

IRD Duhallow

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NOVEMBER 2016

**SPECIAL
POINTS OF IN-
TEREST:**

**EXPRESSIONS OF
INTEREST
SOUGHT**

**BETTER ENERGY
COMMUNITIES
2017**

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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. A Closing date for submission of Expression of Interest for Enterprise is Friday 28th October 2016. All other measures will be accepted as project promoters complete them. Please note: You must submit an Expression of Interest Form by the closing date to confirm the eligibility of your proposed project in order to be invited to submit a full application form.

Expressions of Interest for the North Cork part of Duhallow and South Cork part 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 €40 (November – 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.

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**



An Roinn Ealaíon, Oidhreacht, Gníothaí 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 November – 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
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
HACCCP Primary Food Safety Level 2	21st Nov	€200	HACCP	1 day	09:00-17:00
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: 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 .

Duhallow Business Awards

The Duhallow Business Awards Banquet Gala will take place on **Thursday 24th of November** in the James O'Keeffe Institute. Tickets are available online on www.irdduhallow.com/events or contact Louise on 029-60633 / louise.bourke@irdduhallow.com .

Employment and Training Working Group

Enjoyment of Employment – Jobseeker Journey Thursday 17th November 2016

IRD Duhallow's Employment and Training Working Group is organising a one-day workshop entitled the Enjoyment of Employment. This workshop will have many benefits to you if you are unemployed or participating in an activation schemes. It will provide you with the practical career planning skills in a highly interactive, engaging, fun environment and take you on a journey towards employment. The Workshop Includes:

- | | |
|-----------------------------------|-----------------------------|
| Overview of the Jobseeker Journey | How to Leave Unemployment |
| How to Adapt to Employment | The Enjoyment of Employment |
| Planning and Setting Goals. | |

The workshop covers what it would be like to be in Employment, what benefits it would give you socially, financially, personally and also what skills you can offer to potential employers, using coaching and recruitment case studies this unique workshop will help you get focused on working towards the Enjoyment of Employment. **For further information and or to book your place contact Katie 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.**

Equality Working Group

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 then 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 24th November 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.

LGBT Seminar

Following on from the LGBT Workshops recently held in the Secondary Schools, IRD Duhallow Youth and Education Working Group is holding an Information Seminar for all Parents and interested members of the public to help raise awareness of the issues facing LGBT Youth in Duhallow and supports available. The seminar will take place on **Thursday 17th November at 7.30pm** in the **James O'Keeffe Institute, Newmarket**. Guest speaker on the night will be **David Roche**, Manager of Cork Gay Project. **To register please contact Jacinta on 029-60633.**

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 Carers Mass

The annual Duhallow Carers Mass will take place on **Tuesday the 8th of November** at 8pm in the James O'Keeffe Institute, Newmarket. This is open to all carers past and present and their families. Register with Louise on 029-60633.

Embodying the Love and Mercy of God in Our Daily Living

On **Friday the 25th of November Sr. Antoinette Dilworth** will hold a night of spiritual reflection entitled "Embodying the Love and Mercy of God in our Daily Living". The event takes place from 7pm – 9pm and admission is €10. Register on 029-60633 or by visiting www.irdduhallow.com

Saoi Network Afternoon Dance

The Saoi Network are holding an Afternoon Dance on the **2nd of 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

Kanturk Community Hospital—Anyone interest in becoming an advocate for residents at Kanturk Community Hospital please contact Margaret Fitzgerald, Director of Nursing Tel No: 029-50024. This person will support, promote and protect the rights; freedom and dignity of older people, and also facilitate regular residents meetings at the hospital. Training will be provided.

The **Boherbue Christmas Market** will be held on **Sunday 20th November at 2pm in the Hall**. Anyone requiring a stall should contact Philomena at 029-76003 or visit facebook page boherbue christmas market.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 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**

IRD Duhallow is seeking expressions of interest in holding **Creative Digital Art Classes for Children**. The classes which will be held over a number of weeks will allow participants to explore the creative principles of art through new creative digital tools such as the digital filming of puppets which involves the production and post production of filming shadow puppets. If your child is interested in partaking in these classes, please contact **Jacinta on 029-60633**. **Please note these classes are dependent on demand.**

Agricultural & Environment Working Group

Succession Planning, Wills, Farm Transfers, Tax Planning and Budget 2016 & Its implications for Farm Families.

Attention ALL Farmers IRD Duhallow Agricultural Working Group are organising an information evening on The Implication of Budget 2016 for Farm Families including Tax Planning and Income Averaging. We will also focus on Succession Planning, Farm Inheritance, Wills, and Farm Transfers. **For further information or to register for the event please contact Katie on 029-60633.**

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.**

Duhallow Bird Watch Group— Trip to Barrow Harbour, Tralee, Co. Kerry on **Sunday 13th November**. This is a tidal inlet in the southeast corner of Tralee Bay. Situated between Fenit Island and the mainland. Soup & Sandwiches will be provided at a cost of €3.00pp. If your interested in attending please contact Katie to book your place on 029-60633.



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



It has been a very busy season for RaptorLIFE with both our ongoing removal of Himalayan balsam, and treating vast amounts of knotweed. September to early October is the optimal period for dealing with knotweed. RaptorLIFE covered over 25km of infested riverbank (Araglin and upper Blackwater) by injecting herbicide directly into the plants. We also sprayed knotweed on over 100km of roadways within the Duhallow region and the Mullaghereiks Special Protected Area. This is labour intensive work that will have to be repeated for the next 2-3 years. However, controlling invasive species like knotweed before they get out of hand will help protect our wildlife, rivers and important infrastructure.

A big thank you to Rosie Campbell and Denis McCarthy of Ballyhoura Falconry for hosting the "Revealing our Raptors" day at IRD Duhallow. Over 47 people enjoyed an up close and personal experience with Ireland's birds of prey and left with an increased knowledge of these unique birds. We hope to hear about many more raptor sightings in the near future!

RaptorLIFE have also been busy trapping small mammals in a variety of habitats within Duhallow. Why the interest in small mammals, and in this case rodents specifically? Because they are hard to see or find due to their ability to camouflage, being active at night and relative shyness, many do not appreciate the services they provide. Around the world, small mammals act as pollinators, seed dispersers, and control insects. They also support forest regeneration and maintain forest health, aerate the soil and help increase plant diversity. And...they also make great food for raptors!

If you have any questions about RaptorLIFE or any other topic, please feel free contact the RaptorLIFE team by phone or email 029-60633; ilse.corkery@irdduhallow.com.