

# IRD Duhallow

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## **SPECIAL POINTS OF INTEREST:**

### **WOMEN'S TRAINING PROGRAMME FOR EMPLOYABILITY, INCLUSION AND LEARNING**

## **INSIDE THIS ISSUE:**

<b>Agriculture Working Group</b>	<b>1</b>
<b>Enterprise Working Group</b>	<b>2</b>
<b>Employment &amp; Training Working Group</b>	<b>2</b>
<b>Women's Training Programme</b>	<b>3</b>
<b>Equality Working Group</b>	<b>3</b>
<b>Youth &amp; Education Working Group</b>	<b>4</b>
<b>Raptor LIFE Project</b>	<b>4</b>

## **Community Development Working Group**

### **Duhallow Community Laundry**

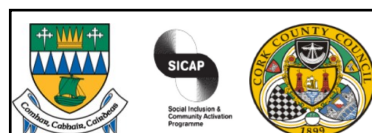
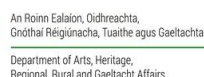
This facility was established to assist the elderly, low income households and carers with washing and drying clothes, linen and towels. Duhallow Community Laundry operates from the James O'Keeffe Institute, Newmarket. Laundry can be dropped into Duhallow Community Laundry, Monday to Friday from 9.00am 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)**

## **SICAP TRAINING IN KERRY**

Basic Computer Training	4th April	Teach Iosagain Rathmore	5 Tuesdays	10am—2pm
Personal Development	4th April	Teach Failte Gneeveguilla	8 Tuesdays	7pm—9pm
Learn How to Grow Your Own Fruit and Veg	6th April	Toureencahill Community Centre	6 Thursdays	10am—12pm
CV Preparation, Job Hunting & Interview Skills	11th & 12 April	Teaach Iosagain (11th); Teach Failte (12th)	2 Days	10am—4pm
What is Alternative Health?	27th April	Teach Failte	5 Thursdays	7pm—9pm
Driver Theory Test Workshops	28th April	Teach Iosagain Rathmore	5 Fridays	2pm—4pm
Parenting Skills Workshop	29th April	Toureencahill Community Centre	1 Saturday	9.30am—4.30pm
Communications	6th May	Toureencahill	5 Saturdays	09.30am—
Forklift Training	9, 10 & 11 May	Rathmore	3 Days	8.15am—5.30pm



### Enterprise Working Group

<b>Venue: James O'Keeffe Institute, Newmarket</b>					
Course	Start Date	Price	Accreditation	Duration	Time
Tool Maintenance	6th March	€99	QQI Level 4	3 Days	09:30am – 1:30pm
Interview Skills for Recruiters	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
Occupational First Aid	5th April	€180	QQI Level 5	3 Days	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
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)

**Thinking of a Career in Hair / Beauty?** On the 13<sup>th</sup> of March at 7pm there will be an information seminar on the Hair and Beauty industry with talks from a beautician, Spa Manager, stylist and Hairdresser. Learn about the industry from those who are working in it. The talks will cover training requirements, industry entry and the job role. Registration is

### 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.**

### Bee Keeping for Beginners

**Duhallow Bee Keepers** are organising a series of **Lectures for individuals who are interested in Beekeeping**, all of the lectures will take place in the James O'Keeffe Institute Newmarket commencing at 8pm each night:

Lecture 1: **Monday 27<sup>th</sup> Feb** – Dr. Pdraig Whelan - Manipulation of a Colony of Honeybees

Lecture 2: **Monday 6<sup>th</sup> March** – Redmond Williams- How to produce Bees & Honey

Lecture 3: **Monday 13<sup>th</sup> March** – Eleanor Attridge - Pest & Diseases

Lecture 4: **Monday 20<sup>th</sup> March** – Andy Bourke - Producing Honey & Storing Frames

Lecture 5: **Monday 27<sup>th</sup> March** – Irene Power -The Working year in an Apiary.

To register or for further information please contact **Katie or Mary on 029-60633.**

### Employment and Training Working Group

**IRD Duhallow is planning to deliver the following training: Computer Training for Beginners** or those seeking to improve their skills. This course is designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media, how to shop online and Skype. This training is open to everyone and will be run over a five-week period.

**Training on iPads/iPhone** and a **separate class for Android Tablets and Smart Phones** whereby participants will learn more about their own device including managing photos – camera, gallery, communicating in terms of emails and messaging and how to download apps.

**Places are limited for more details or to book your place please contact Mary on 029-60633.**

## Women's Training Programme for Employability, Inclusion and Learning

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.**

We will provide a series of training opportunities focusing on self-development and work related skills such as;

**Career and Life Guidance Information Seminar Wednesday 22<sup>nd</sup> March 2017 in the James O' Keeffe Institute at 7.30p.m.**

This seminar will provide professional guidance for those who would like support in making career, educational and/or employment decisions. This seminar will be of particular benefit for women seeking to get back into the workforce and those looking to explore their career and education options. **Deciding Your Future** to include Career Guidance, developing a Career Plan, CV Preparation and Interview Skills. This workshop will take place over three full days. **Psychometric Testing** to help identify your Unique Selling Points. This workshop will allow women to understand their strongest skills and competencies for when seeking employment. **Dressing and Styling for an Interview** – Is it time for you to update your style and image? If so, this workshop can build your confidence and help you make that vital first impression. **Personal Development Training Course**—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. **Assertiveness Workshop; Microsoft Word and Excel Training, Manual Handling Training and Health and Wellbeing Information Seminars.** If you would like to receive further information or to register for any of the above training please contact Mary / Jacinta on 029-60633.

## Equality Working Group

**Duhallow REVAMP** - We have great value this month on beautiful sets of revamped kitchen chairs to suit all tastes. 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, 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.

**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 23<sup>rd</sup> March from 2-4p.m** in the James O'Keeffe Institute. For further information please call Jacinta on 029-60633 or Miriam on 086-8525755.

**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**.

**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 Millsstreet 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 the Programme commencing in March please contact Triona or Mary on 029-60633.**



Job Training



Job Placement



Driver Theory Workshops



Support Services

### **Local Training Initiative—Horticulture**

IRD Duhallow is currently 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. **For more details contact Rachel / Mary at 029-60633 or email**

## 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](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)**

### **Coderdojo**

IRD Duhallow are 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**



Big congratulations to BT Young Scientists' Group Winners, Michael Sheehan and Jack Murphy from Colaiste Treasa in Kanturk. They were also placed 2<sup>nd</sup> overall and won the EPA's best environmental project. The pair worked closely with the RaptorLIFE team to develop and research their project "Prey availability for Hen harriers in managed farmland". The lads and their inspiring project even featured on RTE's the Late Late Show and TG4's An Nuacht.

**RaptorLIFE** will host an evening talk on Thursday 2<sup>nd</sup> March entitled **"Owls in Duhallow"** with guest speaker **John Lusby**. John is Birdwatch Ireland's **Raptor Conservation Officer** and recently presented the Galway programme in RTE's series Wild Cities. He has been carrying out research on Barn Owls for a number of years. Last summer, new light-weight GPS (Global Positioning System) data loggers have been used to track Barn Owls in Ireland for the first time, revealing amazing detail on their foraging behaviour. All our welcome to what is sure to be an enlightening and inspiring talk!

**Volunteers are needed for upcoming hen harrier monitoring.** Volunteers will need to be able to commit to the entire breeding season (Apr-June) and training will be provided. The surveys consist of monitoring a likely breeding site for up to 3 hours at a time. To find out more about these amazing birds and why we need to monitor them check out our website or facebook page. Also check out Birdwatch Ireland's excellent clip of the Skydancer on YouTube. Please contact the Raptor LIFE team by phone 029-60633 or email [Nuala.oriordan@irdduhallow.com](mailto:Nuala.oriordan@irdduhallow.com)