

IRD Duhallow

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AUGUST 2016

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SPECIAL POINTS OF INTEREST:

HERITAGE WEEK

DUHALLOW SKILLNETS

INSIDE THIS ISSUE:

Community Development Working Group	1
Enterprise Working Group	2
Duhallow Carers Group	2
Services	3
Youth & Education Working Group	4
Raptor LIFE Event	4
O'Keefe Clan Gathering	4

Community Development Working Group

The **Duhallow Arenas** (situated adjacent to the James O'Keeffe in Newmarket) are available for hire. Become a key-holder for €70 (August – December), which will allow full access to the arenas. The Grass Arena is now also open. **For further details or information contact Louise on 029-60633.**

Newmarket Pitch & Putt Club is now accepting membership. 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.

Heritage Week 2016 in Duhallow

Dry Stone Wall Workshop on Thursday 18th August at 11am Demonstration and talk on dry stone walling, including the history and construction of Dry Stone Walls by Don Murphy, Master Mason. Booking Essential, contact Katie at 029-60633.

Heritage Gardening - Tuesday 23rd August 7.30pm A talk on Vintage Horticultural Practices and Vegetable Growing by Rachel Budd horticulturalist. Booking Essential, contact Katie at 029-60633.

Traditional Smoking Methods - Wednesday 24th August, 6.30pm Demonstration of cold smoking and food preservation in our award winning renovated Smoke House using beechwood and crab apple wood, along with a demonstration of hot smoking using a smoker constructed totally from recycled materials by PJ Cremin. Booking essential, contact Katie at 029-60633.

Agriculture Museum Open Day on Saturday 27th August 1pm-5pm Exhibition of vintage farm machinery, equipment and carts renovated to full working order, along with a fully renovated vintage dairy, a range of traditional crafts including basket making, weaving and blacksmithing, showcasing the progress to modern time in farming practices in rural Ireland.

Rathmore and Gneeveguilla Residents Associations Training Workshop

IRD Duhallow Community Development Working Group is organising a **Training Workshop for Residents Associations in Rathmore and Gneeveguilla**. The Workshop will examine each associations role and potential in participating in local development opportunities by raising awareness of good practice in committee and meeting skills. Groups will gain a greater understanding of the benefits of community consultation and engagement leading to the preparation of plans and information on funding applications and grants. Groups will also be given an opportunity to assess their knowledge and linkages with support agencies. The Workshops are funded by SICAP and will run with the co-operation of the Housing Dept. of Kerry Co. Council and Tús and RSS Schemes.

The Workshop for The **Sliabh Luachra Residents Association Gneeveguilla**, will take place on **Tuesday 27th September at 7.30 pm** in Teach Fáilte, Gneeveguilla. The Workshop for **Gleann Rua, Ard Mhuire and Shinnagh Residents Associations**, will take place on **Wednesday 28th September at 7.30pm** in **Rathmore Community Hall**. If you would like further information or if you would like to book a place on this workshop, please contact **Triona on 029-60633**.



Enterprise Working Group

The Duhallow Skillnet has an extensive training programme in place for September – December 2016.

Venue: James O'Keeffe Institute, Newmarket					
Course	Start Date	Price	Accreditation	Duration	Time
CPC Module 1	6th Aug	€50	RSA	1 Day	8:30 -4:30
CPC Module 2	20th Aug	€50	RSA	1 Day	8:30-4:30
Mentoring	Ongoing	FREE	Cert of Attendance	10 Hours	By Appointment
Care of the Elderly	29th Aug	€200	QQI L5	10 Monday Nights	18:30-21:30
Occupational First Aid	8th Sept	€180	QQI L5	3 Thursdays	9:30-17:00
Foot in the Door Childcare	6th Sept	FREE	Cert of Attendance	1 Evening Seminar	19:30-21:30
Patient Moving and Handling	10th Sept	€80	Cert of Attendance	1 Saturday	9.30-17.00
Foot in the Door Healthcare	12th Sept	FREE	Cert of Attendance	1 Evening Seminar	19:30-21:30
Caring for Someone with Dementia	13th Sept	FREE	Cert of Attendance	1 Evening Seminar	19:30 – 21:00
Start Your Own Business	13th Sept	€20	Cert of Attendance	4 Tuesday Mornings	9:30 – 13:30
SAGE	14th & 15 th Sept	€200	Cert of Attendance	2 Days	9:30-17:00
Successful Selling	14th Sept	€80	Cert of Attendance	1 Day	9:30-17:00
ECDL - Modules 2, 5 & 6	15th Sept	€325	ECDL Award	10 Thursday Nights	19:15-21:45
Train the Trainer	26th Sept	€425	QQI L6	10 Monday Nights	18:30-21:30
Digital Marketing	26th Sept	€180	Cert of Attendance	8 Monday Nights	19:00-22:00
Early Childcare & Play	27th Sept	€200	QQI L5	10 Tuesday Nights	18:30-21:30
Supervisory Management	4th Oct	€380	QQI L6	5 Tuesday Nights	09:30-17:30
Mail Chimp	4th Oct	€100	Cert of Attendance	4 Tuesday Nights	19:00-21:00
Corporate Dressing Workshop	26th Oct	€40	Cert of Attendance	1 Evening Seminar	19:30-22:00
Care Support Worker	5th Oct	€200	QQI L5	5 Wednesday Nights	18:30-21:30
Build Your Own Website	5th Oct	€170	Cert of Attendance	6 Wednesday Nights	19:00-21:00
Productivity Using Microsoft Outlook	6th Oct	€100	Cert of Attendance	1 Day	09:30-17:30
Intermediate Excel	6th Oct	€100	Cert of Attendance	1 Day	09:30-17:30
Advanced Excel	13th Oct	€100	Cert of Attendance	1 Day	09:30-17:30
Work Experience	5th Nov	€200	QQI L5	5 Saturdays	09:30-17:00
Infection Prevention and Control	7th Nov	€200	QQI L5	10 Monday Nights	18:30-21:30
Linked in for Business	28th Nov	€30	Cert of Attendance	1 Evening Seminar	19:30-21:30
BE Trailer Pulling	Ongoing	€30	Cert of Attendance	Ongoing	By Appointment

Venue: Macroom E Centre					
Supervisory Management	28th Sept	€380	QQI L6	5 Wednesdays	09:30-17:00
Digital Marketing	29th Sept	€180	Cert of Attendance	8 Thursdays	19:00-22:00
Food Allergens Awareness & Labelling	3rd Oct	€50	Cert of Attendance	1 Seminar	09:30-12:30

Venue: Charleville E Centre					
Customer Service	10th Nov	€125	Cert of Attendance	1 Day Seminar	09:00-17:00
Twitter for Business	23rd Nov	€30	Cert of Attendance	1 Morning Seminar	09:00-13:00

To book any of the above courses please visit www.irdduhallow.com/events. If you have any queries please contact Louise on 029-60633 / louise.bourke@irdduhallow.com

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!!! Visit: www.irdduhallow.com/duhallow-enterprise/mentoring or **Contact Louise at 029-60633 / louise.bourke@irdduhallow.com** .

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. To register contact Louise on 029-60633.

Interested in a career as a Health Care Support Worker? Come along to this FREE Event to find out more about what is involved in training and becoming a Home Help. Talks will be given by tutors, Matrons, and Health Care Providers on what it is they are looking for when hiring staff. Register online on www.irdduhallow.com/events or contact Louise on Tel 029-60633 / Email louise.bourke@irdduhallow.com

Everyone interested in a future career as a Childcare Professional is invited to come along to this free event. With guest speakers on Childcare training options, and talks by Creche Managers and School Principals about what they are looking for when hiring employees. Register online on www.irdduhallow.com/events or contact Louise on 029-60633 / Email louise.bourke@irdduhallow.com

Basic Computers Training at Teach Isogain, Rathmore; Are you interested in completing a Basic Computer Class? Incorporating: Getting Started - Turning on & off the Computer, Using the mouse, Using the internet, searching for Information, Using email, Introduction to Skype and Shopping online. If you interested in participating please contact Katie to book you place, places are limited 029-60633.

Duhallow Carers Group

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

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.

IRD Duhallow's SAOI Network is 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: 087-1637827 Email: louise.bourke@irdduhallow.com**

IRD Duhallow's Shine Phrenz Self Help Support Group is for people who have experience of Mental Ill Health. Sharing experiences with others can be a great way of learning new coping skills, growing your support network and making new friends. The groups are peer facilitated, and supported by the SHINE Regional Development Officer. The **next meeting of this group will take place on Thursday August 18th, from 2pm-4pm**, and will run alternate weeks. For further information please call Katie on 029-60633 or Miriam, SHINE on 086-8525755 or e-mail mmurphy@shineonline.ie.

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

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 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 gratefully accept donations of unwanted, reusable furniture & household items including chairs, sofas, tables, lockers chest of drawers, mirrors, wardrobes, shelving, curtains & fabric, etc. A collection & delivery service is available.

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**

IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



Freshwater Workshop 11am - 4pm on **Saturday 13th August** at IRD Duhallow, James O'Keeffe Institute, Newmarket. Presentation and interactive field trip **led by Freshwater Ecologist Dr David McCormick of the Tralee Wetland Project**. Refreshments provided. No cover charge. To register your interest please contact John Ballinger on 029-60633 or email john.ballinger@irdduhallow.com

Duhallow Angling Centre of Excellence will hold a summer angling camp for children from **Monday August 15th to Wednesday August 17th** from 10am to 2pm each day. All equipment supplied. For further enquiries contact **Tom Anketell on 086-0827484**. Booking is essential.

Youth and Education Working Group

IRD Duhallow has an opportunity to deliver Play Therapy Sessions for children aged between two and half and 16 years. Play Therapy is based on the theory that play is a child's language and it allows children to communicate at their own level without having to put it into words. This helps the child to address emotional and behavioural difficulties. Play Therapists will observe a child's play sequence in order to gain an insight into the child's experiences, thoughts, feelings, and interpretations of their world. **If you would like your child to participate in a one to one Play Therapy Session, or would like further information, please contact Jacinta on 029-60633 or e-mail duhallow@irdduhallow.com.**

IRD Duhallow Youth and Education Working Group is holding an **Information Seminar for parents** in late September, which will help to raise awareness amongst parents of the **issues facing LGBT Youth in Duhallow**. The seminar will provide parents with tools that they can use to Support LGBT Youth and outline some of the issues faced by families today along with possible ways to overcome them. Guest Speaker on the night will be Mr. Dave Roche, Kanturk native and Manager of the Cork Gay Project. Date to be Confirmed. **Booking is Essential as spaces are limited**. For further information and booking please contact Jacinta on 029-60633.

Charity Dance in Edel Quinn Hall, Kanturk on Friday 12th August 2016, to raise funds for Millstreet Hospital and Kanturk Hospital. Music by: Billy O'Brien & Shine Band, Premier Blue Boys Band, Sheila, Mike and Heart to Heart, Barry O'Halloran Band, Peter Lane and the Blackwater Sound, Ger Healy Jarvey Band. **Special Guests:** Mary Desmond, Big Maggie and Laura Dunlea. **MC** Billy Mc Carthy, of West Limerick Radio. Doors Open at 8pm Dancing 8.30pm-12.00pm. Admission €10.

O'Keeffe Clan Gathering

The O'Keeffe Clan Gathering will be held on **9th - 11th September, 2016** at Dromtariffe Parish Hall, Dromagh. **Friday 9th** will see the event opened by Clan Chieftain Dan Joe O' Keeffe. There will be entertainment by the local traditional group "Buttons and Strings" from Rathcoole. Maurice O'Keeffe of Irish Life & Lore giving a talk on O'Keeffe's. **On Saturday 10th** Historical exhibits in the Hall & genealogical advice for those wishing to trace ancestors. Presentations by irishlifeandlore.com. and two guided bus tours to historical sites related to O' Keeffes. **On Saturday night** a full Banquet with music, song, dance & storytelling by Ceoltoiri Sliabh Luachra in Wallis Arms Hotel, Millstreet. **On Sunday 11th** We will be holding an O'Keeffe Memorial Mass at noon and following mass there will be a talk on "O' Keeffe Coshe Mang" by Lorna Moloney UCC Lecturer. The commemoration and closing ceremony will bring the weekend to a close. Tours cost €10 each & the Banquet is €30 per person. **Booking for the banquet is essential through the following mobile numbers: [087-2547498](tel:087-2547498) or [0868248537](tel:0868248537).**