

IRD Duhallow

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SEPTEMBER

2016

SPECIAL POINTS OF INTEREST:

NATIONAL PLOUGHING CHAMPIONSHIPS

DUHALLOW SKILLNETS

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Visit Us At the National Ploughing Championships

We hope you'll call in to visit the IRD Duhallow LIFE and Duhallow Community Food Services Stands which will be located in the Go Kerry Village at the National Ploughing Championships from the 20th – 22nd of September in Tullamore, Co. Offaly.

Newmarket Pitch & Putt Club is now accepting membership. Green Fees are also accepted @ €8 per adult and €6 for Juveniles. Enquiries to 087-3733181 Monday to Friday 9.00am—5.30pm.

The **Duhallow Arenas** (situated adjacent to the James O'Keeffe in Newmarket) are available for hire. Become a key-holder for €60 (September – December), which will allow full access to the arenas. The Grass Arena is now also open. **For further details or information contact Louise on 029-22183.**

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. These workshop will give Residents an excellent opportunity to come together and discuss the groups own individual needs as well as learning new skills. Topics covered will include meeting skills, organisation and planning skills and invaluable information on funding and resources available to Residents Associations. Groups will be provided with information and assistance in relation to planning for the future and looking at how these plans may be developed further. The workshops are funded by SICAP and will run with the cooperation of the Housing Dept. of Kerry Co. Council and Tús and RSS Schemes. Workshops will take place for The Sliabh Luachra Residents Associations Gneeveguilla, on Tuesday 27th September at 7.30 pm in Teach Fáilte, Gneeveguilla and for **Glenn Rua, Ard Mhuire and Shinnagh Residents Associations**, on Wednesday 28th September at 7.30 pm 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.

Driver Theory Test Workshops

Are you interested in obtaining your Driver Learner Permit? By law in Ireland a person must complete their theory test before obtaining their driving learners permit. IRD Duhallow is currently seeking expressions of interest in running Theory Test Preparation Workshops. The workshops, which will be run over a number of weeks will allow people to come in and practice the official theory test questions online and provide people with assistance in booking their theory test and applying for their Learners Permit. If you are interested in participating in these workshops or would like further information, please contact Jacinta 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 on 029-22175 or Eileen on 029-22185 / email: whs@irdduhallow.com**



An Roinn Ealaíon, Oidhreacht, Gnóthaí Réigiúnacha, Tuaithe agus Gaeltachta
Department of Arts, Heritage, Regional, Rural and Gaeltacht Affairs



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
Mentoring	Ongoing	FREE	Cert of Attendance	10 Hours	By Appointment
Exploring Childcare as a career path	6th Sept	FREE	Cert of Attendance	1 Evening Seminar	19:30-21:30
Occupational First Aid	8th Sept	€180	QQI L5	3 Thursdays	9:30-17:00
CPC Training Module 3	10th Sept	€50	RSA	1 Day	08.30-16.30
Patient Moving and Handling	10th Sept	€80	Cert of Attendance	1 Saturday	9.30-17.00
Becoming a Home Help	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 & 15th 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
CPC Training Module 5	17th Sept	€50	RSA	1 Day	08:30-16:30
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
HR & Employment Law	29th Sept	€125	Cert of Attendance	1 Thursday	09:30-17:30
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
Implementing Food Safety Systems	4th Oct	€450	QQI L5	3 Tuesdays	09:30-16.30
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
Occupational First Aid	6th Oct	€180	QQI L5	3 Thursdays	09:30-17:00
Productivity Using Microsoft Outlook	6th Oct	€100	Cert of Attendance	1 Day	09:30-17:30
CPC Training Module 6	8th Oct	€50	RSA	1 Day	08:30-16:30
Intermediate Excel	13th 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
Corporate Dressing Workshop	26th Oct	€40	Cert of Attendance	1 Evening Seminar	19:30-22:00
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 Licence	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
Train the Trainer	10th Oct	€425	QQI L6	4 Mondays	09:00-17:00
Venue: Charleville E Centre					
Customer Service & Complaint Handling	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 029-22183/ louise.bourke@irdduhallow.com

Employment and Training

National Jobs Week

Are you between 18 and 25 years and in receipt of a Jobseekers payment? If so, and in conjunction with the National Jobs Week from 26th – 30th September, the Department of Social Protection will be holding an Information morning on Monday 26th September at 10.00 a.m. at the James O' Keeffe Institute, IRD Duhallow, Newmarket. If you wish to become more informed of opportunities, supports and services available to you please contact Martina on (029) 221 10 for further details and to book a place.

Introduction to Basic Sign Language

This programme is suitable for individuals who wish to develop skills in Irish Sign Language for effective communication with deaf and hard of hearing relatives, employees and customers in a variety of situations. Topics to be covered include: The Deaf Community, The Deaf Culture, Deaftech - alarm, video caption reader etc. Vocabulary, Grammar, Expressions, Topics to include - family, numbers, hospital, holidays, colours, clothes, food and drink, Group Work to include – conversation, stories, fun stories. Limited number of spaces available to book please contact Katie 029-22178.

Does this sound familiar to you??? No Experience, No Job- No Job No Experience

Are you under 25 years of age? 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 be interested in. 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 quality Employability training and work placement opportunities to young people. To find out more about the programme please contact Triona/Katie for further information on 029 60633. This project is funded through the Dormant Accounts Fund.

Community Services

Tell us what YOU think! Standing side by side to Prevent Suicide: Community Consultation, Thursday 29th September 7.30pm James O'Keeffe Institute Newmarket. Cork Community Healthcare, in partnership with Local Organisations and Community and Voluntary groups, are developing a Suicide Prevention Action Plan for the region. Martin Ryan, Suicide Resource Officer for Cork and his team are conducting community consultations during the month of September, they want as many people as possible to tell them what they think should be included in the local plan. They are hosting a workshop in the James O'Keeffe Institute Newmarket on **Thursday 29th September** commencing at **7.30pm**. This consultation will enable local communities to address and have input into the Suicide and Self harm Action Plan for the County. We are asking people to come out on the night or register on Line from the 22nd Of August on our web site www.connectingforlifecork.ie where you will get full information on supports and other venues across the city and county. For further information, please contact Martin Ryan (Cork) 087 3287094 *Your input will make the difference to your local Community, family and friends.*

Towards Occupation Programme

Are you experiencing emotional and/or mental health challenges? Are you out of work for a long period of time and looking for direction? Have you suffered a set-back in life and do you want to get active again for work or social purposes? If you answered **YES** to any of the above questions than maybe the Towards Occupation Programme is for you. **The Towards Occupation Programme is a flexible part time programme including training opportunities in:** Personal Development, Life Skills, Computers, Craft Skills – Sewing and Upholstery, Furniture Recycling, Horticulture, Cookery etc.! For more information or to register please contact Triona on 029 60633.

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 September 1st 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.

Duhallow Choral Society are looking for new members both Male and Female of all ages to join them when they return for Rehearsals in September. We especially need more Male Voices so if you can sing and want a fun night out then this is the place to be. Our rehearsals return on Tuesday 6th September in Scoil Mhuire Secondary School, Kanturk at 7.30pm. Music is the soul of life so sing yourself to a healthier lifestyle and ring Sandra on 087-2314418 for more information.

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

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

Day Time Cinema

The SAOI Network will be holding a Day time Cinema on the 27th of September, which will feature the musical 'Calamity Jane' in the James O'Keeffe Institute Newmarket. Dinner in DCFS at 1pm followed by film showcase at 2pm. Admission (Incl. Dinner) €10. Booking essential. Please contact Louise on 029-22183 / louise.bourke@irdduhallow.com (Maximum of 50 places available)

IRD Duhallow's SAOI Network has recently developed the 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 029-22183 / 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

Youth and Education Working Group Newmarket Afterschools

The Newmarket Afterschools Service will operate from September. Our dedicated staff will collect your child from school, provide a delicious, home cooked dinner, and after that support them with their homework followed by fun and games. A tiered pricing system is in operation for families in receipt of a social welfare payment or a medical card. Parents also have the flexibility of sending their children for the whole week or daily as they wish. For further information please contact **Stephanie / Louise at 029-22183 / email louise.bourke@irdduhallow.com**

IRD Duhallow Literacy Support Programme

IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia, consisting of two strands: Literacy Workshops and TTRS. Classes will recommence on Tuesday the 20th of September. **For further information and registration please contact Louise at 029-22183 / email louise.bourke@irdduhallow.com**

IRD Duhallow Numeracy Support Programme

Our youth and education working group is piloting a new initiative offering a numeracy support programme for Primary School children struggling with Maths. Classes will commence on Monday 19th of September. **For further information and registration please contact Louise at 029-22183 / email louise.bourke@irdduhallow.com**

Agricultural & Environment Working Group

Efeirm Training – Computer Training for Farmers

The Agricultural Working Group are organising a five-week computer training to assist farmers and farming families to familiarize themselves with farming IT: we will be incorporating the following: Register for and guidelines on how to use Agfood.ie, Using emails - Gmail and other emails, familiarizing oneself with farming related websites, assessing suitable software for your computer, using skype, computer security, banking online and backing up information on your computer. To book your place please contact Katie 029-22178.

Duhallow Bird Watchers are organizing an outing on **Sunday the 11th September to Shrone Lake**. Meeting point the Church Car Park of St Joseph's Church Rathmore at 10.00am if interested please register with Katie on 029 22178.

IRD Duhallow's Raptor LIFE Project Supported by the LIFE Financial Instrument of the European Community



RaptorLIFE will host an information seminar on Saturday 17th September entitled "Revealing our Raptors" with guest speaker Rosie Campbell. Rosie is from Ballyhoura Falconry and has one of the biggest collections of raptors in Ireland, ranging from the tiny Merlin, up to the impressive Golden Eagle. She has been providing lectures on wild animals and birds for over 15 years, and is passionately committed to education, rehabilitation, and the conservation of our native wildlife. This day will allow you to learn all about birds of prey through an up close experience with the birds themselves. Hopefully we will leave you with the impression that the monitoring of large birds is an activity that is open and enjoyable for everyone!

Hen harrier monitoring has wrapped up for the year with harrier chicks successfully reared at six nests, while two nests failed, and in two nests the outcome is unknown. This is vital information that will help inform the raptor management plan for the Duhallow region. We have encountered enormous goodwill and support from the numerous landowners who both host Hen harriers on their land, and actively manage their property for harriers and other wildlife. A huge thank you to those who allowed us to establish monitoring sites on their land. This year RaptorLIFE have tagged four Hen harrier chicks, and we are eagerly waiting for them to leave their nest areas to set off on their own adventure! Their movements are being tracked daily and we will keep everyone updated as to their whereabouts via our Facebook page and website.

Eighteen children attended this year's Nature Camp and were entertained by activities such as "Who's paw print is this?", "Bug detectives", and "Take a kid fishing". Children's love for animals seems to come naturally, and giving them more chances to interact with nature is a great way to strengthen their connection to the natural world.

In addition to our invasive species control on the upper Blackwater River, RaptorLIFE is working with local County Councils and Transport Infrastructure Ireland to tackle roadside invasive plants. The colonisation of our roadsides by invasive species such as Japanese knotweed and Giant rhubarb are both a hazard to traffic, and provide sources for further infestation into our protected areas. This negatively alters the ecology of our protected areas including rivers, lakes and wetlands, in addition to native forest, upland, and bog habitats. **For further information on the Raptor LIFE Project, please contact Ilse or John on 029-22181.**