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### SPECIAL POINTS OF INTEREST:

FREE TASTER SESSION ON HORTICULTURE ON 26TH SEPTEMBER

### New Training 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 <sup>th</sup> Sept.	6.30pm-9.30pm	10 Nights	€50.00
Moms Matter Workshops	Certificate of Attendance	7 <sup>th</sup> Sept.	10am - 11.30am	6 Mornings	Free
ECDL Start	ECDL Skills Card	19 <sup>th</sup> Sept.	6.30pm - 9.30pm	12 Nights	€50.00
Personal Development	Certificate of Attendance	20 <sup>th</sup> Sept.	10am – 12.00pm	8 Mornings	€20.00
Basic Excel	Certificate of Attendance	20 <sup>th</sup> Sept.	9.30a.m - 4.00p.m	1 Day	€20.00
Assertiveness Workshop	Certificate of Attendance	26 <sup>th</sup> Oct.	10.00am – 4.00pm	1 Day	Free
CV Preparation & Interview Skills	Certificate of Attendance	19 <sup>th</sup> Oct.	10.00am - 4.00pm	3 Days	Free
Psychometric Testing	Certificate of Attendance	TBC	10.00am - 5.00pm	2 Days	Free

For information or booking of any of the above please contact Jacinta/ Mary on 029-60633 or alternatively you can book online through the events page of our website at [www.irdduhallow.com](http://www.irdduhallow.com).

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## 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.

IRD Duhallow is seeking to deliver 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. It is important to book your place early as places are limited or for more information please contact Mary. **The Smartphone/Tablet training is due to commence on Monday 9th of October from 10a.m. to 12noon and the Ipad / Iphone training is due to commence on Thursday 12th of October from 10a.m. to 12noon. Each course will take place on morning a week for five weeks. For more information, please contact Mary on 029-60633.**

**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.

**Irish Sign Language Level 1** Commencing on **Tuesday the 12th of September from 7p.m. to 8.30p.m.** one night per week for 14 weeks with four more weeks to be completed in January 2018. Programme Description - This programme is suitable for individuals who have completed a basic sign language programme and who wish to develop skills in Irish Sign Language for effective communication with deaf or hard of hearing relatives, employees and customers in a variety of situations. Modules will include: – Vocabulary, Grammar, Descriptions, Classifiers etc. Group Work including conversation & facial expression, Deaf Culture, Deaf Community and Deaf Technology. **To register, participants must have completed a Basic Sign Language course previously. For more information, please contact Mary on 029-60633.**

**Walking Skills / Mountain Skills Training Course** - IRD Duhallow in conjunction with Cork Sports Partnership are proposing to hold a Walking Leader / Mountain Skills Training course in the Autumn and we invite people who are interested in participating to contact **Louise Bourke on 029-60633 / louise.bourke@irdduhallow.com**

**Free Taster Session on Horticulture** — **Tuesday 26th September 2017** in The James O' Keeffe Institute, Newmarket, from 10am to 1pm. Followed by a Harvest Showcase with the GIY group at 7.30pm.

IRD Duhallow hopes to offer a QQI level four or five programme in Spring 2018 in conjunction with Cork ETB. If you are interested in a free full time Horticulture programme whereby you will gain the skills necessary to grow your own produce, learn landscaping techniques and perhaps go on to further training, set up a business, or gain employment then come along to our information session on Tuesday the 26th of September from 10am to 1pm.

Here you will learn about the course content and additional accredited modules that we will be running in conjunction with the course such as Forklift Training for Experienced and Inexperienced Operators, PHECC First Aid Responder (which replaces Occupational First Aid), Tools Maintenance Training, Site Dumper Training, Customer Service etc.

We will follow this information session with a **GIY Group Harvest Showcase at 7.30pm** whereby our vegetables freshly picked from our own kitchen gardens and polytunnel will be available to taste and try. This will be a lovely day for anyone interested in this area and to **register your interest please contact Rachel or Mary on 029-60633.**

**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 un-employed people with a suite of book keeping related training programmes including Manual Bookkeeping, Manual Pay-roll, 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.

**Participants for the above 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**

## Equality Working Group

**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'Keeffe Institute. For further details or information contact Louise on 029-60633.

**The Duhallow Carers are taking expressions of interest in 8 Weeks of Yoga Classes.** Classes will be held in the James O'Keeffe Institute. To register your interest please contact **Louise Bourke at 029-60633.**

**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 **Thursday 28th September from 2-4 pm** in the James O'Keeffe 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.**

**Duhallow Choral Society** will resume rehearsals on **Tuesday 5th September in Scoil Mhuire Secondary School Kanturk at 7.30pm.** We have an exciting year ahead and welcome any new members to the choir. Check out our website for contact details on [duhallowchoralsociety.com](http://duhallowchoralsociety.com) or alternatively you can check out our Facebook page at [duhallowchoralsociety](https://www.facebook.com/duhallowchoralsociety)

**Citizens Information Centre** The weekly clinic at the James O'Keeffe Institute, Newmarket is open from 10am to 12.30pm every Tuesday.

**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. **Con-**

**tact Louise at 029-60633 or e-mail: [louise.bourke@irdduhallow.com](mailto: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](mailto: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

**AIANON** 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

**The Newmarket Afterschools** re-opens on the 1st of 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 Bourke at 029-60633.**

**Careers Exhibition** The Annual IRD Duhallow Careers Exhibition will take place on Tuesday 4th of October in the Edel Quinn Hall Kanturk from 10am-1pm. This event is open to young people, parents and teachers, to provide an opportunity to meet with representatives from local and national universities, Institutes of Technology, PLC Training Colleges etc, to discuss further training and education opportunities and to get an insight into the requirements and what each course entails. Roisín Kelleher, Career Guidance Counsellor will be in attendance on the day to offer invaluable advice to students on filling out their CAO and on their further education choices. **For more information on this event contact Jacinta at 029-60633.**

## Duhallow Women's Forum

**Information Seminar on Ovarian and Breast Cancer October 5th 2017 at 7.30p.m. in the James O'Keeffe Institute, Newmarket**

The event is open to the public and will explore:

**Breast Cancer Awareness** – Signs & Symptoms; What supports are available and what to expect; what to say and what happens when someone you know gets a diagnosis.

**Ovarian Cancer** – Signs & Symptoms; Diagnosing and treating ovarian cancer and current research.

**Lifestyle Choices** – Your Health, Your Choice: how 4 in 10 cancers could be prevented if we make simple changes to our everyday life.

Speakers will include: Sharon O'Toole Senior Research Fellow in Trinity College Dublin working in the area of ovarian cancer, Fiona Moriarty Breast Cancer Nurse Counsellor Cork ARC Cancer Support House and Meave Fitzgerald of Marie Keating Foundation. **To register your interest in attending please contact Mary at 029-60633.**

## Agriculture Working Group

**Agri Digital Skills Training for Farmers** - Funding is being provided to deliver basic digital skills training to those with little or limited computer skills. The main focus will be to deliver relevant Agri-Digital Skills Training to farmers, farm families and the farming community. Through the Agri-Digital Skills Training, farmers will be trained in the use of Agfood.ie, as well as 'Online Banking' internet and email, Internet safety & security, online transactions, etc. A key function of Agfood.ie will be to

show farmers how to utilise and operate the Animal Identification and Movements (AIM's) system online, thus replacing the hard copy version of the Herd Register of Bovine Animals. The Digital Skills Training aims to increase farm efficiency and ultimately reduce the soon-to-be redundant paperwork by registering calves, viewing herd profiles and processing farm-to-farm movements online. This training is open to everyone and will be run over a five-week period commencing on **Wednesday 4th of October 2017 from 7.30p.m. to 9.30p.m. Limited places available for further details please contact Mary 029-60633.**

## IRD Duhallow Rural Social Scheme (RSS)

IRD Duhallow Rural Social Scheme is recruiting new participants.

To qualify for the Rural Social Scheme a person needs to be:

- On Farm Assist or
- In receipt of another means tested social welfare payment and
- Be actively farming or
- Have access to an active herd number, (Partner/spouse, father/mother brother/sister, provided this number is not being used by another RSS Participant).

A class A stamp will be paid for RSS Participants. For further details please contact Sheila or Marie at 029-60633.

## Cork Walking Week 2017

As part of Cork Walking Week 2017, IRD Duhallow is organising a group walk to be held on **Sunday 1st October at 2pm at The Clagh Loop, Millstreet.** Anyone interested in taking part can register by contacting IRD Duhallow on 029-60633 or email [duhallow@ird-duhallow.com](mailto:duhallow@ird-duhallow.com)