

IRD Duhallow

Newsletter July 2017

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SPECIAL POINTS OF INTEREST:

IRD DUHALLOW AGM ON WEDNESDAY 26TH JULY

CORK CITY SPORTS PARTNERSHIP

The A.G.M. of IRD Duhallow CLG and Launch of Progress Report 16-17 will take place Wednesday 26th July at 8.00pm in the James O'Keeffe Institute, Newmarket. While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible.

Community Development Working Group

Duhallow Community

Laundry at the James O'Keeffe Institute, Newmarket, assists the elderly, low income households and carers with washing and drying clothes, bed 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 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

Quality Garden Furniture for the summer months

With the collaboration of participants from COPE in Mallow, we are proud to launch our garden benches which are available now to buy.

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 with 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.**

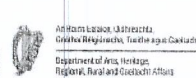
The Duhallow Arenas situated adjacent to the James O'Keeffe, Newmarket are open. Become a key holder for €95 (July - December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633**

Newmarket Pitch & Putt Club is a top class 18 hole facility and is now accepting membership. Green Fees are @ €8 per adult and €6 for Juveniles. Clubs can be pre-booked. It is open 9am to 9pm daily. Enquiries to 087-3733181.

Expressions of interest are being sought for Communities who wish to run a Couch to 5k, Get into Walking Workshops, Men on the Move and Women in Sport Initiatives. **Contact Triona / Helen on 029-60633 / helen.osullivan@irdduhallow.com / triona.murphy@irdduhallow.com**

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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 .

Interested in a Career in Book Keeping? 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 Manual Bookkeeping, Manual Payroll, Functional Maths, Customer Services & Reception Skills, Computerised Accounts using SAGE & Big Red Book, Computerised Wages using Thesaurus, Office procedure, Office Admin, Word Processing using Microsoft Word, Spreadsheet using Microsoft Excel, Email using Microsoft Outlook.

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.

Participants on each of the above programmes 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

IRD Duhallow Skillnet - IRD Duhallow Skillnet is taking expressions of interest in the following courses which will run from Sept- Dec 2017: Intermediate Excel, Advanced Excel, Employment Law, Sage Booking and Payroll, Big Red Book, Customer Service and Complaint Handling, Food Safety, Sugar Craft, GDPR, Risk Management, Fire Warden, Train the Trainer, Palliative Care, Care Support, Boom Sprayer & Hand Held Sprayer Training. Enquiries to Louise Bourke on 029-60633 / louise.bourke@irdduhallow.com

Employment and Training Working Group 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 Measure is supported by the European Social Fund (ESF). This grant will support women in order to assist their return to the labour market.

Course Name	Accreditation	Start Date	Time	Duration	Cost
Care of the Elderly	QQI Level 5	6 th September	6.30pm-9.30pm.	10 Nights	€50.00
Moms Matter Workshops	Certificate of Attendance	7 th September	10am-11.30am	6 Mornings	Free
ECDL Start	ECDL Skills Card	19 th September	6.30pm-9.30pm	12 Nights	€50.00
Personal Development	Certificate of Attendance	19 th September	10am-12.00pm	8 Mornings	€20.00
Basic Excel	Certificate of Attendance	20 th September	9.30am-4.00pm	1 Day	€20.00
Assertiveness Workshop	Certificate of Attendance	26 th October	10am- 4.00pm	1 Day	Free
CV Preparation & Interview Skills	Certificate of Attendance	Oct. Date TBC	10.am- 4.00pm	3 Days	Free
Psychometric Testing	Certificate of Attendance	Oct. Date TBC	10.am- 5.00pm.	2 Days	Free

For further information or booking of any of the above courses please contact Jacinta / Mary on 029-60633 or alternatively you can book online at www.irdduhallow.com.

Equality Working Group

Coderdojo Volunteers: IRD Duhallow has recently established a Coderdojo Club for the region. Coderdojo is a global movement helping children to learn how to code, develop apps, games, websites and much more. Through Coder-dojo 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 club and the sessions going forward from September. For further details, please contact Jacinta on 029-60633.

Culturewise Training: IRD Duhallow is seeking expressions of interests in holding a one-day interactive training workshop on integration and inclusion. The proposed training will enable participants to recognise the value of diversity and multiculturalism in society. The training will be delivered by Culturewise, whose mission is to help individuals to better understand and work more effectively with culturally diverse populations. For further information on this training or to register your interest please contact Jacinta on 029-60633.

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 will take place on Thursday 27th July from 2-4p.m in the James O'Keeffe Institute. For further information, please call Jacinta on 029-60633.

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 details please contact Colm or Eileen at 029-60633.

Citizens Information Centre 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

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.**

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 email: louise.bourke@irdduhallow.com

Could you spare two hours a week to call and socially visit with a person experiencing loneliness? Due to high demand for the service IRD Duhallow is seeking new volunteers. All volunteers will have to participate in training and submit details for Garda Vetting. Contact Tel: 029-60633 Email: 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 & 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*

Duhallow Women's Forum

Toddler Bonding Programme

The programme will run over six-weeks incorporating six one and a half hour sessions with parents invited to bring their toddlers along for some bonding time. This programme is specifically designed for parents/carers with toddlers between the ages of 1 and 3 years. It will give parents 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 and to register your name please contact Mary on 029 60633 or visit www.irdduhallow.com.**

"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. As the series progresses the mothers will have the opportunity to voice issues that present 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 or visit www.irdduhallow.com.

Experimental Play Workshops

IRD Duhallow is seeking expressions of interest in running play experiential workshops. The aim of these workshops is to create an experience which is fun and creative while still allowing for the exploration of feelings and thoughts in a safe, secure and therapist facilitated manner and will incorporate commonly used play techniques. Those who attend the work-shops will have the opportunity to see the value of play and how they can use it to their advantage, to work through their feelings. Some of the topics covered will include: Dealing with worries and anxieties, Dealing with anger, Building self-esteem, Building relationships, Developing social skills, Working on assertiveness, Building resilience. To register your interest please contact Jacinta or Mary on 029 60633.

Cork Sports Partnership Training

15th September: Active Leadership Award, Venue: James O'Keefe Institute Duration: 1 Day; Time: 9:30am – 5:00pm Cost: €25. The award is designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders. Leaders will be equipped to work in a wide range of locations including local clubs, community groups, workplaces, community centres and sports' clubs.

9th October: Safeguarding 1 (Code of Ethics and Good Practice in Children's Sport) – Venue: James O'Keefe Institute Duration: 3 Hours Time: 6.30pm – 9.30pm Cost: €30 This Code is for the benefit of everyone involved in children's sport

(children, parents/guardians, sports leaders', etc). The Sports Partnership tutors deliver the 3-hour introductory workshop, which provides information on codes of conduct, bullying, recruitment, etc. as well as child protection guidelines. By following the principles, policy and practical guidelines contained in the Code, sports leaders are playing their part in providing a safe and enjoyable environment in which children can learn and thrive.

11th November: Sports First Aid Training, Venue: The James O'Keefe institute Time: 9:30am – 4:30pm Cost TBC.

IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community In addition to invasive plants such as Himalayan balsam and Japanese knotweed, the team are also targeting Giant rhubarb or Gunnera along roads this year. This is a plant native to South America and can form dense colonies, growing up to 2 metres in height. The size of the leaves and their early spring emergence prevents native plants from germinating or growing due to shading. Despite its similar appearance, Gunnera is unrelated to rhubarb. The RaptorLIFE team are currently working with John Lusby from Birdwatch Ireland to survey merlin and short-ear owls within Duhallow. Both species are difficult to detect and likely occur in very low densities, therefore we'd greatly appreciate any information on sightings of either species in the Duhallow area. The RaptorLIFE project teamed up with Inland Fisheries Ireland to give the Water Explorers from Scoil Mhuire Kanturk Girls National School some practical experience into freshwater monitoring. IFI showed the pupils the importance of good clean quality water and how this can be measured by looking at the invertebrates that live in it. Great fun was had in the learning process! Please contact 029-60633 if you have any query regarding RaptorLIFE.

