

# IRD Duhallow

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**FEBRUARY 2017**

**SPECIAL  
POINTS OF IN-  
TEREST:**

**LEADER NORTH  
CORK**

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**Rural Development (LEADER) Programme 2014-2020  
The European Agricultural Fund for Rural Development: Europe Investing  
in Rural Areas  
LEADER North Cork**

IRD Duhallow opened Expressions of Interest for **Enterprise, Rural Towns and Broadband** on 9<sup>th</sup> January 2017. **With a closing date of 28<sup>th</sup> February 2017.** These measures are time bound, in that all applications under these measures must be received during the period outlined. **All other Measures are open and Expressions of Interest can be submitted at any time.** The IRD Expression of Interest form can be downloaded from our website [www.irdduhallow.com/grant-schemes/leader-programme](http://www.irdduhallow.com/grant-schemes/leader-programme).

**The Duhallow Arenas** (situated adjacent to the James O’Keeffe in Newmarket) are available for hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €160 (February – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633.**

**Coderdojo Volunteers**—IRD Duhallow is looking at establishing a Coderdojo Club for the region. Coderdojo is a global movement providing **free** and open learning to young people, especially in programming technology. This club would enable children to learn how to code, develop apps, games, websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software development industry. IRD Duhallow is seeking volunteers who may have a background in IT and are interested in assisting with the establishment of the club. For further details contact **Triona at 029-60633.**

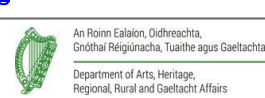
**Duhallow Community Laundry**

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.**

**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](mailto:whs@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](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or contact Louise at 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)



## Enterprise Working Group

**The Duhallow Skillnet has an extensive training programme in place for February 2017 – April 2017**

<b>Venue: James O'Keeffe Institute, Newmarket</b>					
<b>Course</b>	<b>Start Date</b>	<b>Price</b>	<b>Accreditation</b>	<b>Duration</b>	<b>Time</b>
Advanced Microsoft Word	1 <sup>st</sup> Feb	€100	Cert of Attendance	1 Day	09:30am –
Facebook Marketing incl. Facebook Ads	2 <sup>nd</sup> Feb	€180	Cert of Attendance	5 Nights	7.00pm – 10.00pm
Training Delivery and Evaluation	7 <sup>th</sup> Feb	€425	QQI Level 6	4 Tuesdays	09:30am – 5.30pm
Introduction to Microsoft Excel	8 <sup>th</sup> Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Recognising and Responding to Elder Abuse	10 <sup>th</sup> Feb	€25	Cert of Attendance	1 Night	7:00pm – 10:00pm
Intermediate Microsoft Excel	13 <sup>th</sup> Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Start Your Own Business	14 <sup>th</sup> Feb	€20	Cert of Attendance	5 Tuesdays	09:30am – 1.30pm
Assertiveness, Conflict Management, Impact & Influencing	14 <sup>th</sup> Feb	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Advanced Microsoft Excel	15 <sup>th</sup> Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Supervisory Management	16 <sup>th</sup> Feb	€440	QQI Level 6	10 Thursdays	6.30pm – 9.30pm
Care Skills	20 <sup>th</sup> Feb	€200	QQI Level 5	10 Monday Nights	6:30pm – 9:30pm
Health & Safety Rep Training	22 <sup>nd</sup> Feb	€200	QQI Level 5	4 Thursdays	09:30am – 5:30pm
Pivot Table	24 <sup>th</sup> Feb	€100	Cert of Attendance	1 Day	09:30am – 1:30pm
Interview Skills	14 <sup>th</sup> March	€75	Cert of Attendance	½ Day	09:30am – 1:30pm
Managing Absenteeism	14 <sup>th</sup> March	€75	Cert of Attendance	½ Day	2:00pm – 5:30pm
Training Needs Identification and Design	20 <sup>th</sup> March	€420	QQI Level 6	10 Mondays	6.30pm – 9.30pm
Palliative Care	22 <sup>nd</sup> March	€200	QQI Level 5	10 Wednesday Nights	6:30pm – 9:30pm
Successful Business Writing & Email	28 <sup>th</sup> March	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Exceptional Receptionist Skills	28 <sup>th</sup> April	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Safety and Healthcare at Work	31 <sup>st</sup> May	€200	QQI Level 5	10 Wednesday Nights	6:30pm – 9:30pm
Occupational First Aid	TBC	€180	QQI Level 5	TBC	09:30am – 5:30pm
Working at Heights	TBC	€40	Cert of Attendance	½ Day	09:30am – 1:00pm

**To book any of the above courses please visit [www.irdduhallow.com/events](http://www.irdduhallow.com/events). If you have any queries please contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

### Walking Leader Training

Learn how to become a walking leader and to lead a group safely across a hill or mountain. Skills acquired will be navigational skills including map reading, compass reading, hazard awareness and basic first aid. To enquire further contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

## Agriculture 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 RSS Scheme participant. **Contact Sheila or Marie at 029-60633.**

**Is Beekeeping for me?** Beehives require management and good stewardship, which take both time and knowledge. General maintenance requires periodic inspections during the warm months to make sure your queen is laying eggs, your workers are building up honey stores, and your colony has enough space to expand. In the cold months, the colony clusters and eats through their honey stores, only emerging when the temperature is above freezing to eliminate waste. Inspections are discouraged during this time to keep from releasing precious heat from the hive. Management time and style will depend on your climate, your hive style, and your particular bees. All colonies are unique, and each beekeeper will have a different experience. Bees are directly influenced by their environment, therefore, their behavior and success varies greatly across climates. **Annual Membership of the Duhallow Bee Keepers Association is €40.00 Training for Beginners commences in Feb if interested please contact Katie for further information.**

**Introduction to Growing Your Own.** 6 week horticulture course **starting in April**, to be based at the **Community Centre, Tureencahill**. This course will run one morning a week and will cover topics such as ground preparation, growing **from** seed, growing vegetables, fruit and herbs, wildlife gardening and biodiversity. For more information, or to register for this course please contact Rachel on 029-60633.

## Equality Working Group

**Duhallow REVAMP - February Specials!!** Do not miss out on our unbeatable value this month on suite and sofas, wardrobes and our beautiful sets of revamped kitchen chairs. We have a delivery and collection service for your convenience and there is a discount available for individuals in receipt of a social welfare payment. **Visit our showroom, open Monday to Friday, 9am to 5.30pm.**

If you have a piece of furniture in need of some attention, you can also avail of our **restoration and upholstery service**. For more information please contact Colm O'Connor at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp. We gratefully accept donations of unwanted, reusable furniture and household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving, curtains and fabric, etc.

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

**Befriending Network**—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 Louise at 029-60633 or e-mail: [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

**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

## Employment and Training Working Group



### Calling ALL UNDER 25's in Duhallow

IRD Duhallow's Youth Employment Initiative (YEI) offers a range of pre-employment training supports and job placement opportunities. We do more than simply place young adults in jobs – we help young people to develop their own road map to connect them to the future they want. **For further information or to register for Februarys Programme please contact Triona or Katie on 029-60633.**



Job Training



Job Placement



Driver Theory Workshops



Support Services

**Local Training Initiative– Horticulture** is a community based programme specifically aimed at individuals in receipt of a Social Welfare Payment. Funded through Cork ETB it is a **44 week programme** where participants can gain the skills necessary to grow their own produce, learn landscaping techniques and perhaps go on to further training, set up a business, or gain employment. Training will take place at the James O'Keefe Institute, Newmarket. **Classes run from 9.30 am to 4.30pm Monday to Friday.** The Course is offered by IRD Duhallow CLG in partnership with SOLAS (FAS) Training Services. **Modules include:** Plant Identification, care and maintenance, Safe Horticulture Practice, Growing vegetables, Growing Fruit, Plant Propagation, Hard Landscape Construction, Establishing Turfgrass and Work Experience. On full completion of the course, Participants will receive a QQI Level 4 Major Award in Horticulture. **For further details contact Rachel / Katie at 029-60633 or email [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com).**

## Youth and Education Working Group

**Newmarket Afterschools** 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.

IRD Duhallow will run the new **Art Attack mid-term camp, from 20th –24th February from 9am to 1.30pm.** The Camp will be for all primary School children. Join us for the week, which will be filled with an exciting fun programme, including lots of art, crafts, baking and other creative activities.

A tiered pricing system is in operation for families in receipt of a social welfare payment or medical card. **Please contact Louise Dineen at 029-60633 email: [louise.dineen@irdduhallow.com](mailto:louise.dineen@irdduhallow.com)**

We also offer a **Literacy and Numeracy support programme** for Primary School children with Dyslexia and Dyspraxia. A tiered pricing system is in operation for families in receipt of a social welfare payment or medical card.

**Please contact Louise Bourke at 029-60633 email: [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**



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



**Pupils of the 5th and 6th classes in Kanturk Girls National school**, under the guidance of the Green Schools Co-ordinator Úna Meehan, were narrowly beaten (by half a point!) into second place in the Water Explorers Program. The Water Explorer Program is a fun interactive educational resource program, aimed at National School children to learn about water issues and to act on them. <http://www.globalactionplan.ie/education/water-explorer/> RaptorLIFE played an important role in this achievement, inspiring the children during the LIFE project's visit to the school, telling them all about life in the river and giving the pupils a nature detective project to complete. This helped them achieve their program actions. [http://www.waterexplorer.ie/mission-control/convent-pr?only\\_ours=true&article=18190](http://www.waterexplorer.ie/mission-control/convent-pr?only_ours=true&article=18190)

The runners-up were entered into WAF (Water Air Food) Awards, for their Youth Award. They **did themselves proud and won this Global award.** The Award will be presented in Beijing, the school has produced a video to show at the ceremony <https://www.youtube.com/watch?v=5YG3LZSWock> <http://wafaward.org/beijing-2016/http://wafaward.org/youth-award/> LIFE in conjunction with Inland Fisheries Ireland and the Duhallow Angling Centre of Excellence, will bring the girls down to the river in spring to further educate them on life in the river and to cast a rod. Creating awareness amongst school children is part of RaptorLIFE's educational action. This success story highlights the impact creating awareness and education can play. **Well done girls!**

More LIFE success in motivating and nurturing a deeper interest in the environment is **two inspiring 'Young Scientists' Jack Murphy and Michael Sheehan of Colaiste Treasa, Kanturk with their teacher Derry Donovan.** They successfully brought their project 'Prey availability for Hen Harrier in managed farmlands' to the finals in the Biological and Ecological section. These finals are taking place as we go to press. The LIFE Project and IRD Duhallow wish them the best of luck.

As part of their actions for achieving their Green Flag for Biodiversity, **Cullen School** will host a morning of awareness on invasive species in Duhallow on 8<sup>th</sup> February at 11.30am. The LIFE project will give a presentation at this event.