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SPECIAL POINTS OF INTEREST:

SKILLNET TRAINING

NEW LOCAL TRAINING INITIATIVE PROGRAMME

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 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 €135 (April – 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

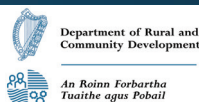
There are home insulation grants available through the SEAI for all homeowners whose properties were **constructed prior to 2006.** Works carried out include attic and cavity wall insulation. **Grants of up to €923** are available to qualifying households. IRD Duhallow will carry out a **free survey** 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.**

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Duhallow REVAMP Spring is here!!

Come and see our wide range of great quality headboards, from single to king size, including upholstered and solid timber models. We also have beautiful office desks and 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** 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 Courses April - May 2018

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
Safeguarding of Vulnerable Adults	James O'Keeffe Inst.	4th April	6.00pm-9.00pm	€20	1 Day
Data Protection & GDPR	James O'Keeffe Inst.	12th April	9.30am-5.30pm	€99	1 Day
Tele Sales	James O'Keeffe Inst.	17th April	9.30am-5.30pm	€150	1 Day
Advanced Excel by Day	James O'Keeffe Inst.	17th April	9.30am-5.30pm	€100	1 Day
Contenance Promotion and Nutrition Training	James O'Keeffe Inst.	18th April	6pm-9pm	€20	1 Evening
Patient Moving and Handling Instructor	James O'Keeffe Inst.	19th & 26th April & 3rd May	9.30am—5.30pm	€300	3 Days
Manual Handling Instructor	James O'Keeffe Inst.	23rd April	9.30am-5.30pm	€350	1 Day
Pivot Table	James O'Keeffe Inst.	25th April	7pm-9.30pm	€60	1 Evening
Creating Videos for Web, Social Media & Presentations	James O'Keeffe Inst.	9th May	9.30am-5.30pm	€99	1 Day

To book any of these courses visit www.irdduhallow.com or emailduhallowskillnet@irdduhallow.com

Social Enterprise

Jerh O'Donoghue from Rathmore SAG will be hosting a Social Entrepreneurs event about his experience in establishing Rathmore Social Action Group. A must attend event for any group or individual looking at starting or developing a social enterprise. Topics covered include Developing the Idea, Financing the Project, Developing Boards and Governance Strategies. Contact Louise on 029-60633 / louise.bourke@irdduhallow.com to book in.

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. **For further information please contact Aoife at 029-60633 / email newmarketafterschools@irdduhallow.com**

Coderdojo Volunteers

IRD Duhallow has established a Coderdojo Club for the region. Coderdojo is a global movement helping children to learn how to 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 development industry. **We are currently seeking volunteers** who may have a background in IT and are interested in assisting with the coding sessions. **If you are interested in volunteering, please contact Jacinta on 029-60633.**

Equality Working Group

The Duhallow Carers Group meets on the first Thursday of each month. The next meeting is on **Thursday 5th April** at 8.00pm in the James O'Keeffe Institute. For further details please contact Helen at 029-60633.

Saoi Network Tune in to Jimmy Reidy's Around the Fireside on C103 on **Monday the 23rd & 30th of April** to get the full run down on all our Bealtaine Events.

Jack's Mystery Tour 2018. Enjoy a great day out with Jack's Mystery Tour on **Tuesday 22nd of May.** Cost €55.00. Contact Louise on 029-60633/louise.bourke@irdduhallow.com

Practical Self Advocacy Training for People with Disabilities on 3rd, 10th, 17th & 24th April

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 3rd April from 11a.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.**

Newmarket Shine Phrenz Group 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 26th of April from 2.00p.m-4.00p.m** in the James O'Keeffe Institute, Newmarket. **For further information, please contact Jennifer Walsh on 086-8525755 or e-mail south@shine.ie.**

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**

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.**

Citizens Information Centre The weekly clinic at the James O'Keeffe Institute, Newmarket is open from 10am to 12.30pm each Tuesday.

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

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 Mature Student Counsellors, working towards their accreditation, 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*

Youth and Education 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.

QQI Level 4 Horticulture Training Initiative IRD Duhallow is recruiting participants for its new QQI Level 4 Horticulture Training Initiative, beginning on 16th April 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 Ra-chel 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.**

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. IRD Duhallow is now taking names for the following training courses which are due to commence in Autumn 2018, times and dates are to be confirmed. The courses are as follows: Special Needs Assisting QQI Level 5; CV Preparation and Interview Skills; Psychometric Testing; Styling for an Interview Workshop; Sage accounting; Personal Development; Moms Matter; Assertiveness.

For further information on the PEIL programme or any of the above courses please contact Jacinta on 029- 60633 or e-mail jacinta.carroll@irdduhallow.com. Or visit www.irdduhallow.com

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.**

Duhallow Bee Keeping Association Training Schedule 2018

Three Workshops for Beginner Beekeepers ONLY

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

Date: Monday 16th April **Guest Speaker:** Andy Bourke **Topic:** An Overall picture of Beekeeping for Beginners incorporating Bee Flora.

Date: Monday 23rd April **Guest Speaker:** Padraic Whelan **Topic:** The Working of Bees within the hive.

Time & Location: 7.30pm at the 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



THE WHITE TAILED SEA EAGLE

An interesting talk on the awesome White tailed sea eagle will be held on Thursday 12th April at 7pm in the James O'Keeffe Institute, Newmarket. Our own resident project scientist Dr Allan Mee will be conducting this talk and relating some of his experiences with the re-introduction project of this stunning bird. Refreshments will be provided.

Volunteers are needed for monitoring of the Hen Harrier for the upcoming breeding season (Apr-June) and a training workshop will be held on Thursday 12th April. The surveys consist of monitoring a likely breeding site for 3 hours at a time. Contact 029-60633 for more details. To find out more about these amazing birds and why we need to monitor them, check out our website <https://www.duhallowlife.com/raptor-life> or Facebook page. Also check out Birdwatch Ireland's excellent clip of the Skydancer on YouTube. <https://www.youtube.com/watch?v=nqQk711V4Vc>