

# IRD Duhallow

Tel: 029-60633

Web: [www.irdduhallow.com](http://www.irdduhallow.com)

E-mail: [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com)

## MARCH 2018

### SPECIAL POINTS OF INTEREST:

#### SKILLNET TRAINING

#### EASTER CAMP FOR PRIMARY SCHOOL CHILDREN

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### 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](mailto:duhallowfoods@eircom.net)**

**The Duhallow Arenas** situated adjacent to the James O'Keeffe in Newmarket are available for hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €150 (March – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633.**

### 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.**

### Senior Alert Scheme - Personal Monitored Alarm

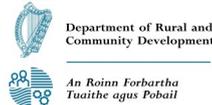
The objective of the scheme is to provide **free** personal monitored alarms to enable older persons to continue to live securely in their homes.

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.**



## Duhallow REVAMP .... Spring Arrivals!!

Refresh your house this spring with our fabulous curtains and cushions. We currently have a wide range of office desks in all shapes and sizes to give your workspace a new lease of life. Do not miss our great value this month on suites and sofas. We also have 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 info contact **Colm O'Connor at 029-60633**, email: [revamp@irdduhallow.com](mailto: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](http://www.irdduhallow.com/duhallow-enterprise/mentoring) or **Contact Louise at 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)** .

### Duhallow Skillnet has an extensive training programme in place:

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
Project Management QQI L6	James O'Keeffe Inst.	5th,6th & 14th March	9.30am-5.30pm	€540	3 Days
Intermediate Sugar Craft	James O'Keeffe Inst.	6th March	7pm-9pm	€99	6 Nights
Supervisory Management QQI L6	James O'Keeffe Inst.	6th March	6.30pm-9.30pm	€540	10 Nights
Bright Pay Payroll	James O'Keeffe Inst.	6th March	9.30am-5.30pm	€150	1 Day
CPR	James O'Keeffe Inst.	7th March	6pm-9pm	€20	1 Night
GDPR & Data Protection	James O'Keeffe Inst.	15th March	9.30am-5.30pm	€99	1 Day
Customs & Export Procedures	James O'Keeffe Inst.	22nd March	9.30am-5.30pm	€225	1 Day
Payroll QQI L5	James O'Keeffe Inst.	22nd March – 24th May	6.30pm-9.30pm	€350	10 Nights
Intermediate Excel	James O'Keeffe Inst.	27th March	9.30am-5.30pm	€100	1 Day
Training Delivery & Evaluation	James O'Keeffe Inst.	28th March	9.30am-5.30pm	€100	1 Day
Safeguarding of Vulnerable Adults	James O'Keeffe Inst.	4th April	6.00pm-9.00pm	€20	1 Day
Advanced Excel	James O'Keeffe Inst.	17th April	9.30am-5.30pm	€100	1 Day
Tele Sales	James O'Keeffe Inst.	17th April	9.30am-5.30pm	€150	1 Day
Contenance Promotion and Nutrition Training	James O'Keeffe Inst.	18th April	6pm-9pm	€20	1 Night

**To book any of these courses visit [www.irdduhallow.com](http://www.irdduhallow.com) or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

## Youth and Education Working Group

**The Newmarket Afterschools Service** Our dedicated staff will collect your child from school, provide a delicious, home cooked dinner, and after that support them with their homework followed by fun and games. A tiered pricing system is in operation for families in receipt of a social welfare payment or a medical card. Parents also have the flexibility of sending their children for the whole week or daily as they wish.

IRD Duhallow will be running the **Easter Eggstravaganza Camp**, which takes place from the **26<sup>th</sup> – 29<sup>th</sup> March**, during the times of 9am-1.30pm. The camp will be for Primary School children of all ages. Join us for the week, which will be filled with an exciting fun programme, including lots of art, crafts, baking and other creative activities. IRD Duhallow offers a tiered pricing system as with the Afterschool service. **Please note that space on the camp is limited early bookings is advisable. For further information on both the Afterschool's service and Easter Eggstravaganza camp, please contact Aoife at 029-60633 / email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

## Equality Working Group

### Duhallow Women's Forum

#### Duhallow Born Woman That Led the Right to Vote for Women 100 Years Ago

The 6<sup>th</sup> February 2018 marked 100 years since legislation was passed that gave Irish women the right to vote. Hannah Sheehy-Skeffington was born in Kanturk in 1877 and will be best remembered as the founder of the suffragette movement in Ireland. In 1908 Hanna and Francis (her husband), with their friends Gretta and James Cousins, founded the militant Irish Women's Franchise League to fight for women's right to vote and for women's citizenship to be included in the Home Rule Bill.

Hannah Sheehy-Skeffington was singled out as one of the 12 women honoured by the IRD Duhallow Women's Forum in 2005 by erecting a fine sculptor depicting her and a ballot box. Why not take time to visit Kanturk Town Park, where you can reflect on this Duhallow woman's special relevance as an Irish feminist and active suffrage campaigner. *If you'd like to learn more about Hanna Sheehy-Skeffington, we have a limited number of copies of her biography by Margaret Ward. For more information please contact IRD Duhallow on 029-60633 or [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com)*

**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](mailto:louise.bourke@irdduhallow.com)

**Jack's Mystery Tour 2018**. Enjoy a great day out with Jack's Mystery Tour on Tuesday 22<sup>nd</sup> of May. Cost €55.00. Contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

**Work Supports for people with Disabilities** - A Presentation on Work Supports for people with Disabilities will take place on **Wednesday 7th March** from 2.30pm to 4.30pm in the James O'Keeffe Institute, Newmarket. Disabled access at right hand side of building. Personnel from the Department of Employment Affairs and Social Protection will attend. Jobseekers and Employers are all welcome to this event.

#### 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 in the James O'Keeffe Institute on Tuesday 3<sup>rd</sup> April from 11 a.m. to 3p.m. and take place on 3 following Tuesdays. **If you are interested or need more information, please contact Katie on 029-60633.**

**Are you interested in Volunteering?** IRD Duhallow is currently seeking people who would be interested in volunteering on both or either of our **Domestic Violence** and **Bereavement Support** Services. Both services are **listening and emotional support services** and are not counselling services. We provide support over the phone and also on a one to one basis. You can make an amazing difference by helping to support a person in need of someone to talk to and/or in need of support to cope with a difficult time in their life. IRD Duhallow welcomes and values every volunteer, from all walks of life. Whatever your interests, beliefs, skills or experience we have a role for you and IRD Duhallow will train and support each volunteer for this role. Garda Vetting of all volunteers and completion of requisite training is required to become a volunteer on each of these services. **For further information please contact Helen at 029-60633 or [helen.osullivan@irdduhallow.com](mailto:helen.osullivan@irdduhallow.com)**

IRD Duhallow will host **Craft / Hobby Taster Sessions** commencing on **Wednesday 14<sup>th</sup> of March from 7.30p.m. to 9.30p.m.**

**Weeks 1-3 Card Making** Card making 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 Katie on 029-60633.**

**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 Aoife on 087-1179990.** "A Journey of a thousand miles begins with a single step"

- Confucius

## Employment and Training Working Group

### Would you or someone you know be interested in joining IRD Duhallow's Tús or RSS Schemes

The Tús Community work placement Initiative is a community work placement programme providing short-term working opportunities for unemployed people. Tús aims to break the cycle of unemployment and to prepare each person for a return to the labour market.

#### The self-referral eligibility criteria for Tús:

A person needs to be on Jobseekers Allowance payment for at least 12 months

You are now considered eligible if you had a break of up to but not exceeding 30 days in the Jobseekers Allowance record in the last 12 months

#### For the RSS, a person needs to be;

On Farm Assist OR In receipt of a 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 the RSS Participant.

**If you or someone you know is interested in joining these schemes, please contact Sheila at 029-60633.**

**IRD Duhallow's Employment and Training Working group** is determining interest in delivering the following course: **SOLAS Safe Pass**. Persons must be unemployed or on a DSP payment to participate. **Contact Katie at 029-60633.**

**Tureencahill Community Centre** will host a **Learn to Grow Your Own Fruit and Vegetable** training course commencing on **Tuesday 6<sup>th</sup> of March** one morning per week for six weeks from 10.30a.m. to 12.30p.m. This will enable individuals to learn the skills necessary to grow their own produce. Modules will include: Planning your garden; crop rotation; sowing seeds; propagation from cuttings; Pricking out, potting on; growing fruit; growing undercover and winter protection. **If you are interested or need more information, please contact Katie on 029-60633.**

**Teach Failte, Gneeveguilla** will host **Computer Training for Beginners** commencing on **24th April from 9.30am to 11.30am** and will run for six mornings. A training course will also be provided on **Smart Phone / Tablet training for personal use on 24th April from 11.30am to 1.30pm** and will run for six sessions. To register for either of training courses please contact **Sheila Roche at 029-60633.**

**QQI Level 4 Horticulture Training Initiative** IRD Duhallow is recruiting participants for its new QQI Level 4 Horticulture Training Initiative, beginning 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 Katie 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 Katie or Rachel on 029-60633 to find out more or to register your interest.**

### Duhallow Bee Keeping Association Training Schedule 2018 Two Workshops for Advanced Beekeepers

**Date:** Monday 12<sup>th</sup> March **Guest Speaker:** Fiona Edwards Murphy of ApisProtect

**Topic:** Educating Beekeepers on how to prevent losses and increase the productivity of their hives through the use of unique in-hive sensors and data processing technology.

**Date:** Monday 26<sup>th</sup> March **Guest Speaker:** Aoife Nic Giolla Coda **Topic:** Raising Queens from Start to Finish.

**Time & Location for both workshops:** 7.30pm James O'Keeffe Institute, Newmarket.

### Three Workshops for Beginner Beekeepers ONLY

**Date:** Monday 9<sup>th</sup> April **Guest Speaker:** John O'Mahony **Topic:** Construction of Hives & Protective Clothing.

**Date:** Monday 16<sup>th</sup> April **Guest Speaker:** Andy Bourke **Topic:** An Overall picture of Beekeeping for Beginners incorporating Bee Flora. **Date:** Monday 23<sup>rd</sup> April **Guest Speaker:** Padraic Whelan **Topic:** The Working of Bees within the hive. **Time & Location:** 7.30pm James O'Keeffe Institute, Newmarket. **\*Booking Essential 029-60633 Katie.**



### IRD Duhallow's Raptor LIFE Project

**Supported by the LIFE Financial Instrument of the European Community**



RaptorLIFE invites you to an evening talk '**The amazing life the Blackwater Atlantic Salmon**' presented by our local expert Tom Anketell of the Duhallow Angling Centre of Excellence, this will be held on Thursday 8th of March. Also "Birds in Trouble" on Wednesday 28<sup>th</sup> March. This talk will address the declining trends amongst many birds and touch on the "little things" we could do to try and reverse or help halt this trend. Talk will be delivered by our technical assistant Tomasz Siekaniec. Both talks commence at 7pm at the James O'Keeffe Institute and refreshments will be served.

Old barns and derelict dwellings are often suitable places for **Barn owls** to nest in. Duhallow has always been a stronghold for this red listed bird. For the last number of months, the project has identified several suitable locations and installed specially designed nest boxes. If, like us, you are a wildlife enthusiast and know of any old barn in your locality why not give us a call on 029-60633. The more the better!