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### SPECIAL POINTS OF INTEREST:

SENIORS CONFERENCE ON 14TH NOV.

INFORMATION SEMINAR ON CYBERBULLYING ON 20TH NOV.

### Enterprise Working Group

*The Duhallow Business Awards takes place on Thursday 16th November. Tickets available by contacting 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)*

### 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 your interest please contact Louise Bourke at 029-6033 or email [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

Tractor Maintenance	6th & 7th Nov.	9.30am - 5.30pm	€85.00
Intermediate Excel	6th November	9.30am - 5.30pm	€100.00
Sage	7th & 8th Nov.	9.30am - 5.30pm	€200.00
Fire Warden	9th Nov.	9.30am - 1.30pm	€50.00
Manual Handling Instructor	13th - 17th Nov.	9.30am - 5.30pm	€350.00
Grievance & Disciplinary	14th Nov.	9:30am - 5:30pm	€150.00
Advanced Excel	Wed 15 <sup>th</sup> Nov	9.30am - 5.30pm	€100.00
Small Engine Maintenance	21st November	9:30am - 5:30pm	€60.00
Advanced Excel	Wed 22 <sup>nd</sup> Nov	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	29 <sup>th</sup> November	9.30am - 5.30pm	€100.00

IRD Duhallow Skillnet is also taking expressions of interest in; Project Management QQIL6, Search Engine Optimisation, Presentation Skills, EPI Pen Administration and Managing Challenging Behaviour.

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## Community Development Working Group

**Duhallow Arenas** The Duhallow Arenas (situated adjacent to the James O’Keeffe in Newmarket) are open at present. Become a key holder for €40 (November – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633.**

**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. We are now taking orders for Christmas Baking. **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 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 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** This Christmas could be extra special with a present that literally doesn’t cost the Earth! Our furniture, soft furnishings and decorative items are made and restored with a special attention to their footprint on the environment and are also great value! How about a little kid’s armchair made of reused material and beautifully upholstered with your choice of material? Or a practical upholstered toy box personalized to your specifications? For more information please **contact Colm at 02960633, email: revamp@irdduhallow.com like us on Face-book: Duhallow Furniture Revamp.**

As always we have good quality furniture for sale at great prices. 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. (free collection). Our team is at hand to 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 with a discount available for individuals in receipt of a social welfare payment! Visit our showroom, open Monday - Friday, 9am to 5.30pm.

## PEIL Gender Equality Programme for Women

IRD Duhallow 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) and will support women in order to assist their return to the labour market.

Course Name	Accreditation	Start Date	Time	Duration	Cost
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> & 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)**

## Equality Working Group

**Duhallow Carers** The Duhallow Carers Group **Annual Mass for Carers** will be on **Wednesday 8th November**, 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 group is peer facilitated, and supported by the SHINE Regional Development Officer. The group meet on the last Thursday of every month. The next meeting **of this group will take place on Thursday 30th November from 2-4 pm in the James O'Keeffe Institute.** For further information, please call Jacinta on 029-60633.

**Towards Occupation Programme** Are you experiencing emotional and/or mental health challenges? Are you out of work for a long period of time and looking for direction? Have you suffered a set-back in life and do you want to get active again for work or social purposes? If you answered **YES** to any of the above questions than maybe the Towards Occupation Programme is for you. **The Towards Occupation Programme is a flexible part time programme including training opportunities in:** Personal Development, Life Skills, Computers, Craft Skills – Sewing and Upholstery, Furniture Recycling, Horticulture, Cookery etc.! For more information or to register please contact Triona on 029- 60633.

## Duhallow Seniors Conference

**Date:** Tuesday 14th November  
**Time:** 10am – 4.30pm **Venue:** James O'Keeffe Institute. **Cost:** €15 (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. Please contact Louise on 029-60633 [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com) to reserve your place at the Conference.

**Boherbue Christmas Market**, takes place on Sunday 26th November 2017 in the Hall from 2pm to 5pm. This years focus is on food - Home Baking, Festive Food, Organic Products, Lovely Cheeses and Chocolates as well as Artisan Cider and Brandy. There will also be hand made jewellery, crafts beauty items and accessories in addition to refreshments and a raffle. Admission is Free.

## 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 to 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 Sun-day 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**

The Youth & Education Working Group will hold an **Information Seminar on Cyberbullying for Parents, Guardians and Teachers of Children of all ages.**

This Seminar will take place on **Monday 20th of November** in the **James O’Keeffe Institute, Newmarket at 7.30pm.**

Topics covered on the night will include the causes of Cyberbullying, the effects of technology use on children and prevention and safe use of technology.

**The talk will be delivered by Pat Forde of Stopthebully.ie**, Pat has worked with schools all over the country implementing his anti-bullying programme with students, staff and parents. He also featured on the RTE Television series Bullyproof with David Coleman and is a regular contributor to national media debates on the subject having had many of his articles featured in newspapers and online.

As places are limited, booking is essential, for booking please contact **Jacinta 029-60633.**

## 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**

It has been extremely busy for all our fieldworkers as this is the optimum time for Japanese Knotweed treatment. To date, the project has treated over 500 knotweed stands along the roads and riverbanks in the project area. This work was undertaken in both 2016 and 2017, and will be repeated in 2018. We are currently undertaking small mammal surveys on our project farms to provide information on the effectiveness of our habitat management work to increase the amount of prey available to Hen harrier and other raptors.

A Controlled Burning Workshop will take place in Millstreet Country Park on Wednesday 22nd November, 2017. The workshop is organised in conjunction with the Forest Service, Teagasc, and the Department of Agriculture, Food and Marine. We encourage all landowners who are interested in burning to come along to learn how to burn safely and effectively. Contact the LIFE team on 029-60633 for more information.

