

# IRD Duhallow

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## JUNE 2018

### SPECIAL POINTS OF INTEREST:

### SOUTH EASTERN DUHALLOW ELECTIONS & COMMUNITY FORUM

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### Community Development Working Group

**The South Eastern Duhallow Elections & Community Forum Meeting** will take place on Tuesday 12<sup>th</sup> June @ 8pm in the Glen Theatre, Banteer. On the night 2 representatives will be elected onto the Board of IRD Duhallow to represent the needs of communities in the region as well as a forum meeting taking place to discuss the needs and issues in South Eastern Duhallow. This information evening is open to all especially the following communities; Millstreet, Lyre, Laharn, Firmount, Bweeng, Banteer, Nadd, Donoughmore, Aubane, Rathcoole, Kilcorney, Derrinagree.

**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.**

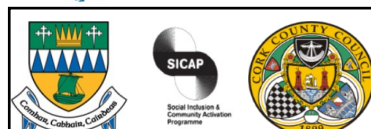
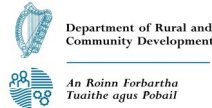
**Duhallow Community Food Services** provides a home delivery meal service. Meals can be booked on a long or short term basis. Dinner and Dessert cost €6.00 per day, delivered to your door. We also provide a wide range of hot or cold dishes for any catering event such as Special Occasions and Functions. 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](mailto:duhallowfoods@eircom.net)**

**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 REVAMP .... Furniture donations needed

We have been very busy in REVAMP and we need your furniture donations to restock our newly refurbished showrooms. 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](mailto: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

#### 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)** .

### Upcoming Skillnet Courses

Big Red Book on 31st May from 9.30am-5.30pm cost €125 per Trainee

Sage on 6th & 7th June from 9.30am –5.30pm cost €200 per Trainee

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

**Duhallow Skillnet is taking expressions of interest in (1) 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. To express an interest ring 029-60633 / [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

**(2) a 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.

**To express an interest ring 029-60633 / [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

### CPR for the Adult, Paediatric and Infant Casualty – Irish Heart Foundation, Heart Saver CPR AED

Limited spaces are available on a CPR (Cardiopulmonary Resuscitation) training with a particular focus on Infants. This training is 3.5 hours in duration and will take place in the James O'Keeffe Institute Newmarket from 6.30pm to 10pm on Monday the **25th June**. Accredited from the Irish Heart Foundation and valid for 2 years. **To book your place contact Katie Crowley at 029-60633.**

## 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.

**Open Night at Newmarket Afterschools;** We cordially invite all prospective students, their families and interested members of the community to attend our OPEN EVENING in Newmarket Afterschools on **Wednesday 13<sup>th</sup> of June** from 6.00pm -7.30pm. Afterschools Co-Ordinator Aoife Lenihan will be available on the night to meet with parents to discuss the service available and to give everyone a walk through of the facility and the activities on offer to students. If you are interested in attending please **contact Aoife at 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

## Duhallow Women's Forum

**Duhallow Women's Forum is seeking expressions of interest** in the following training course:

**Women for Election** - This training course will introduce political life to women interested in politics inspiring women to run for election. Women will learn about how campaigns work, while outlining the different kinds of political campaigns and building awareness of different skills and tools required.

**To express your interest in this training course please call 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 7th June** at 8.30pm in the James O'Keeffe Institute. For further details please contact Helen at 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 14th of June 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](mailto: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.**

**Citizens Information Centre** The weekly clinic at the James O'Keeffe Institute, Newmarket is open from 10am to 12.30pm each Tuesday. Where you can access accurate information relating to your rights and entitlements.

**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

## Employment and Training Working Group

### PEIL- Duhallow Work Opportunities for Women Upcoming Training- Autumn 2018

**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; 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](mailto:jacinta.carroll@irdduhallow.com). Or visit [www.irdduhallow.com](http://www.irdduhallow.com)**

### 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**.

### 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 are interested in this Level 7 Degree please contact Helen O’Sullivan Community Services Team Leader at 029-60633 or email [helen.osullivan@irdduhallow.com](mailto:helen.osullivan@irdduhallow.com)

**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)**

**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 €100 (June – December), which will allow full access to the arenas. For further details or information contact Louise on 029-60633.

### Recycling Workshop – Get your Bin Sorted

Many of us have become confused about what can and cannot be recycled in our recycling bins, on **Tuesday the 26th of June** we will have representation from the Recycling Ambassador Programme who will demonstrate what you can recycle in your household bin in this FREE interactive workshop for further information contact Katie at 029-60633.



### IRD Duhallow’s Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



After the bad, prolonged winter, RaptorLIFE and its volunteers have commenced monitoring the Hen harrier breeding sites. Further monitoring of Merlin and other specific raptors such as short eared owls is also starting. Anyone with sightings of any of these three species is asked to record them and let us know by contacting **029-60633**.

Invasive species such as Himalayan balsam and Japanese knotweed are sprouting, giving the team plenty to do pulling the balsam. Treatment of knotweed will not take place until late summer, once it has flowered and before it dies back. It is vital that knotweed is not cut or dug up as it causes it to spread. Anyone needing any further advice on these invasives please feel free to contact us.

Meanwhile on the project farms, passerine surveys have taken place, this shows us the diversity and abundance of small birds (prey for the Hen harrier and Merlin).