

IRD Duhallow

Tel: 029-60633

APRIL 2017

Web: www.irdduhallow.com

E-mail: duhallow@irdduhallow.com

SPECIAL POINTS OF INTEREST:

WOMEN'S
TRAINING
PROGRAMME FOR
EMPLOYABILITY,
INCLUSION AND
LEARNING

LOCAL TRAINING
INITIATIVE
HORTICULTURE

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Community Development Working Group

Duhallow Community Laundry 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 **Duhallow Arenas** (situated adjacent to the James O'Keeffe in Newmarket) are open at present. Become a key holder for €135 (April – December), which will allow full access to the arenas. **For further details or information contact Louise on 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**

Agriculture Working Group

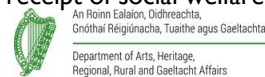
IRD Duhallow Rural Social Scheme is recruiting new participants for the following work placements: **Attic Insulation, Community Laundry, Meals Preparation, Painting and Grass Maintenance** under our environmental and general community services measures. To qualify for RSS a person needs to be in receipt of a means tested social welfare payment such as Farm Assist 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.**

Bee Keeping

IRD Duhallow in association with the Duhallow Bee Keepers Association ran a series of very successful workshops throughout March with great attendances each night. Beekeeping is a fun and a very interesting hobby, **when the urge to keep bees first hits you**, the impulse is to go out and buy a hive straight away, and learn by doing in isolation – this is not the best approach. **The best first step is to join your local branch of Beekeepers Association.** If you are living in the Duhallow area and are interested in becoming a member of Duhallow Beekeepers, please contact Mary on 029-60633 or Andy Bourke on 087-2783807. The Duhallow Beekeepers will hold an Outdoor Bee-keeping Demonstration in May, this event is open only to Members of the Duhallow Bee Keepers Association.

Local Training Initiative—Horticulture

IRD Duhallow is recruiting participants for its new **Local Training Initiative – Horticulture** a community based programme for unemployed people. Funded through Cork ETB, it is a free full time programme that will run for **44 weeks** 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. On full completion of the course, participants will receive a QQI Level 4 Major Award in Horticulture. A travel allowance is available to applicants in receipt of social welfare payment. **Contact Rachel / Mary at 029-60633.**



Enterprise Working Group

The IRD Duhallow Skillnet is running the following upcoming courses;

Venue: James O'Keeffe Institute, Newmarket					
Course	Start Date	Price	Accreditation	Duration	Time
Occupational First Aid	5th April	€180	QQI Level 5	3 Days	9:30am – 5:30pm
Exceptional Receptionist Skills	28 th April	€150	Cert of Attendance	1 Day	9:30am – 5:30pm
Brand Management & Marketing	25 th April	€150	Cert of Attendance	1 Day	09:30am – 5:30pm
Patient Moving and Handling	TBC (will be in April)	€90	Cert of Attendance	1 Day	9.30-5.30pm
Safety and Healthcare at Work	31 st May	€200	QQI Level 5	10 Wednesday Nights	6:30pm – 9:30pm
Advanced Excel	4th May	€100	Cert of Attendance 1 Day	1 Day	9.30am-5.30pm
Manual Handling Instructor	TBC (will be in May)	€350	QQI Level 6	5 Days	9.30am-5.30pm

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

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. **Dates:** 22nd April, 6th & 13th May. **Price;** €185. Enquiries to Louise on 029-60633 / louise.bourke@irdduhallow.com

Employment and Training Working Group

IRD Duhallow is delighted to announce that it has been awarded funding through the Department of Justice and Equality supporting ESF PEIL **Gender Equality – Women Returning to the Workforce**. This Measure is supported by the European Social Fund (ESF). This grant will support women in order to assist their return to the labour market.

Personal Development; An eight-week Personal Development training programme will be delivered which will include the following modules: Positive versus Negative Thinking, Saying No, Developing Self – Esteem, Rights and Responsibilities, Communication Skills, Conflict Resolution, Anger Management, Listening to your Intuition, Management of Feelings. This training is due to take place in Teach Failte, Gneeveguilla, commencing on **Tuesday 4th of April 7-9 pm**.

Parenting Skills Workshop will focus on promoting healthy families through the development of simple, strategic and more positive parenting techniques. **Modules include:** Behaviour management; Building self-esteem and resilience (Problem solving with children); Building and maintaining a healthy routine; Accessing your inner child (play for children); Minding and monitoring the tech generation; The signs of a child who is struggling and how to access help and support. Location: Tureencahill Community Centre on **Saturday 29th of April** from 9.30a.m. to 4.30p.m.

Communications QQI Level 5; This is a compulsory module for anyone looking to undertake Healthcare **and/or** Childcare QQI Level Five Major Award. This module looks at all forms of communication that we experience. This is especially important when working with children or in a healthcare setting but can also transfer to any working environment. The module will take place over **4 full Saturdays** and we are hoping to commence it on **Saturday 6th of May** from 9.30a.m. to 5p.m. It is envisaged this will take place in Tureencahill.

“Moms Matter” Workshops - A Group for Mother’s Who Work in the Home

This project will be geared specifically at mothers who work in the home. The six sessions in this project are aimed at rebuilding mothers’ self-esteem and confidence in their own abilities, not just as caregivers, but as individuals, separate from everybody else. The project aims to build strong relationships and a support network through which women can gain friendship, support, and encouragement to strive for more positive outcomes for themselves. **Sessions will include –** My Identity; Getting to Know Me Again (Part 1); Coping with the Hustle and Bustle of Everyday Life; Getting to Know Me Again (Part 2); Being a “Good Enough” Mom and Becoming Integrated. **Location:** James O’Keeffe Institute, Newmarket.

Toddler Bonding Programme; A Six week programme designed for parents/carers & toddlers between 1 & 3years. **Modules include:** Communication through Dance, Music and Movement; Experiencing and Containing Mess and It’s Importance in Children’s Lives; The Power of Story; Creating a Nurturing Environment; Building Trust, Autonomy, and Resilience and Being Together. **Location:** James O’Keeffe Institute, Newmarket.

To register your name for above training please contact Mary / Jacinta on 029-60633.

Equality Working Group

Duhallow Women's Forum Celebrates 20 years in existence "Outsmart Stress & Anxiety Seminar"

Would you like to be able to harness your stress and anxiety to work for you? This Taster Talk will look at stress and anxiety from a practical approach. Presented by Marianne Wall Counselling psychologist from Smart Psychology. This talk aims to give you a fresh insight into stress and anxiety and tips on how to outsmart it. Smart Psychology uses a practical approach to making sense of your thoughts, action and feelings so that you can begin to understand what makes you tick and the skills needed to overcome the stressors that life can throw at you. **Seminar will take place on Wednesday 3rd May at 7.30pm, James O' Keeffe Institute. To register please contact Mary or Jacinta on 029-60633.**

Art Classes will commence on **Thursday 13th April** from **7.00pm-9.00pm** in the **James O'Keeffe Institute, Newmarket** and continue every Thursday for 8 weeks. Topics covered will include landscapes, seascapes, creating paintings from photos, the sourcing of good quality materials for painting and the use of different mediums for painting. **Spaces on this course are limited and booking is essential to booking please contact Jacinta on 029-60633.**

Domestic Violence Awareness Seminar

IRD Duhallow's Domestic Violence Volunteer Service is running an **information seminar on Domestic Violence** with a presentation from the Community Gardai on barring orders and separation as well as a presentation from Domestic Violence Awareness Campaigner Maria Dempsey who tragically lost her daughter in a domestic violence situation. The seminar takes place on **Thursday 20th of April at 7.30pm** in the James O'Keeffe Institute. Registration is essential contact Louise on 029-60633 / louise.bourke@irdduhallow.com

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 - Saturday from 10am – 10pm**. We invite you to like our 'Duhallow Domestic Violence' page on Facebook.

Duhallow REVAMP - We have beautiful Kitchen sets, leather suites and sofas, chest of drawers and more in our showroom this month. Our team is also at hand to restore, repaint or upcycle your old furniture and give it a new lease of life so be sure to enquire about this great service. Our collection and delivery service is there for your convenience and there is a discount available for individuals in receipt of a social welfare payment! **Visit our showroom, Monday to Friday, 9am to 5.30pm**. 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. **For more information please contact Colm at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp.**

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 30th April** from **2-4p.m** in the James O'Keeffe Institute. For further information please call Jacinta on 029-60633 or Miriam on 086-8525755 or email mmurphy@shineonline.ie

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**

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 meets in a one to one setting with a client at a time suitable to both parties. To make an appointment call **087-6279000**.

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. as per change of clock.

IRD Duhallow is actively **recruiting volunteer computer tutors** to deliver basic and improvers computer training for the Duhallow area. Training will take place in Newmarket and the programme will assist people to learn Basic IT, internet and email skills etc. All tutors are volunteers and will work with other tutors to teach small class groups. Classes will run once a week for five weeks for two hours per week either morning from 10a.m. to 12noon or night time from 7p.m. to 9p.m. What is required for this position: Interest in working with people, knowledge of computers, patience & understanding. Training will be provided & tutor lesson plans will be available. **For more information, please contact Sheila Roche or Mary on 029-60633.**

What is Alternative Health?

Five-week training course focusing on Nutrition, Homoeopathy, Herbal Remedies and Holistic Remedies focusing on the Immune System Arthritis, Skin Complaints, Digestion, Migraines and Stress. Over the course of the training participants will look at Holistic ways to improve their health by mean of Homeopathy, Bio Energy, Herbs and Supplements. The course will be delivered by Marie Ridout of Gwella Clinic who is a qualified Nutritionist and it will commence on the **27th of April** and take place in **Teach Failte, Gneeveguilla**. **To register your name or for more information, please contact Mary on 029 60633.**

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.

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**

Easter Camp IRD Duhallow will run the new **Easter Eggstravaganza** camp, which takes place from the 10TH to the 13th of April, during the times of 9am-1.30pm. The camp will run for Primary School children of all ages. Join us for the week, which will be filled with an exciting fun programme, including lots of art, crafts, baking and other creative activities. IRD Duhallow offers the same tiered pricing system as the Afterschool service.

Please not space is limited and due to the success of the camps, early bookings is advisable. For further information on both the Afterschool's service and Easter Eggstravaganza camp, please contact Louise Dineen at 029-60633 / email louise.dineen@irdduhallow.com

Literacy and Numeracy support programme is 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**

Coderdojo

IRD Duhallow is looking at establishing a **Coderdojo club for children aged 8 - 13 years old**. CoderDojo is a worldwide movement of free, volunteer-led, community-based programming clubs for young people. This club would enable children to learn 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 industry. **For further information or if your child is interested in attending please contact Jacinta on 029-60633.**



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



RaptorLIFE has started work on a joint project with Coillte to create a wildlife corridor linking the Stacks to Mullaghareiks Special Protected Area with the Special Area of Conservation on the River Blackwater. By the end of the project an area 50m wide will be cleared of conifers. RaptorLIFE workers are currently clearing the brash from the first section of cleared conifers, before moving on to planting the margin with a 10m wide strip of native trees. This work will proceed over the next 2 years and will culminate in a 30m wide and 3km long open corridor for foraging hen harriers and other wildlife.

John Lusby's, "Merlin and Owls in Duhallow" talk in March was well attended with all enjoying a very informative and inspiring evening. John who is the raptor conservation officer with Birdwatch Ireland will be assisting with RaptorLIFE's merlin surveys and is running a workshop on monitoring merlin later this month. Date to be confirmed.

RaptorLIFE will host a talk on Thursday 5th April at 7pm entitled "**Angling and freshwater habitats in Duhallow**" with guest speaker Tom Anketell from the Duhallow Angling Centre of Excellence. Tom will share with us his wealth of experience of fishing and observing nature on our rivers.

On Thursday 27th April at 7pm, Gill Weymen who is a researcher with UCC and chair of Cork Nature Network, will present a talk on **ladybirds**. Gill will talk about her research into the conservation of native ladybirds with special emphasis on the ecosystem service they provide in the face of the introduced Harlequin ladybird. Refreshments will be provided and all are welcome to what are sure to be enlightening and inspiring talks. To register for these talks please contact the Raptor LIFE team by phone 029-60633 or email nuala.oriordan@irdduhallow.com

Duhallow Angling Centre of Excellence

The Duhallow Angling Centre of Excellence will run the Annual Easter Angling Camp for children from Tuesday April 18th to Thursday 20th April 2017. The camp is open to both boys and girls and all equipment will be provided. Please contact **Tom Anketell at the Angling Centre 086-0827484 for further details**. Pre-booking is essential for this camp. The Angling Centre will commence Angling courses for Adults in mid April.. These courses are available to beginners and experienced anglers alike. **If you would like to try your hand at angling contact Tom Anketell at the Duhallow**

Angling Centre 086-0827484 for further details.