

IRD Duhallow

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OCTOBER 2016

SPECIAL POINTS OF INTEREST:

DUHALLOW SKILLNETS

CAREERS EXHIBITION

PUBLIC SPEAKING COMPETITION

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Community Development Working Group

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 €50 (October – 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.**

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 or 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.

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.**

Duhallow Befriending Network

IRD Duhallow's SAOI Network has recently developed the Duhallow Befriending Network, in which volunteers 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 be-frienders? Contact Tel: 087-1637827 Email: louise.bourke@irdduhallow.com

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**



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
Supervisory Management	4th Oct	€380	QQI L6	5 Tuesdays	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					
Food Allergens Awareness & Labelling	3rd Oct	€50	Cert of Attendance	1 Morning	09:30-13:00
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 029-60633/ louise.bourke@irdduhallow.com

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 it's entirely free!!! Visit: www.irdduhallow.com/duhallow-enterprise/mentoring or contact Louise at 029-60633 / louise.bourke@irdduhallow.com .

Employment and Training Working Group

IRD Duhallow is seeking to run **Computer Training for beginners or those seeking to improve their skills.**

Computer Training for Beginners is designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media, how to shop online and Basic Microsoft Word Skills. This training is open to everyone and will be run over a five-week period. **Booking is essential as spaces are limited, for further information and booking please contact Jacinta on 029-60633.**

Computer Training for Improvers: This course is designed to equip learners with the necessary skills and knowledge required for Microsoft Word, using their e-mail, accessing social media, file management, watching TV online and online banking. **For further information and booking please contact Jacinta on 029-60633.**

Employment and Training

Careers Exhibition

The Annual IRD Duhallow Careers Exhibition will take place on **Tuesday 4th of October** in the **Edel Quinn Hall, Kanturk** from **10am-1pm**. This event will give young people, parents and teachers an opportunity to meet with representatives from local and national universities, Institutes of Technology, PLC Training Colleges etc. to discuss further training and education opportunities and to get an insight into the requirements and what each course entails. Roisín Kelleher, Career Guidance Counsellor will be in attendance on the day to offer invaluable advice to students on filling out their CAO and on their further education choices. **For more information and for booking please contact Jacinta on 029-60633.**

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, please contact **Jacinta on 029-60633.**

Job Searching Programme - IRD Duhallow is seeking expressions of interest in running a training programme which will equip learners with the necessary strategy and skills for job searching. Participants will be shown how to search and apply for jobs online as well as tips on writing an effective CV and cover letter. Participants will also learn techniques for preparing for an interview and overcoming pre interview nerves. To register your interest for this training programme, please contact **Jacinta 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.**

Do you want to learn how to paint? IRD Duhallow is currently seeking to hold Art Classes for Beginners. The classes which will be held over a number of weeks will introduce participants to art techniques and the skills of painting. If you are interested in these classes, **please contact Jacinta on 029-60633.**

Community Services

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 20th October from 2pm-4pm in the James O'Keeffe Institute**, and will run monthly. For further information please call Katie on 029-60633 or Miriam, SHINE on 086-8525755 or e-mail mmurphy@shineonline.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

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

Youth and Education Working Group

The Newmarket Afterschools Service operates Monday to Friday from 2pm. 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 Louise at 029-60633 / email louise.bourke@irdduhallow.com**

IRD Duhallow Public Speaking Competition 2016

IRD Duhallow is organising their 8th Annual Public Speaking Competition in the coming weeks. The competition which is open to all 5th and 6th Class Primary School children, is a fantastic opportunity for young people to gain confidence, improve on their presentation skills and learn a valuable lifelong skill. This year we would hope to see a large number of primary schools partaking. Schools must register their team for the Public Speaking competition in advance. **For further information or if you would like to receive an application form please contact 029-60633.**

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.

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. **For further information on either support programme or registration please contact Louise at 029-60633 / email louise.bourke@irdduhallow.com**

Host Families for Foreign Students: Irish families with children required to host foreign teenagers attending secondary school in Kanturk. Top rates paid. Please email family details, hobbies, telephone numbers to George at info@castletown.es We will phone you back with further information.

Agricultural & Environment Working Group

Efeirm Training – Computer Training for Farmers

The Agricultural Working Group is 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 on 029-60633.**

IRD Duhallow GIY Group: Christine Best, Medical Herbalist, will be giving a talk to the GIY Group on **Tuesday 25th October at 7.30 pm** in the James O’Keeffe Institute, Newmarket. New members are always welcome. **For further information on this information seminar please contact Katie/ Rachel on 029-60633.**

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



The raptor monitoring season culminated with a total of ten chicks satellite tagged, with four of those from the Duhallow region. This is a joint project between RaptorLIFE, the National Parks & Wildlife Service (NPWS) and the Irish Raptor Study Group. All three organisations are involved in the research and monitoring of Ireland’s hen harriers and the progress of these tagged hen harriers can be followed on our new blog; <http://henharriertracker.blogspot.ie/> Why not show your support and follow the blog! There will be weekly updates. This is not just an insight into the fate of hen harriers but is also an indication of the health of our uplands in general.

RaptorLIFE have been involved in many events around the wider area. We held a Information stand at the Launescape-Heritage Week in Killorglin, were present at the Go-Kerry tent at the Irish Ploughing Championships and also had an Information stand at the Wildlife Day in Millstreet Country Park. While attending these events it has been encouraging to meet so many likeminded community initiatives to help protect the environment!

We’ve been busy surveying the macroinvertebrates (insect larvae) that live in our rivers. As some species of insect larvae are more tolerant to pollution than others, you can assess what a rivers water quality is like based on the larvae that you find. Insects like mayflies and stoneflies denote good water quality, while worms, leaches and black fly larvae poor water quality. We’ve also been undertaking some basic sediment monitoring at sites where we’ve fenced the riverbank. Both the insect larvae and the sediment sampling will help us assess how successful our river bank rehabilitation works have been.

You might meet us out and about on both the roads and river banks this October treating the highly invasive plant, Japanese knotweed. **If you have any questions about this plant or any other topic, please contact Ilse or John on 029-60633.**