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SPECIAL POINTS OF INTEREST:

CHRISTMAS MULICULTURAL EVENTS

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 also provide a free collection and delivery service 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.

Home Incentive Scheme: There are home insulation grants available through the SEAI for all homeowners whose properties were constructed prior to 2006. Works carried out include attic and cavity wall insulation. Grants of up to €923 are available to qualifying households. IRD Duhallow will carry out a free survey on your property to determine what works can be funded. Contact Colm or Eileen on 029-60633 / email: whs@irdduhallow.com

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 O'Connor at 029-60633, email: revamp@irdduhallow.com like us on Facebook: Duhallow Furniture Revamp.

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.

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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 or **Contact Louise at 029-60633 / louise.bourke@irdduhallow.com**

The Duhallow Skillnet is taking expressions of interest in; Essentials of Project Management, Search Engine Optimisation, Presentation Skills, Advanced Excel and Occupational First Aid. **To register your interest please contact Louise Bourke at 029-60633 or email louise.bourke@irdduhallow.com**

Employment and Training Working Group

Sugar Craft for Christmas a one night workshop will be held on the 6th of December from 7pm – 9pm. Cost €30. Limited Numbers available. **Contact Louise at 029-60633 / louise.bourke@irdduhallow.com**

Basic Make Up Application Having basic make up skills can give women and men the confidence to shop for particular products they know that they can use and not be bombarded and overwhelmed with over advertised make up products. This six-week course will include Foundation choices, application of primer & foundation cream, Day make up, Night make up, Smokey eye application, tips for older and younger make up applications etc. It will take place in the James O' Keeffe Institute, Newmarket and will commence on the 1st of March and continue one night per week for six weeks from 7p.m. to 9p.m. **Places are limited and to register your interest contact Mary on 029 60633.**

Play Skills Play Skills is a series of workshops suitable for parents, carers or those working directly with children who are interested in learning theory based techniques aimed at targeting positive child development. This session series offers experiential introduction to play skills and play's benefits, backed up by theory and research. Participants will have the opportunity to witness technique demonstration and work directly with materials to enhance the quality of their play experiences with children. Sessions will also cover discussion of topics such as anxiety and worry, sadness, anger, and traumatic affect and how we can best support children in their environment when they are experiencing negative emotions. Participants will gain experience working through art, music and movement, storytelling, puppetry, Lego and more. It will take place in the James O' Keeffe Institute, Newmarket and will commence on the 20th February and continue one night per week for six weeks from 7p.m. to 9p.m. **Places are limited and to register your interest contact Mary on 029-60633.**

IRD Duhallow Job Centre - Are you looking for a New Job or Changing your Career? Do you need advice and support to get your career kick started? IRD Duhallow Job Centre provides a free & confidential recruitment service to job seekers. We know that finding a job can be sometimes difficult and as a job seeker we are here to help you avail of the many supports you need such as: one to one guidance with career planning, assistance with Cover Letters and CV's, Interview Preparation and up-skilling opportunities through further training. For details, contact **Jacinta on 029-60633.**

Tús - Have you been unemployed and in receipt of a job seeker's allowance for over a year. Participation on Tús will offer you opportunities to experience different work environments and provide you with employment related experience to re-enter the labour market. Self-referral may be an option for you, for more details contact **Sheila Roche on 029-60633.**

IRD Duhallow is seeking Volunteer Computer Tutors

IRD Duhallow is actively recruiting volunteer computer tutors to deliver basic and improves computer training for the Duhallow area. Training will take place in Newmarket and the programme will assist people to learn Basic IT, internet and email skills etc. All tutors are volunteers and will work with other tutors to teach small class groups. Classes will run once a week for five weeks for two hours per week either on mornings from 10a.m. to 12noon, or night time from 7p.m. to 9p.m. What is required for this position: Interest in working with people, knowledge of computers, patience and understanding. Training will be provided & tutor lesson plans will be available. **For more information, please contact Mary on 029-60633.**

Equality Working Group

Multi-Cultural Christmas Events
IRD Duhallow Equality Working Group is hosting two Multi-Cultural Christmas Community Events on **Tuesday 12th December in Teach Iosagain, Rathmore from 6.30p.m. to 7.30p.m. and on Thursday 14th December in the Trade Union Hall, Kanturk from 6.30p.m. to 7.30p.m.**

These events will give local children & adults the opportunity to meet new friends and to have some festive refreshments. Each child will have the opportunity to meet Santa and Mrs Claus who will both be in attendance on the night.

The events are free of charge and everybody is welcome. As places are limited, registration is essential prior to attending, please contact Jacinta on 029-60633 to register your families' details no later than **Wednes. 6th December 2017.**

Duhallow Choral Society coming to a venue near you this Christmas. We are delighted to help out with the various fund raising events in the Duhallow Region. So come along and enjoy a wonderful evening of Christmas Carols and you will also be helping your local group in their fundraising efforts for their communities. The following are the Christmas Carol Concerts for December.
December 1st - Dromcollogher Church - 7.30pm
December 5th - Meelin Church - 8pm
December 8th - Millstreet Church - 8pm
December 12th - Knocknagree Church - 8pm
December 17th - Kanturk Church - 7pm

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 and meetings are held monthly in the

James O'Keeffe Institute, Newmarket. For further information please contact the SHINE Regional Information and Support Officer Jennifer Walsh on 086-852 5755.

Practical Self Advocacy Training for People with Disabilities

The purpose of the training is to build the capacity of people with disabilities to enable them to advocate on their own behalf when achieving their goals, and securing their entitlements, in their own lives. The aims and objectives will be to develop participant's communication skills, confidence and self-awareness; to encourage participants to identify opportunities for advocacy, both as an individual and a collective; to educate participants on their rights and entitlements; to empower participants to become more active in their community and give them the knowledge to navigate local structures in order to influence change; to provide a platform for the development of supportive working and interpersonal relationships. This training will take place over five days from 11a.m. to 3p.m. Dates are to be confirmed. **If you are interested or would like more information, please contact Mary on 029-60633.**

Citizens Information Centre The weekly clinic at the James O'Keeffe Institute, Newmarket is open from 10am to 12.30pm each Tuesday. However, the final clinic for 2017 will be on Tuesday 12th December and will reopen on Tuesday 9th January 2018

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 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**

Lego Club for Children

Lego Club offers creative Lego building sessions for boys and girls aged between 5 and 12 years old. Lego building sessions will be led by a Certified Play Therapist giving children the opportunity to improve social, teamwork, communication, problem solving, fine motor and creative play skills, all the while having fun and making new friends. Lego therapy incorporates the underlying principles of Play Therapy which allow for a deeper process to occur under the trained facilitation of a Certified Play Therapist.

The sessions will begin on Saturday the 24th of February and will run for one session per week for six weeks from 10.30a.m. to 11.30a.m. **Places are limited and to register your interest contact Mary on 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

RaptorLIFE have wrapped up all invasive species work for the year. We finished our second year of herbicide treatment of roadside knotweed with good levels of dieback recorded after the treatment in 2016. We have far exceeded our targets, with well over 100km of roadside and 57km of riverbank treated. We also treated giant rhubarb and prickly heath in 2017. The project has finished a third year of removing Himalayan balsam from an 80.2km stretch of riverbank (Upper Blackwater and Owentaraglin).

Ongoing habitat restoration work on our project farms include the planting of new and infilling of existing hedgerows. The hedgerow provides shelter from the elements, safety from predators and is a supply of food. Hedgerows are also nature's motorways, they're the means by which small mammals, insects, butterflies, plants and even birds move throughout the land. Our AfterLIFE commitments to the completed DuhallowLIFE project are ongoing. We are currently in the midst of maintenance work to otter holts, log piles and dipper nests. **If you have any query please contact 029-60633.**



Beannachtaí na Nollag agus Athbhliain faoi mhaise

IRD Duhallow Offices will re-open at 9.00am on Monday 8th January 2018.