

IRD Duhallow

Tel: 029-60633

DECEMBER 2016

Web: www.irdduhallow.com

E-mail: duhallow@irdduhallow.com

SPECIAL POINTS OF INTEREST:

EXPRESSIONS OF INTEREST SOUGHT

BETTER ENERGY COMMUNITIES 2017

INSIDE THIS ISSUE:

Community Development Working Group	1
Enterprise Working Group	2
Employment & Training Working Group	2
Equality Working Group	3
Youth & Education Working Group	4
Agricultural & Environmental Working Group	4
Raptor LIFE Project	4

Community Development Working Group

Rural Development (LEADER) Programme 2014-2020 Grant Aid

Expressions of Interest are now being sought in the **Kerry area** of IRD Duhallow for the Rural Development (LEADER) Programme 2014-2020 Grant Aid. Only the Enterprise Measure is being rolled out under a time bound call. The closing date for submission of Expression of Interest for Enterprise was Friday 28th October 2016. All other measures will be accepted as project promoters complete them. Applicants who submit an eligible EOI will be written to by IRD Duhallow and invited to submit a full Application for funding along with the required supporting documentation. The staff of IRD Duhallow will give every assistance in completing all forms and with developing project ideas. Expression of Interest application forms available on our website www.irdduhallow.com Expressions of Interest for the North Cork area of Duhallow & South Cork area of Duhallow will be advertised in the coming months.

The **Duhallow Arenas** (situated adjacent to the James O'Keeffe in Newmarket) are available for hire. Become a key-holder for €25 for month of December, which will allow full access to the arenas. **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.

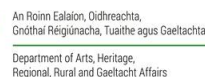
Duhallow Furniture REVAMP also has a wide range of furniture at affordable prices. Our showroom is opened Monday to Friday, 9.00am to 5.30pm. **For more information please contact Jessica or Colm at 029-60633** and visit us on Facebook: Duhallow Furniture REVAMP. We gratefully accept donations of unwanted, reusable furniture & household items including chairs, sofas, tables, lockers chest of drawers, mirrors, wardrobes, shelving, curtains & fabric, etc. A collection & delivery service is available.

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**

Better Energy Communities 2017

IRD Duhallow is taking applications for the 2017 Better Energy Communities programme. Community buildings, including schools and sports and leisure centres, can avail of grants for energy efficient upgrades from SEAI with up to 50% funding available. Works funded include attic and wall insulation, boiler replacement, window and door replacement, energy efficient lighting, renewable energies etc. **For further information on any of these grants, call 029-60633. Web: www.irdduhallow.com Email: colm.crowley@irdduhallow.com**



Enterprise Working Group

Duhallow Skillnet is accepting expressions of interest for the following training courses:

Supervisory Management (QQI Level 6)
 Working at Heights (QQI Level 5)
 Occupational First Aid (QQI Level 5)
 Report Writing
 Beginners Internet
 Advanced Excel
 Pivot Tables
 Interview Skills for Interviewers
 Palliative Care (QQI Level 5)
 Health and Safety in the Work Place (QQI Level 5)
 Beginners Word Processing
 Advanced word Processing
 Marketing on a Shoe String
 VDU Assessor Training
 BE Trailer Licence

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

Duhallow Business Awards

Congratulations to all the businesses that were nominated for the Duhallow Business Awards and well done to the winners of each category who were announced at the Duhallow Business Awards Banquet held on Thursday 24th November 2016. See the winners and pictures on www.irdduhallow.com or the Corkman Newspaper.

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 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**.

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 placement to young people. For more information please contact **Katie/Triona on 029-60633**. This project is funded through the Dormant Accounts Fund.

Millinery Tutor Wanted:

Person required to deliver a basic introduction to Millinery in the Newmarket area for approximately 8 weeks. Topics to be covered include: Millinery materials & tools, demonstration of blocking of straw, sinamay and felt, working with feathers, blocking & trimming, making a simple blocked hat, feather cutting and curling. If interested, please contact **Katie on 029- 60633**.

Equality Working Group

Multi-Cultural Christmas Communities Events

This year IRD Duhallow is hosting two Multi-Cultural Christmas Community Events:

Monday 12th December in **Teach Íosagain, Rathmore from 6.30 p.m. to 7.30 p.m.** and
Tuesday 13th December in the **Trade Union Hall, Kanturk from 6.30 p.m. to 7.30 p.m.**

These events will give local children & adults the opportunity to meet new friends, have some festive refreshments and sing Christmas carols. Santa and Mrs Claus will be in attendance. The events are free of charge and all are welcome.

Please note registration is essential prior to attending as places are limited. Please to register your families details with Jacinta on 029-60633 no later than **Wednesday 7th of December.**

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 15th December 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.

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.**

Saoi Network

The Saoi Network are holding an **Afternoon Dance on Friday 2nd December at 2pm.** Starting with dinner followed by dancing with music by Marina Sound. Admission €15. Booking is essential. To book please contact Louise on 029-60633 / louise.bourke@irdduhallow.com

We are taking expressions of Interest in **Facebook training** for Senior Citizens. Contact Louise on 029-60633 to register your interest.

Duhallow Carers: Yoga for Carers will take place in the coming weeks. This is funded under the Dormant Accounts Funds. To register your interest please contact Louise on 029-60633.

The Crystal Project -The community dementia project in North Cork, led by the HSE, is currently looking for volunteers. We are on the lookout for kind, caring and dependable people to join our team of social volunteer visitors, If you are interested in volunteering with the project or would like to find out more about the project please contact Christine O'Riordan 086-0255205 or visit; www.crystalproject.ie or email christine@crystalproject.ie

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. The **Helpline @ 087-7733337** from **Monday to Saturday from 10am – 10pm.** We 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

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 three pre-accredited counsellors and is free of charge. **If you would like to make an appointment or have any further enquiries please contact Kate, Aoife or Edel on 087-1179990.**

"A Journey of a thousand miles begins with a single step"
 - Confucius

Youth and Education Working Group

The Newmarket Afterschools Service 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 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**

Agricultural & Environment Working Group

IRD Duhallow Rural Social Scheme is recruiting new participants for the following work placements:

Attic Insulation, Community Laundry and Meals Preparation under our environmental and general community services measures. To qualify for RSS a person needs to be in receipt of a means tested social welfare payment and have access to an active herd number (the farmer has to have a Basic Payment Application Form), this means the applicant has to have a herd number or have access to a herd number from his/her partner/spouse, parents, brother or sister, provided this herd number is not already being used by a Rural Social Scheme participant. **Contact Sheila or Marie at 029-60633.**

KANTURK FARMERS MARKET, which is located at the rear of Twohig's Supervalu takes place every Thursday and Saturday from 10am and you will find a large selection of Home Baking, Fresh Vegetables, Herbs, James and Free Range Eggs. Orders now being taken for Mince Pies and Christmas wreaths. New producers welcome. **For further queries please contact Sheila or Katie at 029-60633.**



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



It has been a very busy few months for RaptorLIFE with our treatment of Himalayan balsam and Japanese knotweed, in addition to many of our monitoring programmes coming to an end for the year. However, winter roost monitoring for hen harrier is just beginning. At this time of year hen harriers congregate together at communal roosts. Monitoring at this time is vital, because there is little information available on the numbers of hen harrier over the winter period here in Ireland. If you'd like to volunteer for a roost watch, please get in touch!

Our crews have also been working hard fencing the banks of the Araglin and Upper Blackwater rivers. By excluding livestock from the river it reduces the amount of pollutants such as bacteria, nutrients, and silt, from getting into the water. We fence back 2 metres with the cattle able to graze under the fence line, but still leaving enough of a buffer zone allowing vegetation to grow. This vegetation growth helps to protect the banks from erosion, which means less land is lost to the river in the long term, and less silt gets into the river. Having a clean riverbed is vital for a number of vulnerable species including Atlantic salmon, trout and pearl mussels. However, by excluding livestock from the river we also remove their source of drinking water, and for this reason we have been installing cattle drinks in the fields that we have fenced. Since June this year we have erected 9.2 km of new fencing and 17 cattle drinks, with several more lined up and all at no cost to the landowner! As an added incentive, those landowners currently in the GLAS agri-environmental scheme are also receiving payment for the fencing work we have done for them. If you are a farmer with land adjoining either the Araglin or upper Blackwater rivers, we would love to do some fencing for you! If you have any questions about fencing or any other topic, please contact the RaptorLIFE team by phone 029 22181 or email nuala.oriordan@irdduhallow.com.

The River Allow Catchment Management meetings reconvene: It has been approximately one year since the last River Allow meeting was held and a lot has happened since then. The DuhallowLIFE project was finished and the reports on the project submitted to the European Commission for their approval. This took up a huge amount of time but also provided the opportunity to pull the achievements of the project into report format and for lessons learnt to be identified. There is a commitment to maintain the projects actions, such as fencing maintenance and Himalayan balsam removal and we are working closely with Inland Fisheries Ireland, Pobal and our other partners to make this happen. As always we are looking for opportunities to work with landowners and other stakeholders to improve the working environment and natural environment for all. So we believe it is now time to reconvene the River Allow meetings, which were very successful and we encourage landowners and people from the wider community to attend, contribute and have their say. **The next meeting will be held on December 7th 2016 at 2.00pm** in the James O'Keeffe Institute. **For further information please contact Nuala at 029-60633.**