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**SPECIAL POINTS
OF INTEREST:**

**SENIOR ALERT
SCHEME**

SKILLNET TRAINING

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

New qualifying criteria has been added whereby families in receipt of the Domiciliary Care Allowance now qualify for this scheme. If you are in receipt of one of the following payments, you will now 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) or **Domiciliary Care Allowance**. Houses must be owner occupied and constructed before 2006. To apply contact Colm or Eileen on 029-60633.

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**

Senior Alert Scheme - Personal Monitored Alarm

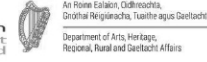
The objective of the scheme is to provide free personal monitored alarms to enable older persons to continue to live securely in their homes. Funding via Pobal is available through this scheme towards the purchase of equipment (personal alarm and pendant) by a registered organisation. The equipment is supplied and installed free of charge along with free monitoring for the first year. To be eligible for the Seniors Alert Scheme, you must be:

- Aged 65 or over and have limited means or resources
- Living alone or with someone who also meets the eligibility criteria
- Living in the area covered by the registered group administering the grant support
- Able to benefit from the equipment being supplied and
- Willing to maintain contact with the registered group.

For more information, contact Colm or Eileen on 029-60633.

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Duhallow REVAMPJanuary Specials!!

Do not miss out on our unbeatable value this month on suites and sofa, wardrobes, tables and chairs, bedside lockers and more. 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.** 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). If you have a piece of furniture in need of some attention, you can also avail of our restoration and upholstery service. For more information please contact **Colm O'Connor at 029-60633**, email: revamp@irdduhallow.com like us on Facebook: Duhallow Furniture Revamp.

The Duhallow Arenas (situated adjacent to the James O'Keefe in Newmarket) are available for hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €180 (January – December), which will allow full access to the arenas. For further details or information contact **Louise on 029-60633**.

Enterprise Working Group

Duhallow Skillnet has an extensive training programme in place to register your interest please contact Louise Bourke at 029-60633 or email louise.bourke@irdduhallow.com

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
Dementia	James O'Keefe Institute	10th January	6pm - 9pm	€20.00	1 Day
Boom Sprayer	James O'Keefe Institute	18th & 25th January	9.30am - 5.30pm	€120.00	2 Days
Presentation Skills	James O'Keefe Institute	23rd January	9.30am - 5.30pm	€125.00	1 Day
Intermediate Excel	James O'Keefe Institute	22nd & 29th January	7pm - 10pm	€100.00	2 Nights
Responsive Behaviour Training	James O'Keefe Institute	24th January	6pm - 9pm	€20.00	1 Day
Lamh 1	James O'Keefe Institute	26th Jan and 2nd Feb	7pm - 9.30pm	€100.00	2 Nights
Infection Prevention & Control	James O'Keefe Institute	5th February	9.30am-5.30pm	€200.00	10 Nights
Advanced Excel	James O'Keefe Institute	5th & 12th Feb.	7pm-10pm	€100.00	2 Nights
Supervisory Management QQI L6	James O'Keefe Institute	6th February	6.30pm-9.30pm	€450.00	10 Nights
Performance Appraisals	James O'Keefe Institute	7th February	9.30am-5.30pm	€150.00	1 Day
Medication Management Training	James O'Keefe Institute	7th February	6pm -9pm	€20.00	1 Day
Start Your Own Business	James O'Keefe Institute	7th, 14th, 21st, 28th Feb. and 7th March	9.30am-1.30pm	€25.00	5 Mornings
Lamh 2	James O'Keefe Institute	7th, 14th, 21st, 28th Feb., 7th, 14th 21st & 28th March	7.00pm-9.30pm	TBC	8 Nights

Visit www.irdduhallow.com to see full range of Skillnet courses scheduled for the coming months

Equality Working Group

SAOI Network

Day Time Cinema will take place on **Tuesday the 23rd of January @ 12.30pm** commencing with Lunch followed by a showing of **How the West Was Won**. Cost €10. For further details and registration contact Louise on 029-60633.

Craft/Hobby Taster Sessions

To celebrate Adult Learners Festival which runs from the 5th to the 9th of March, IRD Duhallow will host Craft/Hobby Taster Sessions commencing in February.

Weeks 1-3 Card Making

Cardmaking can take on many different avenues so we will cover a taster of some to include stamping, decoupage, die cutting and inserts.

Weeks 4-6 Basic Knitting

Learning how to cast on, plain & purl stitches, cast off & how to read a pattern.

Weeks 7-9 Needlework

Tapestry & Cross Stitch. This will include the basic stitches, learning about different fabrics & threads used and how to read the patterns.

Places will be limited and to register your name please contact Mary on 029 60633.

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.

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.**

Financial Difficulties? MABS hold an Outreach Clinic in the James O'Keeffe Institute, Newmarket. Contact the MABS Mallow Office to arrange an appointment **Tel. No: 076-1072440.**

Citizens Information Centre

The weekly clinic at the James O'Keeffe Institute, Newmarket is open from 10am to 12.30pm each Tuesday and will reopen on Tuesday 9th January 2018.

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.

Al 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.**

IRD Duhallow Literacy Support IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia, consisting of two strands: Literacy Workshops and TTRS.

IRD Duhallow Numeracy Support Programme Our youth and education working group is piloting a new initiative offering a numeracy support programme for Primary School children struggling with Maths. Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Louise at 029-60633 / email louise.bourke@irdduhallow.com**

Employment and Training Working Group

ESF Programme for Employability, Inclusion & Learning (PEIL)

Gender Equality - Women Returning to the Workforce

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). This grant will support women in order to assist their return to the labour market.

Course Name	Accreditation	Start Date	Time	Duration
Care Support	QQI Level 5	7th March	6.30p.m-9.30p.m.	10 Nights
Intermediate Excel	Certificate of Attendance	13 th February	9.30am-4.00pm	1 Full Day
Frontline Office and Reception Skills	QQI Level 5	22 nd February	10.00am-1.00pm	10 Mornings
Communications	QQI Level 5	TBC	6.30pm-9.30pm	10 Nights

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.

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 has almost reached its target of fencing and strategically planting 28km of eroding river bank. These actions help to stabilise riverbanks preventing further erosion. By excluding livestock from having direct access to the river, and undertaking targeted planting of eroding riverbank, the level of silt getting into our rivers is greatly reduced. In addition to less silt, these activities also reduce the amount of nutrients and bacteria entering our rivers, which helps to protect the habitat of important freshwater species such as the Atlantic salmon and Freshwater pearl mussel. While we have already fenced 23km of riverbank, we still have a small amount of fencing to go. If you have farmland adjacent to the Araglin or upper Blackwater rivers and want your fencing done for free, contact the LIFE team on 029-60633 for more information.

The AfterLIFE maintenance works required as part of our previous LIFE project, DuhallowLIFE, is ongoing. These works include the maintenance and monitoring of Otter holts, log piles, and dipper nests, and the emptying silt traps located on farm drains.

The second stage of our work to create a foraging corridor for raptors through plantation forest at the Source of the Blackwater is underway. This novel action will connect two Natura 2000 sites – the Mullaghereik/Stacks SPA and the Munster Blackwater SPA, which is important for habitat connectivity.