

Tel: 029-60633

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SPECIAL POINTS OF INTEREST:

DUHALLOW CARERS HOSTING SEMINAR ON ADVOCACY AND LOBBYING ON 7TH SEPTEMBER AT 8^{PM}

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.**

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**

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 ser-

vices 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 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.

Duhallow REVAMP.... Back to School Specials

It is time to get ready for the school year ahead. Why not create enticing surroundings to motivate the children with their homework? We have just the thing with a selection of desks and colourful chairs to help with their important study time.

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 €80 (August – 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 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

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Enterprise Working Group

Did you know that as of 1st September 2017 the recognised standards for Occupational First Aid are changing?

After 1st September the refresher course will be held over 2 days. Keep your certs in date.

IRD Duhallow are running a **one day refresher course** which will last you for 2 years. Date: 9th August; Venue: James O'Keeffe Inst. Time: 9.30am –5pm Cost: €90.

Did you know that you are required to have a qualified first aider for every 50 employees in your company?

Complete our 3 day First Aid course from the 16th—18th August. Cost: €180; Venue: James O'Keeffe Institute; Time: 9.30am to 5.00pm **To book please contact Louise Bourke at 029-60633 / louise.bourke@irdduhallow.com**

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**

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

Employment and Training Working Group

IRD Duhallow is seeking to run 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 commencing on **Thursday 7th of September 2017** from 10a.m. to 12noon. Limited places available for further information please contact Mary 029-60633.

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	19th October	10.am- 4.00pm	3 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 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 Coderdojo 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.

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 31st August from 2-4 pm in the James O'Keefe Institute.** For further information, please call Jacinta on 029-60633.

IRD Duhallow is seeking expressions of interest in holding a **Finding My Way Programme.** Recovery from Mental ill Health can be a long and difficult process and you will find that in order to aid recovery, it's often necessary to learn new coping skills or even to re-learn old ones. The Finding YOUR Way Course can help you to learn new coping skills, build a new support network and help with managing your recovery. The course will give you the opportunity to explore and learn about your symptoms, their treatment and the management of your recovery. The course will be supported by Shine, the national organisation dedicated to upholding the rights and supporting and addressing the needs of all those affected by mental ill health. To express your interest in this course please contact Jacinta on 029-60633.

IRD Duhallow is seeking expressions of interest in Creative Writing Workshops. These workshops will provide you 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. If you are interested in attending, contact Jacinta on 029- 60633.

Duhallow Carers will be hosting a seminar on **Advocacy and Lobbying.** Learn more about wiring persuasive letters and being an advocate. The event takes place on Thursday 7th September at 8pm in the James O'Keefe Institute. For further details or information contact Louise on 029-60633.

Citizens Information Centre The weekly clinic at the James O'Keefe Institute, Newmarket open from 10am to 12.30pm on Tuesdays, will not operate in August due to staff holidays and will re-open Tuesday 5th September

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 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 e-mail: 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'Keefe 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'Keefe 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

"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.**

Parenting Skills Workshops will help parents to develop skills, strategies and the confidence to handle various parenting situations and conflicts. These workshops will take place over two half days from 10am to 1pm in the James O'Keeffe Institute, date to be confirmed. To register your name please contact Mary or Jacinta at 029-60633.

Youth and Education Working Group

The Laugh and Learn Camp will take place from the 8th to the 11th of August.

Nature Detectives Camp will take place from the 14th to the 18th of August. Places are limited, so booking is advisable. Discounts for camps apply for families who are receipt of a social welfare payment and/or the medical card. For more information

contact Louise Dineen at 029-60633. **The Newmarket Afterschools** will reopen in September for any primary school children in Duhallow, operating from 2pm to 6pm. However, the service offers transport only from Newmarket Boys and Girls National school. A warm nutritious home cooked dinner is provided along with homework support daily. Please note IRD Duhallow offers a tiered pricing system allowing families in receipt of a social welfare payment or medical card to receive a reduction in price. Parents also have the flexibility of sending their children for the whole week or a daily as they wish. **For further information please contact Louise Dineen at 029-60633**

Duhallow Angling Centre of Excellence - Summer Angling Camp for children will take place on 14th to 16th August incl. All Angling Equipment will be provided. Booking is essential for this camp. For further information please contact Tom Annett on 086-0827484

Cork Sports Partnership Training

15th September: Active Leadership Award, Venue: James O'Keeffe 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'Keeffe 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, recruit-

ment, 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: James O'Keeffe Institute Time: 9:30am – 4:30pm Cost €50

IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community

The LIFE crew are out treating Giant rhubarb or Gunnera along roads. Anyone sighting this invasive plant in their area, please let us know, or if you are unsure contact us. Tel No: 029-60633.

While the Raptor monitoring breeding season is coming to a close the LIFE Project is still busy with the removal of Himalayan balsam from the rivers. Some of the plants are close to forming seed heads, which is when care must be taken to remove the seed head and bag it, as to prevent further infestation.

Please contact the LIFE Office at 029-60633 to report any sighting of Pine Martens.

National Heritage Week runs from the **19th to 27th of August** and this years theme is **'It's in your Nature'**.

On **Thursday 24th August at 11am**, in Grenane Park, Kanturk. IRD Duhallow will be holding a workshop on 'Life in the River' covering topics such as invertebrates, birdlife associated with the river and fish as well as demonstrations on casting and fishing. If interested in attending this event please register by contacting 029-60633.

Please also watch the IRD Duhallow facebook page for other local events as part of heritage week.

