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### SPECIAL POINTS OF INTEREST:

CAREERS EXHIBITION  
ON 4TH OCTOBER

INFORMATION TALK ON  
OVARIAN AND BREAST  
CANCER  
ON 5TH OCTOBER

## Enterprise Working Group

### IRD Duhallow Mentoring Programme

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](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or Contact Louise at 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com).

**The Duhallow Skillnet** has an extensive training programme in place to register please contact Louise Bourke at 029-6033 or email [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

Essentials of HR for Business Owners	3rd October	9.30am - 4.30pm	€75.00
Food Safety	3rd October	9.30am - 5.30pm	€130.00
LAMH	4th & 11th October	7pm - 9.30pm	€80.00
Nap Sack Spraying Course	4th & 11th October	9.30am - 5.30pm	€120
Essentials of HR for Business Owners	10th October	9.30am - 4.30pm	€75.00
HR Fundamentals & Mentoring with the HR Suite	10th October	9.30am - 5.30pm	€150.00
Mentoring & Coaching	16th Oct. & 6th Nov.	9.30am - 5.30pm	€250.00
Health & Safety for Employees of the Equestrian Industry	16th & 23rd October	7pm - 9.30pm	€50.00
Recruitment & Interview Skills	17th October	9.30am - 1:00pm	€75.00
Managing Absenteeism	17th October	2pm - 5:30pm	€75.00
Big Red Book	18th October	9.30am - 5.30pm	€125.00
Boom Spraying	18th & 25th October	9.30am - 5.30pm	€120.00
Chainsaw Training	19th & 20th October	9.30am - 5.30pm	€220.00
Big Red Book	25th October	9.30am - 5.30pm	€125.00
Sage	31st Oct. & 1st Nov.	9.30am - 5.30pm	€200.00
Tractor Maintenance	6th & 7th November	9.30am - 5.30pm	€85.00
Intermediate Excel	6th November	9.30am - 5.30pm	€100.00

### INSIDE THIS ISSUE:

Enterprise Working Group	1	Services	3
Training Courses for Women	2	Youth and Education	4
Employment and Training Working Group	2	Agriculture Working Group	4
Equality Working Group	3	Raptor LIFE	4



## Enterprise Working Group Continued

Sage	7th & 8th November	9.30am - 5.30pm	€200.00
Fire Warden	9th Nov November	9.30am - 1.30pm	€50.00
Manual Handling Instructor	13th -17th November	9.30am - 5.30pm	€350.00
Grievance & Disciplinary	14th November	9:30am - 5:30pm	€150.00
Advanced Excel	15th November	9.30am - 5.30pm	€100.00
Small Engine Maintenance	21st November	9:30am - 5:30pm	€60.00
Advanced Excel	22nd November	9.30am - 5.30pm	€100.00
Women in Business Networking Event	23rd November	8am - 10.30am	FREE
Care Support	27th Nov - 18th Dec & 15th Jan - 19th Feb	6.30pm-9.30pm	€200.00
Accountants CPD Training	29th November	9:30am - 5:30pm	€190.00
Succession & Tax Planning for Farmers	29th November	7.30pm - 9.30pm	FREE
Advanced Excel	Wed 29th November	9.30am - 5.30pm	€100.00

**IRD Duhallow Skillnet is also taking expressions of interest in Project Management QQI L6; Search Engine Optimisation and Presentation Skills.**

## PEIL Gender Equality 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
Assertiveness Workshop	Certificate of Attendance	9 <sup>th</sup> November	10.00a.m-4.00p.m.	1 Day	Free
CV Preparation & Interview Skills	Certificate of Attendance	19 <sup>th</sup> October	10.00a.m-4.00p.m.	3 Days	Free
Psychometric Testing	Certificate of Attendance	16 <sup>th</sup> November	10.00a.m-5.00p.m.	2 Days	Free
Mindful Living & Stress Management Workshops	Certificate of Attendance	22 <sup>nd</sup> November 23 <sup>rd</sup> November	10.00a.m-4.00p.m.	2 Days	€20.00
Styling for an Interview Workshop	Certificate of Attendance	20 <sup>th</sup> November	10.00.a.m-1.00p.m.	1Half Day	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 through the events page of our website at [www.irdduhallow.com](http://www.irdduhallow.com).**

**Duhallow Arenas** The Duhallow Arenas (situated adjacent to the James O’Keeffe in Newmarket) are open at pre-sent. Become a key holder for €55 (October – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633**

## Equality Working Group

**Duhallow Women's Forum will host an Information Seminar on Ovarian and Breast Cancer on Thursday 5th October 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.**

**Duhallow Carers Group** meets on the first Thursday of each month. **The next meeting is Thursday 5th October** at 8.00pm in the James O'Keeffe Institute. For further details or information contact Louise 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 of October 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 Seniors Conference

**Date:** Tuesday 14th November  
**Time:** 10am – 4.30pm **Venue:** James O'Keeffe Institute. **Cost:** €20 (including Lunch). Our first ever Seniors Conference is being launched by the Minister for Older People Jim Daly and will feature a wide range of speakers and showcase stands relating to personal security, wellness and mindfulness, rights and entitlements.

**DANCE & DVD Launch** at Edel Quinn Hall, Kanturk on **Friday 13th October**. Dance in aid of Millstreet Hospital and Kanturk Hospital. Dancing from 9pm to 1am Admission €10. For further details ring 087-9735113.

**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.**

**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

The **Newmarket Afterschools** offers an out of schools service from 2pm – 6pm. Transport is available from Newmarket G.N.S & B.N.S. Each child receives dinner and is supported to complete their homework. Full Fees (3pm – 5.15pm); €7.30 per day; Parents who hold GP Visit for Over 6s €5.60 per day; Medical Card / Welfare Payment €4.80 per day; Medical Card & Welfare Payment €2.80 per day. **For further contact Louise Bourke at 029-60633.**

**Literacy & Numeracy Supports**  
Our Literacy & Numeracy Programmes for Children with Dyslexia or Dyspraxia run on Mondays from 4.30pm- 5.30pm. Enquiries to **Louise Bourke on 029-60633 / louise.bourke@irdduhallow.com**

IRD Duhallow will hold an information seminar entitled **Transition from Primary to Secondary School on Tuesday 3rd October at 7.30pm in the James O’Keeffe Institute Newmarket.** This information seminar will be of great benefit to parents who have children just started in secondary school as well as teachers and students themselves. This information night will be facilitated by Roisín Kelleher who is an imminent Careers Counsellor from Aisling Career Guidance in Cork and will address issues such as social interaction/fitting in, study techniques etc. Admission to this event is free and refreshments will be served on the night. **To register please contact Helen at 029-60633.**

## Careers Exhibition

A Careers Exhibition will take place on **Wednesday 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 Col-

leges 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 details please contact Jacinta at 029-60633.**

## Cork Sports Partnership Training – Safeguarding 1 (Code of Ethics and Good Practice in Children’s Sport)

**On:** 9th October **Time:** 6.30pm – 9.30pm **Venue:** James O’Keeffe Institute. **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. – **Sports First Aid Training On:** 11th November **Time:** 09:30am – 4:30pm **Venue:** The James O’Keeffe institute **Cost** TBC.

## Agriculture Working Group 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.**

## IRD Duhallow’s Raptor LIFE Project Supported by the LIFE Financial Instrument of the European Community

The **RaptorLife** team have been busy this month tackling the invasive plant species Japanese Knotweed along its main vector routes - roadways and rivers in the Duhallow region and the project area. The main method of dispersal is by spreading rhizomes (underground stems). Many infestations are the result of mechanical cutting and/or transport of soil containing rhizome fragments. Once established it quickly spreads out-competing our native flora and degrading the stability of our river banks. The RaptorLIFE team are treating Knotweed along the road and river routes by spraying and injecting herbicide directly into stems. **If you would like further information on this plant or would like to report a sighting, please contact 029-60633.** RaptorLIFE continues to remove Himalayan Balsam along river routes. This is a delicate but arduous task for our team as most plants have formed fully developed seed heads close to popping. The team are physically removing the seed heads for disposal off-site to prevent further spread. Sediment and macro-invertebrate sampling has started at 15 of our project sites located along the Upper Blackwater River and River Araglin. These sites have been fenced off to prevent cattle access to the river with the aim to improve vegetation recovery, bank stabilization and water quality. Macro-invertebrate sampling involves capturing and identifying aquatic insects, bugs and larvae that have different tolerances to water pollution. They indicate the water quality of that site and allow our team to assess whether or not measures put in place by our team are achieving their objective to improve the river habitat quality for our project species, the Brook Lamprey and Atlantic Salmon

