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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. **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 in-sulation. **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 REVAMP February 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.

Enterprise Working Group

Mentoring Programme - Are you 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**.

Duhallow Skillnet has an extensive training programme in place to register your interest please contact Louise Bourke.

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
Infection Prevention & Control	James O'Keeffe Institute	5th February	9.30am-5.30pm	€200.00	10 Nights
Advanced Excel	James O'Keeffe Institute	5th & 12th Feb.	7pm-10pm	€100.00	2 Nights
Supervisory Management QQI L6	James O'Keeffe Institute	6th February	6.30pm-9.30pm	€450.00	10 Nights
Performance Appraisals	James O'Keeffe Institute	7th February	9.30am-5.30pm	€150.00	1 Day
Medication Management Training	James O'Keeffe Institute	7th February	6pm -9pm	€20.00	1 Day
Start Your Own Business	James O'Keeffe Institute	7th, 14th, 21st, 28th Feb. and 7th March	9.30am-1.30pm	€25.00	5 Mornings
Lamh 2	James O'Keeffe Institute	7th, 14th, 21st, 28th Feb. 7th, 14th 21st & 28th March	7.00pm-9.30pm	TBC	8 Nights
Risk Management	James O'Keeffe Institute	9th February	10am-1.30pm	TBC	TBC
Effective Visuals for Digital Marketing	James O'Keeffe Institute	14th Feb. & 21st Feb.	6.30pm - 9.30pm	€125	2 Days
OFA by Night	James O'Keeffe Institute	19th -24th Feb.	7pm-9.30pm	€199	TBC
Power Point Skills	James O'Keeffe Institute	20th February	9.30am-5.30pm	€125	1 Day
EPI Pens	James O'Keeffe Institute	20th February	9.30am-1pm	TBC	TBC
Telesales	James O'Keeffe Institute	21st February	9.30am-5.30pm	€125	1 Day

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

Equality Working Group

Duhallow Carers Meeting on Thursday 1st February 2018 at 8pm. **Guest speaker on the topic coping with outbursts and Managing Challenging Behaviour and Cognitive Responses.** All family and voluntary carers welcome. Please register on 029-60633.

IRD 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 of this group will take place on Thursday 22nd of February from 2-4pm** in the James O'Keeffe Institute, Newmarket. For further information, please contact Jennifer Walsh on 086 852 5755 or e-mail south@shine.ie.

Saoi Network IRD Duhallow are taking expressions of interest from groups interested in hosting Bealtaine Events. For further queries please contact Louise on 029-60633 / louise.bourke@irdduhallow.com

Living with Type 2 Diabetes? HSE community dietitians can help you to lead a healthy life. Book a place on a free 6 week X-PERT Diabetes course commencing on Wednesday 11th April 2018 at the Cluid Centre, Newmarket for 2.5 hours and running for 6 consecutive Wednesdays. **Call 1850 24 1850 or visit www.hse.ie/xpert.**

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.

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.**

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**

Duhallow Coderdojo is a Coderdojo club for children aged 8 - 13 years old. CoderDojo is a worldwide movement of free, volunteer-led, community-based programming clubs for young people. This club enables children to learn 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 industry. Classes are run fortnightly and can be booked online at <https://zen.coderdojo.com/dojos/ie/newmarket-co-cork/duhallow-coderdojo-club>.

Employment and Training Working Group

QQI Level 4 Horticulture Training Initiative

IRD Duhallow is currently recruiting participants for its new QQI Level 4 Horticulture Training Initiative, to begin in April 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 please contact Mary or Rachel at IRD Duhallow to find out more.

In addition to Horticulture, participants will have the opportunity to undertake additional training in areas such as Forklift Training for Experienced and Inexperienced Operators, PHECC First Aid Responder (which replaces Occupational First Aid), Tools Maintenance Training, Customer Service, Medicinal Herbs, Permaculture and Farm to Fork Cookery etc. A travel allowance is available to applicants in receipt of a social welfare payment.

Please contact Mary or Rachel on 029- 60633 to find out more or to register your interest.

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.



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



The RaptorLIFE project are happy to announce two great talks coming up in the near future: **'Let's find out about our bats'** presented by Connor Kelleher – who is a leading expert on these amazing mammals, this talk will be held on **Thursday 15th February** and **'The amazing life the Blackwater Atlantic Salmon'** pre-sented by our local expert Tom Antkettell of the Duhallow Angling Centre of Excellence, this will be held on **Thursday 8th March**. Both talks commence at 7pm at the James O'Keeffe Institute and refreshments will be served.