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SPECIAL POINTS OF INTEREST:

BEALTAINE EVENTS

INTRODUCTION TO MINDFULNESS SEMINAR

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 €120 (May – 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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“The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020”

Bealtaine Festival 2018

The Saoi Network wants to facilitate a more active social life for older people living in Duhallow who want to broaden their horizons, become more active and get more involved in their communities. Active Retirement groups throughout Duhallow are hosting a variety of events including:

1st May IRD Duhallow is organising **First Aid Response (FAR) Occupational First Aid Training** on the 1st, 2nd and 3rd of May 2018 from 9.30am to 5.30pm in Mount Horgan Rathmore Co Kerry

2nd May **Mullaghareirk Walk** Time: 6.30pm Meeting at: Meelin Car Park Admission: Free

3rd May **IRD Duhallow will host a Tea Morning** in "The Pantry" Duhallow Community Food Services on Thursday 3rd of May 2018 from 10am – 12 noon all are welcome and your support is greatly appreciated.

4th May **Alzheimer's Tea Morning** Hosted By: Tureencahill Actively Retired; Venue: Tureencahill Community Centre Contact: Lil Fleming 064-7751178; Time: 11am – 1pm

5th May **Castlemagner Dawn Chorus**. Hosted By: Castlemagner Sinsir; Venue: Cecilstown; Contact: Kathleen Moylan 086-8521808 kathleenmoylan1@gmail.com Time: 5am; Admission: €10 Adults / €5 Children. The 3 mile route will incorporate the scenic views of Ballyhass Lakes and surrounding countryside. The walk will be led by Fr. Michael Dorgan PP and ornithologist and bird watch expert, Vivian O'Gorman. (Breakfast included in the Community Centre after the event). Please wear appropriate footwear and clothing including a high visibility vest.

6th May **Donoughmore Social Dance** (Music by Marino Sound) Hosted By: Donoughmore ARA ; Venue: Donoughmore Community Centre; Contact: Noreen O'Regan 086-3248960 Time: 8:30pm Admission: €10 Adults

8th May **Mary Poppins – Daytime Cinema** Hosted By: Saoi Network; Venue: James O'Keeffe Institute; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Time: 12.30pm; Admission: €10 (Dinner & Film).

Programme of all events is available on www.irduhallow.com All events are open to the public both young and old. For further details please ring 029-60633.

Duhallow REVAMP May Specials!!

We have fantastic value on office computer desks and bedside lockers this month, quantity is limited so don't miss out! We also have great deals this month on suites and sofas, tables and chairs 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.**

Upcoming Skillnet Courses

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
Creating Videos for Web, Social Media & Presentations	James O'Keeffe Inst.	9th May	9.30am-5.30pm	€99	1 Day
Big Red Book	James O'Keeffe Inst.	31st May	9.30am—5.30pm	€125	1 Day
Sage	James O'Keeffe Inst.	6th & 7th June	9.30am—5.30pm	€200	2 Days

To book any of these courses visit www.irdduhallow.com or email: 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. **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 3rd May** at 8.00pm in the James O'Keeffe Institute. For further details please contact Helen at 029-60633.

Darkness into Light Walk / Run

The Annual **Darkness into Light walk in aid of Pieta House** will take place in Kanturk on **Saturday morning May 12th**. The walk/run starts at **4.15am** and is open to people of all ages. The distance covered is 5 Kilometres. The start and finish is at the Edel Quinn Hall, it is advisable to be there at around 4.00am in order to get in the groove and soak up the fantastic atmosphere of the occasion. This event will be properly stewarded by volunteers in Hi Vis jackets. There will be a strong Garda presence as well as first aid personnel from the Red Cross. **Contributions to Pieta House will on-ly be taken online this year. To subscribe / register go to www.darknessintolight.pieta.ie** Registration costs €25 for adults and €5 for children. €5 concession for pensioners. Pieta House is a very worthy cause. Its professional counsellors do tremendous work with people with depression and suicidal tendencies. This event is being promoted by Kanturk Mens Shed. Looking forward to seeing you all early on Saturday morning 12th of May.

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**.

INTRODUCTION TO MINDFULNESS SEMINAR Entitled 'The Many Benefits of Mindfulness'

On Tuesday 22nd May, 7.30pm, In the James O'Keeffe Institute, Newmarket

The Duhallow Women's Forum will host a free workshop which will introduce the concept of Mindfulness and its tech-niques. This interactive seminar will explore:

- Mindfulness and its benefits;
- An opportunity to experience the simplicity of these practices and hear how they can be applied in everyday life;
- Mindfulness for Stress Management;
- Mindfulness for family & work life balance;

The seminar will be facilitated by Gestalt Psychotherapist and Mindfulness Meditation Facilitator, Alison Burnard, who has been practicing Mindfulness for over 35 years. Spaces for this seminar are limited so booking is essential. For further details or booking please contact Jacinta 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 24th of May 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.**

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 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.

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

Shine Taking Control Workshop

IRD Duhallow is seeking expressions of interest in a Taking Control Workshop. This workshop is about learning practical ways to face life's challenges. Participants will work on maintaining and taking control of their physical and mental wellbeing. The Aims of the Taking Control Workshop are: To build resilience in the face of life's challenges and setbacks; To enhance coping skills, especially pre-existing ones; To build and support self-esteem and confidence. **To express your interest in participating in this workshop please contact Jacinta 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



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



Hen harrier winter roost monitoring has drawn to a close, with the highest numbers of birds recorded to date. Breeding site monitoring will now commence.

The 30 plus Merlin baskets erected in distant upland areas are being checked/maintained for this year's breeding season. Merlin likes open bog, away from human activities, as they are a shy bird. Such habitat is hard to find, with many of these baskets being installed in trees on remote bogs.

The project has assisted with the ISPCA and local vets Mackessy's to rehabilitate a sick Buzzard. RaptorLIFE released the bird successfully where he had been found outside of Kanturk.

Meanwhile on the project farms small mammal trapping (and releasing) will take place, indicating the diversity and abundance of small mammals. A total of 6 barn owl boxes have been erected in suitable quiet locations.