IRD Duhallow

Tel: 029-60633

MAY 2016

Web: www.irdduhallow.com

E-mail: duhallow@eircom.net

NORTH EASTERN

DUHALLOW

ELECTIONS

DUHALLOW

SKILLNETS

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Community Development Working Group

North Eastern Duhallow Elections & Community Forum Meeting

The North Eastern Duhallow Elections & Community Forum Meeting will take place on **Tuesday 24th May @ 7.30pm** in the James O'Keeffe Institute Newmarket. **On the night 2 new representatives will be elected onto the Board of IRD Duhallow** to represent the needs of communities in the region as well as a forum meeting taking place to discuss the needs and issues in North Eastern Duhallow. This information evening is open to all especially the following communities; Newmarket, Kanturk, Kilbrin, Castlemagner, Cecilstown, Dromtarriffe, Tullylease, Freemount & Lismire.

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 €120 (May-December), which will allow full access to the arenas. For further details contact Louise on 029-60633 / louise.bourke@irdduhallow.com

Newmarket Pitch & Putt Club is now accepting membership for the coming year. Enquiries to Gerald on 087-3733181 Monday to Friday 9.00am—5.30pm.

Bealtaine 2016 Programme of Events

Dawn Mass: On the 29th of April, a Mass will take place at **6am at the Source of the Blackwater, Ballydesmond** with Music by members of the Duhallow Choral Society. Bus Service is Available. To register please ring 029-60633.

Flower Power Social Dance: On the 1st of May Donoughmore ARA are returning to the Flower Power Era with their Social Dance in Donoughmore Community Centre. This session will be starting at 8.30pm and Admission €10. Contact: Noreen O'Regan 086-3248960 / email denora@eircom.net

Aubane Set Dancing: There will be set dancing in Aubane Community Centre on Monday 2nd, 9th, 16th & 23rd of May at 9.15pm with live music. Admission is €7. Refreshments served. Enquiries to 083-3135750

Traditional Irish Night: There will be an Irish night in the Sandpit House @ 9.30pm on the 3rd of May. This lively event is open to all on the first Tuesday of each month, featuring traditional singing, and music. Admission is free. For more information contact Dick O'Sullivan on 029-78171 or 087-2320167.

Fashion Show: On the 4th of May Meelin ARA are hosting a Fashion Show in Meelin Hall. Admission €10. Contact: Kathleen Twomey 029-68034 / 087-7410609 or email: kathleentwomey@ymail.com. Booking is essential.

Source of the Black Water: On the 4th of May there will be a guided walk of the Source of the Blackwater. Meeting at the Trail Head at 7pm. Booking is essential please contact 029-60633 / duhallow@irdduhallow.com



Comhshaoil, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government

An Roinn Coimircí Sóisialaí
Department of Social Protection
www.welfare.ie



BEALTAINE 2016 Programme of Events continued:

Gospel Concert: In honour of the Month of May, the Lorraine O’Riordan Gospel Choir will host a celebration of songs and readings in honour of Our Lady on Sunday the 8th of May at 7.30pm in the Church of the Immaculate Conception, Kanturk. Tickets are €10. Contact 087-6729648 for further details.

Basic Photography: The Saoi network is taking expressions of interest in a one day workshop for beginners who want to overcome the complications of photography and realizing by keeping things simple you can create wonderful images. Cost €50. To register contact Louise on 029-60633.

Introduction to Geneology: The Saoi network is taking expressions of interest in a course on an Introduction to Geneology, local history and Family Trees. Topics covered will also include looking up the census 1901 and 1911, Church and Civil Records, land records, wills and deeds. Cost €200 Dates: 9th, 16th, 23rd and 30th of May.

Hannah Sheehy Skeffington Talk: Kanturk ARA are hosting a day time talk on the life of Hannah Sheehy Skeffington with local historian Pat O’Sullivan. Hannah was a suffragette and an Irish Nationalist, who played a role in the 1913 Lock Out and 1916 Easter Rising. The talk will begin at 2pm in Linn Gorm and all are welcome.

Mullaghareirk Mountains Walk: On the 11th of May there will be a guided walk of the Mullaghareirks. Meeting at the trail head at 7pm. Booking is essential please contact 029-60633 / duhallow@irdduhallow.com

An Evening with Alice Taylor: On the 12th of May renowned local author and historian Alice Taylor will be hosting an evening of reflection and reminiscence at 7.30pm in the JOK. Please book on 029-60633.

DUSK Chorus: If you want to experience the first Dusk chorus in Duhallow join us in the James O’Keeffe Institute at 8.30pm on Friday, the 13th May. **Registration is essential** contact Katie on 029-60633.

Millstreet Gramophone Circle will be hosting a presentation on Friday the 13th of May at 8.15pm in Millstreet Day Care Centre. Tim Murphy of Boherbue will share some of the twenty-four choices of music and song, giving a background to the various pieces and indicating his reasons for playing such audio gems. All are welcome.

May Mass at Tureencahill Grotto: Sliabh Luachra Active Retired are hosting a May Mass at Tureencahill Grotto on the 13th of May at 8pm. This annual outdoor event is in honour of Our Lady to whom the Grotto is dedicated. All are welcome.

Landscape & Architecture Photography Workshop: The Saoi network is taking expressions of interest for a one day workshop focusing on Landscape & architectural photography. Cost: €50. Contact Louise 029-60633.

Clara Loop Walk: On the 18th of May there will be a guided walk of the Clara Loopwalk. Meeting at the trail head at 7pm. Booking is essential please contact 029-60633 / duhallow@irdduhallow.com

Talent Exhibition: On the 20th of May Castlemagner Sinsir are hosting a Seniors Talent Exhibition in Castlemagner Hall at 8pm. The event will also incorporate commemorative elements of the 1916 rising. A great evening of entertainment is guaranteed. Refreshments will be served. Admission €10. Contact: Kathleen Moylan on 086-8521808 / kathleenmoylan1@gmail.com

Kilshannig Bus Tour of the Parish: Following on from last year’s successful historical bus tour, Kilshannig Actively Retired will be holding another tour of ‘the other Half of the Parish’ from Dromore – Bweeng. Meeting in Glantane Community Centre at 10am.

Jack Roche’s Mystery Tour: Following on from the success of last year’s Mystery Tour, SAOI Network’s Chairman; Jack Roche is organising another day trip and once again, the destination is unknown. The cost is €55 and that includes lunch and a 3 course meal on the way home. Registration is essential contact 029-60633.

Walk through the Island Woods: On the 25th of May there will be a guided walk through the Island Woods. Meeting at the trail head at 7pm. Booking is essential please contact 029-60633 / duhallow@irdduhallow.com

Gramophone Night: Freemount Thursday Club are hosting a Gramophone Night on Wednesday the 25th of May at 8pm in Cois Abhainn, Freemount. Admission is €3. Contact Eileen Casey on 086-3657599.

European Neighbours Day: The residents of Castlecourt are hosting a barbeque to celebrate European Neighbours Day on the 27th of May. Residents, neighbours and friends will be invited to celebrate together to strengthen community bonds at 3pm in Castlecourt. Enquiries to 029-61952 / nmcmahon@cluid.ie

A Path to 1916: A Commemoration of the past 100 years of Ireland through music, song and dance will take place on Friday 27th of May, at 8.00pm in Bruach na Carraige, Rockchapel, performed by Ceoltoirí Sliabh Luachra. Admission €10.

Laharn Cross Roads Dancing: Laharn Cross 2016 Season commences on Sunday 29th of May from 8pm –10pm and its a hive of activity for both young and old. Admission is free.

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 duhallow@eircom.net

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.**

Equality Working Group

Multi-Cultural Art & Photography Exhibition

IRD Duhallow together with the Residents of Drishane Castle are organizing an Art and Photography Exhibition on **Thursday the 19th May from 7pm -8.30pm** why not come along on the night and experience the cultures of various countries from across the world and witness at first hand their wonderful photography & art exhibits.

New Publication: Ancient Sweet Donoughmore: Life in an Irish Rural Parish to 1900 embraces 6,000 years of human existence and tells the story of the men who farmed the land, the women who kept the homes and the children who learned at school. Primary evidence never previously published gives the reader a direct and fascinating insight to the lives of people and transports them through a time tunnel of suspense and intrigue with some surprises. The 496 page publication is lavishly illustrated with over 200 images including maps, line drawings, original documents and tables of intriguing data with a foreword by John A. Murphy Emeritus Professor of History UCC. It is a story that resonates with any Irish rural parish and is the most complete and comprehensive study so far made of a Cork parish without a town connection. Priced at €25 it is available from Mc'Carthy's Newsagents Macroom, Philip's Bookshop Mallow, Crowley's P.O. Rylane, Liam Ruiseal, Eason and Waterstones in Cork City, from the author at 021-7337368 or the website www.donoughmore.com

Community Services

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

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 gratefully 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

Enterprise Working Group

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:** Saturday 14th May
Times: 9.00am – 1.30pm This course is free to family and voluntary carers.

CPC Training: Duhallow Skillnet will be running CPC Training €50 per module: **7th May – Module 5:** The Professional Truck Driver. **21st May – Module 6:** The Professional Bus Driver. **All modules are full days from 9am – 5.30pm.**

To register for the above training please contact Louise at 029-60633 or email duhallowskillnet@gmail.com

BE Licence: 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. For further details please contact Louise on 029-60633 / Email duhallowskillnet@gmail.com

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

Alternative Means of Finance for Your Business

The Duhallow Skillnet in conjunction with Westboro Partners will be hosting a seminar on ‘Alternative Means of Finance for Your Business’ on Wednesday the 4th of May at 7pm. To register contact Louise on **Tel 029-60633 / Email louise.bourke@irdduhallow.com**

IRD Duhallow’s Raptor LIFE Project

This project is supported by the LIFE Financial Instrument of the European Community

Monitoring completed on important Hen Harrier roost

Survey work led by local bird expert, Dr Brin McDonnell, is now drawing to a close on what is possibly Ireland's most significant winter roost for Hen Harrier. Since November 2015, IRD Duhallow’s RaptorLIFE team together with a group of volunteers have been surveying the winter roost, which is located outside of the Special Area of Protection.

Surveys have been conducted at dusk, just as the birds return from their feeding forays to their roosts, to shelter from the severe winter weather. To ensure an accurate bird count, the winter roost was monitored at any one time by 4 pairs of surveyors stationed at 4 different locations. Both male and female Hen Harriers were counted, with up to 14 confirmed birds recorded and more on other occasions. When the weather was most severe, the birds would fly in and quickly drop down into the scrub to roost. When weather conditions were calmer, the birds would take their time to settle and fly around for longer. A dawn survey was carried out under the guidance of Dr Alan Mee and Tony Nagle of the Irish Raptor Study Group. Once the birds had dispersed, a search of the roost area was conducted to gather Hen Harrier pellets. When analysed, these pellets will reveal what the birds were feeding on.

The monitoring data is currently being collated and will be forwarded to the site owner, who is in regular contact with IRD Duhallow with regard to management options in the roost area. A preliminary report was forwarded to NPWS, and we look forward to working with the Government Agency on the management of Hen harrier in Duhallow. At a recent meeting it was agreed that NPWS and IRD Duhallow would collaborate again on a Hen harrier satellite tracking programme. The aim is to share resources and information so that the best outcomes for Hen harrier can be achieved in terms of learning about their behaviour, especially in winter. Naturally this information should lead to better management of the birds, by informing locally led Agri-environment schemes and other conservation management initiatives.

We would like to thank all of our volunteers and staff who braved the elements, and the Irish Raptor Study Group for their technical input. Special praise is reserved for Dr Brin McDonnell of the Duhallow Birdwatch Group, due to his ongoing dedication and support for the project.

Website

Check out our new website <http://duhallowlife.com/> that features both IRD Duhallow LIFE Samok & Raptor LIFE projects.

IRD Duhallow’s LIFE projects would to 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

on Tel: 029-60633 or check us out at www.duhallowLIFE.com or on facebook

