

IRD Duhallow

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JULY 2016

SPECIAL POINTS OF INTEREST:

SUMMER CAMPS

APPRENTICESHIP INFORMATION EVENING

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The A.G.M. of IRD Duhallow Ltd and Launch of Progress Report 15-16 will take place Wednesday 27th July at 8.00pm in the James O'Keeffe Institute, Newmarket.

While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses and we would appreciate renewal of your subscription as soon as possible.

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; 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.

Laugh and Learn Literacy Camps

The Youth and Education Working Group is organising **Literacy Summer Camps** running the **18th of July to the 22th of July** in the James O'Keeffe, Newmarket. The camp is aimed at **Primary School Children** with learning difficulties and children will spend part of each day with an experienced literacy tutor, engaging with the TTRS (Touch Type Read and Spell Programme) as well as enjoying fun activities such as baking, art and sports. Discounts are offered for those in receipt of a social welfare payment, however there are limited places available and these will go on a first come first served basis. **For further information and registration please contact Louise on 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**



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/Colm 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.

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 029-60633.

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.

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 key-holder for €85 (July-December), which will allow full access to the arenas. The Grass Arena is now also open. For further details contact Louise on 029-60633

Employment and Training Working Group

Apprenticeship Information Evening

IRD Duhallow will host an Apprenticeship Information Evening in the James O’Keeffe Institute, Newmarket on the **13th July at 7.30pm**. 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. Apprenticeships are the recognised means by which people are trained to become crafts people in Ireland. The purpose of this Information Session is to provide young people with essential information on pursuing an apprenticeship. Speakers on the night will include Breda O’ Mahony, from Cork Training Centre. Breda will speak on the night about the Standards Based Apprenticeships available at present and how to register as an apprentice. Vincent Hourigan, Placement and Information Officer for FIT Ltd will also speak on the night. FIT Ltd. develops and promotes technology-based programmes and career development opportunities for job seekers who have become detached from the labour market in an increasingly knowledge-based economy. Vincent will speak on the night about Information Technology Apprenticeships and the application process. Both Speakers will be available to answer any questions on both programmes after the presentations. Registration for the Information Session is essential as spaces are limited. **For more information, please contact Triona at 029-60633.**

IRD Duhallow’s Horticulture Training Initiative

There will be Garden Open Day on **Friday 15th July from 11am-3pm**. On the day participants of the Horticulture Programme will showcase their produce, co-ordinate garden tours, provide information and the public will also be given the opportunity to buy some produce. For further information, please contact 029-66033.

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.

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

Memory Research Unit Mallow seeks participants for the Memory and Attention Study The MRU, Mallow is 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.

Cope Foundation Walk

Cope Foundation will hold their 7th Annual Sponsored Walk on **Sunday 17th July**. A 7 mile **walk** will start at 2pm followed by the 7 mile **run** at 2.15pm and a 4.5 mile walk will start at 2.30pm and all finishing back at Cope. There will be live music and refreshments on the day, as well as face painting and appearances by local sports stars. Sponsor cards are available from Cope Kanturk on 029-51080, Geraldine Lucey 087-1214272, Nora Doherty Newmarket 029-6024, and SuperValu Kanturk 029-50069.

SHINE Self Help Support Group

SHINE Phrenz support groups are for people who have experience of Mental Ill Health. Sharing experiences with others can be a great way of learning new coping skills, and growing your support network. Phrenz groups are a chance to learn, and to make friends. All groups are peer facilitated, and supported by the SHINE Regional Development Officer in the region. IRD Duhallow will start a self help support group on **Thursday June 23rd**, from 2pm to 4pm and will run alternate weeks. For further information please call Katie, IRD Duhallow on 029-60633 or Miriam, SHINE on 086 8525 755 or email mmurphy@shineonline.ie

Sib Shops

The Duhallow Carers Group with the support of the Dormant Accounts Fund are taking expressions of interest in a 'Sib Shop' which is an 8 week support programme for brothers and sisters of children with special needs. The target group is children aged 7-13. To express an interest contact Louise 029-60633 / louise.bourke@irdduhallow.com

Community Services

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.

Cork County PPN Registration

The **Cork County Public Participation Network (PPN)** was formed in April 2015 and is a network for public engagement and participation in County Cork. By joining Cork County PPN you can ensure that your organisation is kept informed about funding opportunities, training, public consultations, plan-making and policy-making. Its main aim is to encourage information sharing and to enable members of the public to have their voice heard and participate on policy-making structures of Cork County Council. Over 700 organisations have joined to date. A list of these organisations can be viewed at: <http://corkcountypcn.com/index.php/ppn-members>. To register your group follow the link: <https://www.surveymonkey.com/r/RegisterPPN2015-2016>. Any queries in relation to registration can be directed to ppn@corkcoco.ie or 021 4285340 .

O'Keeffe Clan Gathering

Why not join in the celebration of the O'Keeffe's Clan this **September the 9th – 11th**. A very exciting weekend is planned: Guided sightseeing tours, a full banquet at the Wallis Arms, Millstreet, Cork, with entertainment by Ceolteoirí Sliabh Luachra plus guests. A chance to celebrate our shared roots with O'Keeffe's from all over the world. Geneological and historical exhibitions and talks with Maurice O'Keeffe of Irish Life and Lore, at Dromtarriffe Community Centre. All are welcome to come and receive a Cead Mile Fáilte to our international cousins. More details to be announced next month

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

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

Do you ever feel lonely? Wish you had someone to chat to about how your day went and what's going on in the world? Why not enjoy a weekly visit from our friendly volunteer befrienders?

Contact Tel Befriending Network: 087-1637827 Email: louise.bourke@irdduhallow.com

Tús and RSS Communities and Charities

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

Enterprise Working Group

The Duhallow Skillnet is taking expressions of interest for a QQI Level 6 & Level 7 BA (Hons) in Early Childhood Education and Care. Contact Louise on 029-60633/ Email: louise.bourke@irdduhallow.com



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



RaptorLIFE is currently in the process of distributing and collecting responses to a survey aimed at supporting farmers and landowners to help conserve the Hen harrier. Farming in disadvantaged and marginal areas of Ireland has always been challenging, but in recent years the economic pressures on the farming community in these areas have been keenly felt. We are looking at how farmers and landowners can be better incentivised and supported to help conserve Hen harriers within the Duhallow region. Any landowner interested in partaking in the survey can contact the RaptorLIFE project on 029-60633.

Invasive species control has begun with Himalayan balsam removal on the upper reaches of the Blackwater River now in full swing. This will continue over the summer months. In the Autumn, the control of invasive Knotweed will recommence on the River Araglin. This work was started last year, but the resilience of the weed means it will take repeated attempts to eliminate it. We are appealing to all landowners to contact us if they have either Himalayan Balsam or Knotweed on their property. These invasive plants can devalue properties, cause bank erosion, and create problems for the environment. The RaptorLIFE project provides a coordinated response to controlling invasive plant species along 126 kilometres of river, with the long term aim of eradicating certain species from the Upper Blackwater Catchment. As part of our conservation work we are committed to removing these invasive plants to improve river life, and to conserve our natural flora and fauna. All costs of these eradication works will be covered by the project.

Bankside fencing to exclude livestock and help protect our rivers has started on the River Araglin. Drinking water for cattle will now be supplied via pasture pumps, rather than allowing the cattle to access the river. In addition to the fencing and pasture pumps, the planting of willows on vulnerable river banks will help protect them from erosion. Any landowner interested in availing of these services, can contact the RaptorLIFE project on 029-60633.

Hen harrier monitoring is also in full swing and the RaptorLIFE team along with the Irish Raptor Research group, and local volunteers, are currently keeping tabs on a number of nests within the Duhallow area. Females are now incubating eggs with some already feeding chicks. Within the next month four lucky Hen harrier chicks will be tagged and their movements tracked daily.

Attention all Photographic Enthusiasts

We are running a photo competition, themed "Life in Duhallow". This competition is open to national and secondary school students as well as adults. Closing date for submissions 15th September 2016. Enquiries to the LIFE Project on 029-60633.