

IRD Duhallow

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JANUARY 2017

SPECIAL POINTS OF IN- TEREST:

**WORKSHOP ON
APPLYING
FOR LEADER
FUNDING**

**BETTER ENERGY
COMMUNITIES
2017**

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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 will open Expressions of Interest for Enterprise, Rural Towns and Broadband from **9th January 2017**. With a closing date of 28th 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. **We are holding a workshop for all communities and individuals who are interested in applying for LEADER funding on Monday 16th of January 2017 in the James O' Keffe Institute at 7.30pm**, where our staff will be available to assist and guide you through the application process. The IRD Expression of Interest form can be downloaded from our website www.irdduhallow.com/grant-schemes/leader-programme.

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 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 more information contact Triona @ 029-60633.

The Saoi Network will be hosting **Daytime Cinema** on **Thursday 26th January**. Dinner at 1.30pm followed by film 'Sound of Music'. To register contact Louise on 029-606033 or email louise.bourke@irdduhallow.com

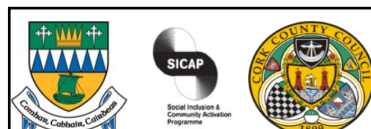
Facebook Training for Seniors : We are taking expressions of Interest in **Facebook training** for Senior Citizens. Contact Louise on 029-60633 to register your interest.

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

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

Venue: James O’Keeffe Institute, Newmarket

Course	Start Date	Price	Accreditation	Duration	Time
Work Experience	11 th Jan	€200	QQI Level 5	10 Wednes. Nights	6:30pm – 9:30pm
Basic Microsoft Word	23 rd Jan	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Intermediate Microsoft Word	25 th Jan	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Advanced Microsoft Word	1 st Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Facebook Marketing incl. Facebook Ads	2 nd Feb	€180	Cert of Attendance	5 Nights	7.00pm – 10.00pm
Training Delivery and Evaluation	7 th Feb	€425	QQI Level 6	4 Tuesdays	09:30am – 5.30pm
Introduction to Microsoft Excel	8 th Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Recognising and Responding to Elder Abuse	10 th Feb	€25	Cert of Attendance	1 Night	7:00pm – 10:00pm
Intermediate Microsoft Excel	13 th Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Start Your Own Business	14 th Feb	€20	Cert of Attendance	5 Tuesdays	09:30am – 1.30pm
Assertiveness, Conflict Management, Impact & Influencing	14 th Feb	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Advanced Microsoft Excel	15 th Feb	€100	Cert of Attendance	1 Day	09:30am – 5:30pm
Supervisory Management	16 th Feb	€440	QQI Level 6	10 Thursdays	6.30pm – 9.30pm
Care Skills	20 th Feb	€200	QQI Level 5	10 Monday Nights	6:30pm – 9:30pm
Health & Safety Rep Training	22 nd Feb	€200	QQI Level 5	4 Thursdays	09:30am – 5:30pm
Pivot Table	24 th Feb	€100	Cert of Attendance	1 Day	09:30am – 1:30pm
Interview Skills	14 th March	€75	Cert of Attendance	½ Day	09:30am – 1:30pm
Managing Absenteeism	14 th March	€75	Cert of Attendance	½ Day	2:00pm – 5:30pm
Training Needs Identification and Design	20 th March	€420	QQI Level 6	10 Mondays	6.30pm – 9.30pm
Palliative Care	22 nd March	€200	QQI Level 5	10 Wednesday Nights	6:30pm – 9:30pm
Successful Business Writing & Email	28 th March	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Exceptional Receptionist Skills	28 th April	€150	Cert of Attendance	1 Day	09:30am – 5.30pm
Safety and Healthcare at Work	31 st 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. If you have any queries please contact Louise on 029-60633 / louise.bourke@irdduhallow.com

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? Would you like to boost your confidence and self-esteem? 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. The training is tailored to suit the interests and needs of the group and new courses are always coming on stream! For more information or to register please contact Triona on 029-60633.

The Duhallow Carers is organising 6 weeks of **Yoga** commencing on the **11th January at 7.30pm**. Please note this is limited to Family and Voluntary Carers. To register your interest visit www.irdduhallow.com or please contact Louise on 029-60633 or email louise.bourke@irdduhallow.com

Duhallow REVAMP We have a wide range of furniture at very affordable prices including: suites and sofas in excellent condition, lockers and wardrobes for all the extra storage needed after Christmas. and we also offer collection and delivery service! **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,

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.**

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 29th January 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.

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 January's 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.**

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. We offer a literacy and Numeracy support programme for Primary School children with Dyslexia and Dyspraxia. **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.**



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



RaptorLIFE have been planting the river margins of properties we have fenced with native tree species such as alder, blackthorn, and several species of willow. Planting is only occurring on severely eroding sections of the river in order to stabilise the bank and prevent bank collapse and excessive soil erosion. Whilst the vegetation that grows on our riverbanks benefits much of our wildlife, we have been careful not to plant too densely, and to only target badly eroding stretches of the river in order to protect against tunnelling. Tunnelling of rivers occurs when the density of trees restricts the amount of light reaching the river, which reduces the abundance of aquatic plants and insects – a valuable food supply for fish. RaptorLIFE paid a visit to a sister LIFE project in Portugal called the LIFE+ BRIGHT project. LIFE+ BRIGHT focuses on the control of invasive species in the Bussaco forest located in Luso, the central region of Portugal. Both Nuala Riordan and Ilse Corkery presented on the invasive species work that we have been undertaking in Duhallow. It was great to see what other LIFE projects are up to, and to share experiences and swap information on what works and what doesn't. If you are interested in volunteering on the LIFE Project or if you have any questions please contact the RaptorLIFE team by phone 029-60633 or email nuala.oriordan@irdduhallow.com.