

IRD Duhallow

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JUNE 2017

**SPECIAL
POINTS OF INTEREST:**

**NEW FUNDING
PROGRAMME FOR
WOMEN**

**CITIZENS
INFORMATION
CLINIC**

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Community Development Working Group

Duhallow Community Laundry at James O’Keeffe Institute, Newmarket, assists the elderly, low income households and carers with washing and drying clothes, linen and towels. 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**

Duhallow REVAMP Donations needed!!!

Your support of our Community enterprise is what makes it so successful and your donations play a huge part. We gratefully accept donations of unwanted, reusable furniture and household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving, curtains, fabric, etc. We have some great items for sale this month and there is a discount available for individuals in receipt of a social welfare payment!

We can also 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. Visit our showroom, opened Monday to Friday, 9am to 5.30pm. **Contact Colm at 029-60633 and visit us on facebook: Duhallow Furniture Revamp.**

Duhallow Community Food Services provides a home delivery meal service. Meals can be booked on a long or short term basis. Dinner and Dessert cost €6.00 per day, delivered to your door. We also provide a wide range of hot or cold dishes for any catering event such as Special Occasions and Functions. **For further information on our services please contact Orlaith Tomkins at 029-76375. or email duhallowfoods@eircom.net**

Duhallow Care & Repair Programme

Are you 65+ years of age? Do you live in the Duhallow area? Have you a small repair job which you would like to have done for you? **Care and Repair Duhallow** uses a pool of trustworthy volunteers and handypersons to carry out minor repairs for older people. For further information please contact Colm or Eileen at 029-60633.

The Duhallow Arenas situated adjacent to the James O’Keeffe, Newmarket are open. Become a key holder for €110 (June – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633.**

Newmarket Pitch & Putt Club is now accepting membership. Green Fees also accepted @ €8 per adult and €6 for Juveniles. Enquiries to 087-3733181. Monday - Friday 9.00am—5.30pm.



New Funding Programme for Women

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 funding will support women who may want to increase their self-confidence and assertiveness skills whilst also having the opportunity to take part in a series of training programmes both Accredited and Unaccredited.

A sample of training include the following:

Outsmart Stress and Anxiety, Assertiveness Skills, Moms Matter—A support group for Mother who work in the Home, ECDL Start, Care support QQI level 5, Care Skills QQI level 5, Communications QQI Level 5, Frontline Office and Reception Skills QQI Level 5, Intermediate Excel, Personal Development to name but a few of the course to be delivered!

Importantly, childcare may be subsidised where applicable for a person whilst undertaking the programme and training will be delivered in Newmarket. This is a significant chance for women to participate in local training and be supported in their efforts to return to work. **For women looking to get in touch about the programme please contact IRD Duhallow on 029 60633 and speak to Jacinta or Mary.** Alternatively more information can be found on the website www.irdduhallow.com

“Moms Matter Workshop”

A Group for Mother’s Who Work in the Home

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. As the series progresses the mothers will have the opportunity to voice issues that arise in being a stay at home mom, what they feel could combat these issues, and what they wish others knew. **This workshop will commence on Thursday the 7th of September from 10a.m. to 11.30a.m. and it will continue once a week for six weeks in the James O’ Keeffe Institute, Newmarket. To register please contact Jacinta or Mary on 029 60633** For more information visit www.irdduhallow.com

Toddler Bonding Programme

The programme will run over a six-week period incorporating six one and a half hour sessions during which parents are invited to bring their toddlers along for some bonding time. This programme is specifically designed for parents/carers and toddlers between the ages of 1 and 3. This programme will help parents gain a deeper understanding of their children while having lots of fun and spending time together.

Modules will 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. **This workshop will commence Monday 11th of September 10.30a.m. to 12noon and will continue once a week for six weeks in the James O’ Keeffe Institute, Newmarket. Places will be limited, to register your name please contact Mary on 029-60633.** For more information visit www.irdduhallow.com

Duhallow Women’s Forum Celebrates 20 years in Existence

IRD Duhallow established the Duhallow Women’s Forum in 1997 in a direct response to the identified needs of women from the region. The opportunity for women’s groups from Duhallow to collaborate and network with each other has allowed for the sharing of information and ideas and has succeeded in building the confidence levels of women in the region, through encouraging their participation in a wide range of training courses, workshops, seminars and conferences. We are looking to increase our membership base therefore, if you would like to become a member of the Duhallow Women’s Forum or receive more information please contact **Mary on 029-60633.**

Employment and Training Working Group

IRD Duhallow’s Employment and Training Working Group is determining interest in delivering the following courses: Safe Pass, Forklift Inexperienced, Occupational First Aid and 360 Excavator. **Persons must be unemployed or on a DSP payment to participate. Places will be limited, to register your name please contact Mary on 029-60633.**

Course	Start Date	Accreditation	Duration	Time
Safe Pass	June – Date TBC	SOLAS Safe Pass	1 Day	8a.m. to 5p.m.
Occupational First Aid	19 th June—21 st June	QQI Level 5	3 Days	9a.m. to 5p.m.
Forklift Training for Inexperienced Operators	27 th June—29 th June	RTITB Registered and accredited	3 Days	9a.m. to 4p.m.
360 Excavator	23 rd June	CSCS Ticket	1 day for operators with over 6 months experience in the past 2 years.	9a.m. to 5p.m.

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 details, contact **Jacinta on 029-60633**.

Tús - Have you been unemployed and in receipt of a job seeker's allowance for over a year. Participation on Tús will offer you opportunities to experience different work environments and provide you with employment related experience to re-enter the labour market. Self-referral may be an option for you, for more details contact **Sheila Roche on 029-60633**.

Equality Working Group

Duhallow Carers Group meet on the first Thursday of each month. The next meeting is **Thursday 1st June** at 8.30pm in the James O'Keeffe Institute. For further details or information contact Louise on 029-60633.

Creative Writing Workshops - IRD Duhallow is seeking expressions of interest in running Creative Writing Workshops. These workshops will provide people of any age with an introduction to the tools required to write creatively as well as covering techniques to enhance creativity in your storytelling. You will be introduced to the many possibilities of the craft of writing and gain the necessary skills to enable you to engage further with creative writing. These workshops are for beginner writers or anyone with an interest in creative writing. If you are interested in attending or if you require further information, please contact Jacinta at **029-60633**.

IRD Duhallow Welcomes

CITIZEN INFORMATION CENTRE

will be open every Tuesday from 10am to 12:30pm

in the James O'Keeffe Institute

CITIZEN INFORMATION PROVIDE ACCESS TO ACCURATE COMPREHENSIVE AND CLEAR INFORMATION RELATING TO ALL YOUR RIGHTS AND ENTITLEMENTS

WE LOOK FORWARD TO MEETING YOU

Funded and supported by Citizens Information Board

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 group meets on the last Thursday of every month. The **next meeting of this group will take place on Thursday 29th June**

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** -

Befriending Network—Do you have a family member who lives alone and simply wants to chat? Why not enquire about setting them up with a weekly visit from our friendly volunteer befriender? The service is free and is operated by trained volunteers. **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.

Emotional Support Service

IRD Duhallow is offering a One to One Integrative Counselling service. This service is being offered by two pre-accredited counsellors and is free of charge. **If you would like to make an appointment or have any further enquiries please contact Kate or Aoife on 087-1179990.** "A Journey of a thousand miles begins with a single step"

- Confucius

Youth and Education Working Group

IRD Duhallow Afterschools is holding an **open evening on Wednesday 7th of June from 6pm – 7.30pm** where anyone thinking of using the afterschool's service can call in. It is a perfect opportunity to see the facilities and services available. The staff will be on hand to explain pricing structures, policies or any queries parents may have.

IRD Duhallow will be running **'Summer Camps'** starting **Monday 3rd of July 2017 from 9am-1.30pm** each day for Primary School children of all ages, except for our Pitch & Putt Camp which is for 5th & 6th Class pupils only. These five weeks will be fun filled with activities such as

Our Camps are running as follows:

Little Artists Academy: 3rd to the 7th of July

Laugh and learn Camp: 8th to the 11th of August

Pitch and Putt camp: 24th to 28th of July

Computer Whizz Camp: 10th to the 14th of July

Nature Detectives Camp: 14th to the 18th of August

IRD Duhallow offers a **tiered pricing system** allowing families in receipt of a social welfare payment to receive a reduction in price. Places for these camps are limited. Early booking is advisable. For further details or to book a place please contact Louise Dineen at 029-60633 or email duhallow@irdduhallow.com

2017 EUROPE IN MY REGION CAMPAIGN - Put your ESF Project on the map. 15-24 year olds: Enter the national competition to win an iPad, Submit pictures from your SICAP /ESF /YEI project to SICAPESF@pobal.ie or Instagram SICAPESFcomp by 30th June. Enter EU Photo Competition, Submit a photo (include logo/branding for EU/ESF/YEI) to <http://tinyurl.com/europeinmyregion> by 27th August 2017.

Enterprise Working Group

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 or **Contact Louise at 029-60633 / louise.bourke@irdduhallow.com** .

Are you unemployed and interested in a career in Book Keeping? Through our Skillnets Job Seekers Support Programme we are looking at delivering a training programme for unemployed people with a suite of book keeping related training programmes including Accounts and Pay Roll, Sage, and Excel Skills. All participants of the programme must agree to undertake 1 week's work experience as part of the course. Enquiries to Louise Bourke on 029-60633 / louise.bourke@irdduhallow.com

Are you unemployed and interested in a career in Construction? Through our Skillnets Job Seekers Support Programme we are looking at delivering a training programme for unemployed people with a suite of construction related training programmes including Safe Pass, Abrasive Wheel, Working at Heights, Confined Space Operations and many more. All participants of the programme must agree to undertake 1 week's work experience as part of the course. Enquiries to Louise Bourke on 029-60633 / louise.bourke@irdduhallow.com

Agriculture Working Group

Rural Social Scheme - Are you over 25 farming and have access to a herd number; in receipt of farm assist or equivalent payment you might be eligible for a place on IRD Duhallow's Rural Social Scheme. You could be part of our team that undertakes work which benefits our communities. For further information, **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 started their programme of invasive species work for the year. Currently the teams are out along the banks of the Upper Blackwater and Araglin rivers pulling Himalayan balsam plants. This invasive plant is a particular problem for our rivers as it outcompetes native plants, then dies back in winter leaving banks exposed to erosion, which increases the amount of silt entering the water.

To manage the wide variety of habitats in Duhallow to their full potential, we need to have up-to-date information on the condition of those habitats. Furthermore, we need to monitor the important species that are living in these habitats to know how well they are doing. RaptorLIFE are achieving this by monitoring a range of prey species, including small mammals and birds for raptors, and freshwater invertebrates for our freshwater fish. Surveys of hen harrier, merlin and invasive plants are also underway.

A great time was had by all who attended Tom Anketell's talk on Angling in Duhallow and Gill Weymens talk on ladybirds in May. Thank you to both speakers for very interesting and stimulating talks! A new programme of talks and workshops will be scheduled in the autumn.