

IRD Duhallow

Tel: 029-60633

Web: www.irdduhallow.com

E-mail: duhallow@irdduhallow.com

JULY 2018

SPECIAL POINTS OF INTEREST:

SKILLNET TRAINING

SUMMER CAMPS

LTI OPEN GARDEN DAY

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Community Development Working Group

The A.G.M. of IRD Duhallow CLG and Launch of Progress Report 17-18 will take place Wednesday 25th of July at 8.00pm in the James O'Keeffe Institute, Newmarket. While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible.

A community meeting will be held on **Wednesday 11th of July at 8pm in Knocknagree Community Centre.** The results of the Rural Vibrancy Survey conducted by IRD Duhallow will be presented on the night. This piece of research was compiled by Dr Brendan O'Keeffe (The Institute for Action Research). The survey aimed to identify specific areas that are in need of improvement and how vital local services and amenities can be sustained and developed. There will be a discussion around potential funding opportunities. The meeting is open to everyone and it is important that all groups from Knocknagree are represented on the night.

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.**

If you would like to call in and check if you are eligible to join our **RSS** or **Tús** Schemes, we will be having an **Open Interview morning on Thursday 5th July from 11.00 am to 12 noon.** We would be delighted to meet you and answer any of your queries.

IRD Duhallow's Rural Social Scheme Vacancies: 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). The max rate of payment for a single person is €198. The max rate of payment with an Adult Dependent is €329.40 and the max rate of payment for each child dependent is €29.80. A Class A stamp will be paid for the RSS Participant. If you or someone you know is interested in joining this scheme, please **contact Sheila at 029-60633.**

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 further information please contact Sheila at 029-60633.**



"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"

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.**

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. Works carried out include: attic insulation, cavity wall insulation, lagging of cold water tank and pipe work, roof ventilation, wall ventilation, mechanical extract vents and low energy light bulbs. 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.**

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. Our restaurant is open Monday –Friday from 9.30-6pm and Saturdays from 10-4pm. The restaurant includes a full deli, as well as hot food and senior citizens can avail of their €6 meal from 12.30-2pm daily. Full bakery service is also available with plenty delectable cakes and desserts. Check out our Facebook page <https://www.facebook.com/duhallowcommunityfoodservices/> **For further information on our services please contact Orlaith at 029-76375 or email duhallowfoods@eircom.net**

Duhallow REVAMP Furniture donations needed

We have been very busy in REVAMP and we need your furniture donations to restock our newly refurbished show-rooms. 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. 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. We have unbeatable value on our pre-loved furniture range. Our collection and delivery service is there for your convenience and there is a discount available for individuals in receipt of a social welfare payment. **Visit our showroom, open Monday - Friday, 9am to 5.30pm.**

Enterprise Working Group

IRD Duhallow Skillnet is looking at running the following training courses between Sept.—Dec. 2018. To book any of these courses visit www.irdduhallow.com / duhallowskillnet@irdduhallow.com

Intermediate Excel	Boom Sprayer	Essential Project Management	Forklift Training
Advanced Excel	Hand Held Pesticide	Disciplinary & Grievance Procedures	CPR
Time Management & Productivity Using Microsoft Outlook	FAR First Aid	Data Protection	Chainsaw
Start Your Own Business	Refresher First Aid	An introduction to Photoshop	Technical Report Writing
Manual Handling Instructor	Introduction to Sugar Craft	Customer Service	Successful Cash Collection by telephone
Digital Marketing	Lamh I	Complaints Handling	Word Press Website Design
Training Delivery & Evaluation	Update on HR & Employment Law	Autism Awareness in the Workplace	Sage PAYE Modernisation
Training Needs ID & Design	Work Experience	Health & Safety Rep Training	Negotiation Skills

Duhallow Skillnet is taking expressions of Interest in an Accounting Technician Course. This course would run by night commencing in September and successful participants would achieve a Certificate for Accounting Technician. The course would cover 4 modules: Financial Accounting, Taxation, Business Management and Law & Ethics.

Duhallow Skillnet is taking expressions of interest in **QQI Level 5 in Health Care**. This course would run Monday – Thursday from 9.30am – 2.30pm commencing the 24th of September. Participation on this course is free of charge for those in receipt of a welfare payment.

Duhallow Skillnet is taking expressions of interest in **Warehouse Operative Training** commencing in October. QQI Level 5 in Warehouse Operative, Forklift, Reach Truck, Power Pallet Truck, Basic First Aid, Fire Safety, Working at Heights & Safe Loading of Goods, Labelling, storage & Racking. Participation on this course is free of charge for those in receipt of a welfare payment.

To express an interest in the above training please ring 029-60633 / duhallowskillnet@irdduhallow.com

Bachelor of Arts In Applied Early Childhood Education & Care—One year QQI Level 7

IRD Duhallow is currently seeking expressions of interest from people working in the childcare sector who are interested in obtaining their QQI level 7 qualification. IRD Duhallow aims to roll out this 1 year Degree in the Autumn in the James O’Keeffe Institute Newmarket. This 1 year Degree is recognised by the DCYA and eligible for the extra capitation grant for childcare facilities. Eligibility for this Degree: All participants must have a QQI level 6 and 3 years experience in the childcare sector. If you’re interested in this Level 7 Degree please contact **Helen at 029-60633 or email helen.osullivan@irdduhallow.com**

Equality Working Group

PEIL- Duhallow Work Opportunities for Women

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. This programme will be primarily targeted at women who are: engaged in home duties; newly unemployed not on the live register; may have left the workforce but are now preparing to return to employment; Women parenting alone; Women with disabilities; Carers and Migrant Women. **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 & Interview Skills; Infection Prevention & Control; Psychometric Testing; Styling for an Interview Workshop; Sage accounting; Personal Development; Moms Matter and 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**

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 next meeting of this group will take place on **Thursday 12th July from 2.00p.m-4.00p.m** in the James O’Keeffe Institute, Newmarket. **For further information, please contact Emily Daly, Shine Regional Development Officer on 086-8525755 or by e-mail on edaly@shine.ie.**

Finding My Way—A programme for Recovery

Finding My Way Workshops delivered by Shine will run weekly for 8 weeks. The workshops will explore the following themes: understanding one’s own recovery, taking ownership of recovery, self-advocacy, effective communication, managing our emotions, managing stress and building resilience. **The Workshops will commence on Monday 10th September from 11.00am-1.00pm at the James O’Keeffe Institute, Newmarket.** For further information or to book a place please contact Emily Daly, Shine Regional Development Officer on 086-8525755 or by e-mail edaly@shine.ie.

Citizens Information Outreach Service: The weekly service at the James O’Keeffe Institute, Newmarket continues on Tuesdays from 10am to 12.30pm. There is a limited service in July and Nuala will be available on **10th, 24th and 31st July ONLY**. Assistance with any query you may have in regard to your rights and entitlements is available here.

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](tel:087-1179990).

*“A Journey of a thousand miles begins with a single step”
- Confucius*

“Moms Matter” Workshops A Group for Mother’s Who Work in the Home

This project will be geared specifically at mothers who work in the home. The six sessions in this project are aimed at rebuilding mothers’ self-esteem and confidence in their own abilities, not just as caregivers, but as individuals, separate from everybody else. The project aims to build strong relationships and a support network through which women can gain friendship, support, and encouragement to strive for more positive outcomes for themselves. As the series progresses the mothers will have the opportunity to voice issues that present in being a stay at home mom, what they feel could combat these issues, and what they wish others knew. **This workshop will commence on Wednesday 12th of September from 10.30 am-12.00pm. and it will continue once a week for six weeks in the James O’ Keeffe Institute, Newmarket. To register please contact Jacinta on 029-60633.**

Bursaries Available for Adult and Second Chance Education

IRD Duhallow has Limited Funding available through the SICAP Programme to facilitate access and entry to further and higher level education and training opportunities for adults who may not have had the previous opportunity to continue or complete their education. As per programme requirements the maximum grant available per individual is €500 per annum, one grant per individual per year and the grant can only be used to cover registration, course and or exam fees on foot of original supporting documentation. For further information or an application form please contact **Katie at 029-60633.**

IRD Duhallow LTI Students will host a GARDEN OPEN DAY in the James O’Keeffe Institute on **Friday 6th July from 11am to 2pm.** This event is FREE of charge and open to the public. On the day the LTI Students will provide tours of the various gardens, including the Therapeutic Garden, the Kitchen Garden, the Allotment and composting areas. A large variety of Plants will be for sale as well as some Seasonal Vegetables, light refreshments will be served and all are welcome. For further information, please **contact Katie or Rachel on 029-60633.**

Agriculture Working Group

First Aid Awareness Training for Farming Families

Life on a farm comes with its own set of hazards. The Agriculture Working Group is hosting a First Aid Awareness Training for Farmers and their Families covering the following: Recommended contents for a First Aid Kit, General Impression of a Patient, Mechanism of Injury, How to call for Help, Primary Responsibilities, the 3P’s, Infection Control Measures, Sprains, Wounds and Soft Tissue Damage. Places are limited. to book your place contact **Katie on 029-60633.**

Youth and Education Working Group

IRD Duhallow Summer Camps Programme 2018

What do we have for you this summer? Whether it’s just one week or all, we guarantee you will have an amazing fun filled time. All camps are from 9am-1.30pm. What to bring: Packed lunch and spare clothes! Primary school aged children only!

Little Artists & Chefs Academy: 2nd to the 6th of July & 16th – 20th July; A creativity – packed week filled including art projects of clay, mixed media along with arts & crafts for a little artist as well as some fun filled baking in our kitchen.

Become a Whizz Kid Camp: 9th to the 13th of July; Step towards the future for all children. Learn it all, Computer Practice, Science Experiments and lots of games

Nature Detectives Camp: 23rd – 27th July; If you love the outdoors this camp is for you! Go pond dipping, hunt for beetles, bugs and butterflies, search for woodland creepy crawlies and take part in tracking games all in the outdoors.

Laugh and learn Camp: 30th July – 3rd August; Come and develop your reading and writing skills while also taking part in some fun filled activities such as sports and arts and crafts.

A tiered pricing system is in operation for families in receipt of a social welfare payment and/or medical card.

To book a place now please contact 029-60633 or email: newmarketafterschools@irdduhallow.com

Duhallow Angling Centre of Excellence - Summer Angling Camp for children will take place on **15th to 17th August incl.** All Angling Equipment will be provided. Booking is essential for this camp. **For further information please contact Tom Ankettell on 086-0827484.**



IRD Duhallow’s Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



The breeding season is in full swing, the monitoring team are busy recording the activity of the birds, watching for all activity, but most importantly for food passes between the male and female, the frequency of these would then denote if the chicks have hatched. This in turn allows the estimation of when they will fledge in order to visit the nest beforehand to satellite tag one. Whilst females do not usually return to their natal area in their first year or breed either, our satellite tagged female harrier Sruthán defied this and is now back home and on eggs.

Good news as the Sandmartin house on the River Dalua of the Duhallow LIFE project is now occupied with Sandmartins chicks, plus a clutch of Great tit chicks. Work is continuing on pulling the Himalayan balsam on the River Blackwater.