

SPECIAL POINTS OF INTEREST:

IRD Duhallow

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JUNE 2016

SUMMER CAMPS

DUHALLOW SKILLNET

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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 €100 (June-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. Green Fees are also accepted @ €8 per adult and €6 for Juveniles. Enquiries to Gerald on 087-3733181 Monday to Friday 9.00am—5.30pm.

O’Keeffe Clan Gathering

Preparations are under way for a major gathering of the global O’Keeffe Clan in Duhallow over the weekend between the two All Ireland GAA finals next September.

A very exciting weekend is planned:-

- Genealogical and historical exhibitions and talks at Dromtariffe Community Centre.
 - Guided sight seeing tours.
 - Full banquet at the Wallis Arms, Millstreet with entertainment by Ceoltoiri Sliabh Luachra plus guests.
 - A chance to celebrate our shared roots with O’Keeffe’s from all over the world.
- All are welcome to come and give a cead míle fáilte to our international cousins. More details to be announced next month.

Duhallow Community Laundry

This facility was established to assist the elderly, low income households and carers with washing and drying clothes, linen and towels. Duhallow Community Laundry operates from 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 also 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.

Communities and Charities

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

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



Youth and Education Working Group

IRD Duhallow will be running its annual **'Summer Camps'** starting **Monday 11th July 2016** from **9am-1.30pm** each day for Primary School children of all ages, except for our **Pitch & Putt Camp** which is for **5th & 6th Class pupils only**. These five weeks will be fun filled with activities such as Arts & Crafts, Baking, Fancy Dress Disco, Computers, Gardening & Potting Plants, Pitch & Putt & lots more fun and games.

Our Camps are running as follows:

Little Chefs & Little Gardeners – 11th-15th July & 25th- 29th July
 Literacy Camp – 18th 22nd July (Contact Louise)
 Pitch & Putt Camp – 2nd- 5th August (5th & 6th Class pupils only)
 Duhallow Nature Detectives – 8th-12th August

IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment and or medical card to receive a reduction in price. Places for these camps are limited and due to the success of the camps in 2015, early booking is advisable. For further information or to book a place please contact Stephanie, at 029-60633 or contact Louise with regard to the Literacy Camp at 029-60633 or email duhallow@irdduhallow.com

Employment and Training Working Group

Apprenticeship Information Evening

IRD Duhallow will host an Apprenticeship Information Evening in the James O'Keeffe Institute, Newmarket on a date to be confirmed. This initiative will be particularly helpful to young people who are considering their apprenticeship options and for employers who are interested in engaging with the apprenticeship system. Admission is free. This project was approved by Government with support from the Dormant Accounts Fund. For further information and to register your interest please contact Triona at 029-60633.

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.**

IRD Duhallow Job Centre

Are you looking for a New Job or Changing your Career? Do you need **advice** and **support** to get your career kick started? IRD Duhallow Job Centre provides a free & confidential recruitment service to job seekers. We know that finding a job can be sometimes difficult and as a job seeker we are here to help you avail of the many supports you need such as: one to one guidance with career planning, assistance with Cover Letters and CV's, Interview Preparation and up-skilling opportunities through further training for further information contact 029-60633 for further details.

Building your Childs Self Esteem & Early Child Development

The Employment & Training Working have **very limited availability** on its Building your Childs Self Esteem (Ages 6-12) and Early Child Development (Ages 2-6) workshops both of these will run over **Two Saturdays** per course.

Building your Childs Self Esteem will look at: Positive limit & positive boundary setting Emotional needs, Dealing with conflict and Positive home time.

Early Child Development will incorporate: Supporting child development, communication, routines, boundaries and playtime. For further information, please contact Katie on 029-60633.

Millinery Classes: Do you want to learn how to make you own hat or fascinator? IRD Duhallow are currently taking expression of interest for Millinery classes. This will be a practical course suitable for beginners and will introduce learners to a variety of techniques. For further information, please contact Katie on 029-60633.

Duhallow Birdwatchers

“The Amazing Swift”

Duhallow Birdwatchers are organising an information Seminar on **Thursday 23rd June** entitled “The Amazing Swift” with guest Speaker **Lynda Huxley**.

The Swift is an enigmatic bird that comes to our towns and villages from May – August. They are truly amazing birds as they fly for most of their lives, only landing to breed. When a fledgling swift leaves its nest it will fly for two years non-stop before it lands again. Swifts breed in old buildings mostly behind fascia boards and gutters.

In the past 15 years the population has declined by 46% in Ireland. For the past three years Lynda has been working to try to reverse the declining population by installing and promoting the use of nest boxes, raising awareness etc. To find out more about The Amazing Swift why not come along on this educational lecture on Thursday the **23rd June** at 7.30pm in the James O’Keeffe Institute. For further information contact **Katie on 029-60633**.

Equality Working Group

Memory Research Unit Mallow seeks participants for the Memory and Attention Study The MRU, Mallow are now inviting individuals aged 50 and over to take part in a comprehensive session at our Memory Research Unit, Mallow, Co Cork, during which measures of memory, attention and related processes will be taken, along with measures of various aspects of health and lifestyle that may impact on our memory as we age. If interested or if you know someone who might be interested please email Cormac Sheehan cormac.sheehan@ucc.ie and include your postal address and further information will be posted out. For further information, please contact 085-1338782.

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!!

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 our dedicated team and discuss ideas about reviving your furniture pieces.

Duhallow Furniture REVAMP also has a wide range of furniture at affordable prices. Our showroom is opened Monday to Friday, 9.00am to 5.30pm. 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, curtains and fabric, etc. A collection and delivery service is available.

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**.

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

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 further information visit the website: www.irdduhallow.com/duhallow-enterprise/mentoring or Contact Louise at 029-60633.

SAGE Computerised Accounts 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:** 8th & 9th June **Times:** 9.30am – 5.30pm. **Cost:** €200 To register contact Louise on Tel 029-60633 / 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

Successful Selling Course: Learn the Keys to Successful Selling with our one day Sales Course focusing on Knowing your Customer, Communicating your Product and that all important 'pitch'. **Date:** 9th June **Time:** 9.30am—5.30pm **Cost:** €95. To register contact Louise on 029-60633 / Email duhallowskillnet@gmail.com

Communications: A compulsory module of the Health Care Support Worker and Childcare Worker QQI Level 5, learners will acquire communication skills necessary for personal and professional development; Understand the principles of communication; Develop skills to convey and interpret communicative messages in writing, orally and visually; Understand the role of technology in modern communication and its application in personal and vocational life.

Dates: Every Wednesday from the 6th July – 14th September **Times:** 6.30pm – 9.30pm. **Cost:** €200 To register contact Louise on Tel 029-60633 / Email duhallowskillnet@gmail.com

IRD Duhallow's Raptor LIFE Project

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

Raptor LIFE

Now is a busy season for Raptor LIFE with prey surveys ongoing on all of our project farms. Over the last few months there has been great progress made with the conservation actions on our project farms, with new hedgerows planted and lots of wilding conifers removed. The Raptor LIFE team, volunteers, and project partners Tony Nagle and Alan Mee, have been very busy conducting daily monitoring of hen harriers, and are keeping watch for signs of nesting activity. Once the chicks are old enough, four lucky chicks will be fitted with satellite tags providing us with valuable real time data on hen harrier movements. Watch this space!

Monitoring Bumblebees and Butterflies Workshop a Great Success

We had a great turn out for this biodiversity monitoring workshop. Tomás Murray of the International Biodiversity Data Centre provided our participants with the skills to monitor Irelands pollinators to International standards. Great fun was had by all, and we expect lots more records to be submitted to the National Biodiversity Monitoring Centre from the Duhallow region!

Schools "nature detective programme"

This is almost finished with 44 national schools visited, both here and in the Special Protected Area. This programme encourages children to take an active part in the recording of wildlife in their locality. The pupils are told about the IRD Duhallow Raptor LIFE project, their environment and the work that IRD Duhallow carries.

Volunteers

We are collaborating with BirdWatch Ireland on a number of bird surveys from Meadow Pipits to Hen Harriers. If you are interested in volunteering on any of the work mentioned above, from bird watching to conservation actions, including invasive species removal and wildlife management, contact IRD Duhallow at 029-60633.

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 

