

IRD Duhallow

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MAY 2017

**SPECIAL
POINTS OF IN-
TEREST:**

**WESTERN
DUHALLOW
ELECTIONS**

**BEALTAINE 2017
PROGRAMME**

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Community Development Working Group

Community Meeting in Knocknagree

IRD Duhallow will hold a Community Meeting in Knocknagree Youth and Community Centre on **Wednesday 24th May @ 8.30pm** to discuss the opportunities that are available through LEADER 2014-2020, SICAP and other programmes. We would encourage everyone from the different community organisations, sporting groups, youth and actively retired to attend. For further information please contact Triona on 029-60633.

Western Duhallow Elections & Community Forum Meeting

The Western Duhallow Elections & Community Forum Meeting will take place on **Wednesday 31st May @ 8.00pm** in the James O'Keeffe Institute Newmarket. **On the night 2 new representatives will be elected onto the Board of IRD Duhallow** to represent the needs of communities in the region as well as a forum meeting taking place to discuss the needs and issues in Western Duhallow. This information evening is open to all especially the following communities; Ballinahulla, Ballydaly, Ballydesmond, Boherbue, Cullen,, Foilogohig, Glash, Gneeveguilla, Kiskeam, Knockaclarig, Knocknaboul, Knocknagree, Meelin, Rathmore, Rockchapel, Shrone, Taur and Tureencahill.

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 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**

Bealtaine 2017 Programme of Events

29th April: Castlemagner Dawn Chorus. Hosted By: Castlemagner Sinsir; Venue: Knocknanness; Contact: Kathleen Moylan 086-8521808 kathleenmoylan1@gmail.com Time: 5am; Admission: €10 Adults / €5 Children (Breakfast included in the Community Centre after the event).

30th April: Donoughmore Social Dance Hosted By: Donoughmore ARA; Venue: Donoughmore Community Centre; Contact: Noreen on 086-3248960 Admission: €10 Adults.

3rd May; Dawn Mass Hosted By: The SAOI Network; Venue: James O'Keeffe Institute; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com Time: 5.30am.

Outsmart Stress & Anxiety Seminar Hosted By: Duhallow Women's Forum; Venue: James O'Keeffe Institute; Mary Creedon 029-60633 mary.creedon@irdduhallow.com; Time: 7pm.

Island Wood Walk Hosted By: IRD Duhallow; Contact Con 029-60633. or email: con.osullivan@irdduhallow.com; Time: 7pm.



Bealtaine Events Continued;

5th May; Alzheimer's Tea Morning Hosted By: Tureenahill Actively Retired; Venue: Tureenahill Community Centre
Contact: Mary Creedon 029-60633 mary.creedon@irdduhallow.com ; Time: 11am – 1pm.

Alzheimer's Tea Morning; Venue: Duhallow Community Food Services, Newmarket; Time; commencing at 11am.

7th May; Millstreet Bealtaine Tea Dance Hosted By: Millstreet ARA; Venue: Wallis Arms Millstreet; Time: 2.30-5.30pm
in the Wallis Arms, Millstreet. Music By: Peter Lane and light refreshments served. Admission €5.

8th May; The History of Local Place Names Hosted By: Kilshannig ARA; Venue: Laharn Heritage Centre; Contact: Mary Murphy 086-3607213 mjkmurphy36@gmail.com; Time: 11.30am

9th May; Handmade Card Making Workshop - one day workshop Hosted By: The Saoi Network; Venue: James O'Keeffe Institute ; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com Time: 10am - 1pm; Fee: €35 (including your own materials kit).

10th May; Walk of Mullaghareirke Hosted By: IRD Duhallow; Contact Con 029-60633 con.osullivan@irdduhallow.com;
Time: 7pm

12th May; IRD Duhallow Dawn Chorus Hosted By: IRD Duhallow Bird Watch Group; Venue: Island Wood, Newmarket; Contact: Ilse Corkery 029-60633 ilse.corkery@irdduhallow.com Time: 6am

Joe Dolan Tribute Night: Hosted By: Kilbrin Community Council; Venue: Kilbrin Community Centre Contact: Tom O'Riordan 087-4116060 Time: 8.30pm

14th May; The Second Honeymoon – Performed by Banteer Drama Group Venue: Bruach na Carraige, Rock-chapel Contact: Jack Roche 087-2205566 Time: 8.00pm

15th May; The Quiet Man – Daytime Cinema Hosted By: Saoi Network; Venue: James O'Keeffe Institute; Contact: Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Time: 1.30pm; Admission: €10 (Dinner & Film)

16th May; Scrapbook Layout - one day workshop Hosted By: The Saoi Network; Venue: James O'Keeffe Institute; Contact: Louise 029-60633 / louise.bourke@irdduhallow.com Time: 10am - 1pm; Fee: €35 (including your own materials kit)

17th May; iPad, Tablet and Smart Phone Training Hosted By: IRD Duhallow; Venue: James O'Keeffe Institute; Contact: Mary Creedon 029-60633 mary.creedon@irdduhallow.com ; Time: 10am – 12pm; Duration: 5 Weeks

Clara Loop Walk By: IRD Duhallow; Contact Con O'Sullivan 029-60633 con.osullivan@irdduhallow.com; Time: 7pm.

19th May; Castlemagner Bealtaine Variety Concert. Hosted By: Castlemagner Sinsir; Venue: Castlemagner Hall; Contact: Kathleen Moylan 086-8521808 kathleenmoylan1@gmail.com Time: 8pm; Admission: €10 Adults / €5 Children.

24th May; Introduction to Photography. Hosted By: Mallow Camera Club; Venue: IRD Duhallow; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Time: 8pm.

Mount Hillary Walk Hosted By: IRD Duhallow; Contact Con 029-60633 con.osullivan@irdduhallow.com; Time: 7pm

26th May; Yoga in your Chair. Hosted By: The SAOI Network; Venue: James O'Keeffe Insitute; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Time: 12pm; Admission: Free

Millstreet Gramophone Night Hosted By: Millstreet Gramophone Club; Venue: Canon O'Donovan Centre, Millstreet; Contact: Sean Radley 086-8250074 millstreetmuseum@iercom.net Time: 8.15pm

27th May; Kilbrin Dawn Mass: Hosted By: Kilbrin Community Council; Venue: Kilbrin Grave Yard Contact: Tom O'Riordan 087-4116060 Time: 6am

Kilbrin Ceili: Hosted By: Kilbrin Community Council; Venue: Kilbrin Community Centre Contact: Tom O'Riordan 087-4116060 Time: 9.30pm Admission: €5.

30th May; Freemount Gramophone Night Hosted By: Freemount Thursday Club Venue: Cois Abhann, Freemount: Admission: €3.

31st May; Jack's Mystery Tour Hosted By: The SAOI Network Venue: It's a Mystery Silly!!!! Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Cost: €55.

Throughout the Month of May

Basic and Improvers IT Training Hosted By: IRD Duhallow; Venue: James O'Keeffe Institute; Contact: Mary Creedon 029-60633 mary.creedon@irdduhallow.com ; Time: 10am – 12pm / 7pm – 9pm

Rosary Recital Hosted By: Tureenahill Active Retired Group; Venue: Tureenahill Grotto; Time: 8.00pm (Mon - Fri); 7.30pm (Sunday); All welcome.

Enterprise Working Group

Interested in a Career in Construction?

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

Enterprise Working Group

The Duhallow Skillnet has an extensive training programme in place for May

Venue: James O'Keeffe Institute, Newmarket					
Course	Start Date	Price	Accreditation	Duration	Time
Advanced Excel	4 th May	€100	Cert of Attendance	1 Day	9:30am – 5.30pm
Occupational First Aid	11 th May	€180	QQI Level 5	3 Days	9:30am – 5:30pm
Introduction to VAT	19 th May	€125	Cert of Attendance	1 Day	9.30am—5.30pm
Manual Handling Instructor	29 th 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 queries please contact Louise on 029-60633 / louise.bourke@irdduhallow.com

Equality Working Group

Duhallow Women's Forum Celebrates 20 years in existence and will present

“Outsmart Stress & Anxiety” Seminar on Wednesday 3rd May, in James O'Keeffe Institute @ 7.30pm
 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. **To register please contact Mary or Jacinta 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. Creative Writing. writing. If you are interested in attending or if you require further information, please contact Jacinta at **029-60633**.

Duhallow REVAMP - We are working on an exciting new project this month: with the collaboration of participants from COPE Mallow, we have designed **beautiful rustic garden benches**. Available to order now, visit our showroom or our Facebook page for more information. We also have several couches and suites in excellent condition. 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 contact Colm at 029-60633.**

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.

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.

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

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**

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**. Coder-Dojo 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.**

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, Abrasive Wheels, 360 Excavator and Site Dumper. **Persons must be unemployed to participate. Places will be limited and to register your name please contact Mary on 029-60633.**

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.**

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.**

Duhallow Bee Keepers Association; On Saturday 13th May at 2.30pm an **Outdoor Demonstration** will be held with the kind permission of Denis and Nora Foley, Moses Bridge, Kanturk. For more information, contact Andy Bourke on 087-2783807.

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.**



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



We are working closely with Coillte to create a wildlife corridor linking the Stacks to Mullaghereiks Special Protected Area with the Special Area of Conservation on the River Blackwater. This is now in full swing. RaptorLIFE workers have finished clearing the brush/branches from the first section of cleared conifers, and are now planting 10m of the margin with a strip of native trees. This should improve foraging and possibly nesting habitat for hen harriers, merlin and other wildlife.

RaptorLIFE has also re-commenced fencing along the Upper Blackwater and Owentarglin Rivers. This is the best way to stop livestock entering the rivers and to encourage riparian growth. Stable riverbanks are ideal habitat for a variety of plants whose roots help to guard against erosion. A new habitat is created as well as a buffer from flooding. **For further information please contact 029-60633.**