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SPECIAL POINTS OF INTEREST:

SKI LLNET TRAINING

PEIL TRAINING

NEW PROGRAMMES;
ABILITY & REY
2018-2021

Community Development Working Group

IRD Duhallow Warmer Homes Scheme

New Eligibility Criteria introduced (Carers Allowance) The eligibility criteria for the scheme is being further expanded to include those in receipt of **Carers Allowance** who live with the person they are caring for. Householders in receipt of any one of the following payments will be eligible to receive insulation services **free of charge**; Fuel Allowance, Working Family Payment, Domiciliary Care Allowance, One Parent Family Payment, Jobseekers Allowance for more than 6 months and have a child under 7 years of age. *Houses must be owner occupied and constructed before 2006.* **Additional Measures have been added to the Better Energy Warmer Homes Scheme which include;** Attic Insulation, Cavity Wall Insulation, External Wall Insulation, Internal Wall Insulation, Boiler Upgrade, Window Replacement, Lagging jackets, draught proofing and energy efficient lighting. ** Due to high demand, SEAI has decided that houses that have already received an upgrade under the Better Energy Warmer Homes Scheme will not be eligible for further works.* **To apply, contact Colm or Eileen on 029-60633 or email whs@irdduhallow.com**

IRD Duhallow 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. **To apply, contact Colm or Eileen on 029-60633 or email whs@irdduhallow.com**

Senior Alert Scheme - Personal Monitored Alarm

IRD Duhallow delivers the Seniors Alert Scheme in counties Cork and Kerry. It enables older persons (65yrs+) to continue to live securely in their homes by providing them with a free personal monitored **alarm and pendant**. The alarm is supplied and installed free of charge with one year's monitoring. **To apply, contact IRD Duhallow on 029-60633 or email whs@irdduhallow.com**

Reception & Frontline Office Skills QQI Level 5 Minor Award – This programme is suitable for those who wish to equip themselves with the knowledge, skill and competence in the concepts and principles underpinning Reception and Frontline Office Skills. Times and Dates to be confirmed. **For further information contact Ellen on 029-60633.**

Weekly Vegetable Sales - The LTI Weekly Vegetable Sales will commence on Wednesday 1st August from 11am to 3pm and will continue every Wednesday for the foreseeable future. All vegetables are organically produced on the Gardens of the James O'Keeffe Institute.

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 and pre-booking is essential. **For further information please contact Tom Ankettell on 086-0827484**

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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"

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 REVAMP 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**

IRD Duhallow is hosting a number of Walks in the Duhallow region during August. These walks will take place in the following locations;

Location	Date	Time & Meeting Point
Clara Loop, Millstreet	Wednes. 1st August	6.30pm Church Carpark
Island Wood, Newmarket	Wednes. 8th August	6.30pm Car Park Island Wood
Mount Hillary, Banteer	Wednes. 18th August	6.30pm Car Park at Trail Head
Shrone-Clonkeen	Wednes. 22nd August	6.30pm Shrone Church
Mullagareirk Mountains	Wednes. 29th August	6.30pm Church Carpark

Refreshments will be served at the end of each of the walks. **To register for any of the above walks please contact IRD Duhallow on 029-60633 or email duhallow@irdduhallow.com**

Enterprise Working Group

IRD Duhallow Skillnet intend to run the following training courses between Sept.- Dec. 2018. **To book any of these courses visit www.irdduhallow.com / duhallowskillnet@irdduhallow.com**

Introduction to Sugar Craft	6th Sept - 11th Oct	7pm -9pm
First Aid Refresher	6th & 7th September	9.30am - 5.30pm
CPR Training	11th September	6pm - 9.30pm
Time Management & Productivity using Outlook	11th September	9.30am - 5.00pm
GDPR & Data Protection	18th September	9.30am - 5.30pm
Supervisory Management	18th September for 10 Tuesdays	6.30pm - 9.30pm
Word Press Website Design	18th & 25th Sept & 2nd, 9th, 6th & 23rd Oct.	6.30pm - 8.30pm
SAGE PAYE Modernisation	25th September	9.30am - 5.00pm
Pain Management Training	25th September	6.30pm - 9.30pm
Start Your Own Business	25th September - 30th October	6.30pm - 9.30pm
FAR First Aid	26th - 28th September	9.30am - 5.30pm
Health & Safety Rep	26th - 29th September	9.30am - 5.30pm
Patient Moving & Handling	26th Sept & 3rd Oct	6.30pm - 10.00pm
Negotiation Skills	27th September	9.30am - 5.30pm
Intermediate Excel	27th September	9.30am - 5.30pm
Work Experience Module of Healthcare	1st October to 10th Dec.	6.30pm - 9.30pm
Time Management & Productivity using Gmail	2nd October	9.30am - 5.00pm
Ware House Operative	4th October to 6th Dec (Thurs nights)	6.30pm - 9.30pm
Customer Service & Complaint Handling	5th October	9.30am - 5.30pm
Knapsack	7th & 8th October	9.30am - 4pm
Training Delivery & Evaluation	8th - 11th October	9.30am - 5.30pm
Understanding Dementia	9th October	6.30pm - 9.30pm
Autism Awareness in the Workplace	9th October	7pm - 10pm
Project Management Essentials	22nd & 23rd October	9.30am - 5.30pm
End of life Care Training	23rd October	6.30pm - 9.30pm
Boom Sprayer	24th & 25th October	9.30am-4pm
Disciplinary & Grievance Procedures	25th October	9.30am - 5.30pm
Successful Cash Collection by Telephone	26th October	9.30am - 5.30pm
Advanced Excel	6th November	9.30am - 5.30pm
CPR Training	6th November	6pm - 9.30pm
Food Safety Level 2	7th November	9.30am - 5.30pm
Training Needs ID & Design	12th - 16th November	9.30am - 5.30pm
One Day Intro to Mediation	14th November	9.30am - 5.30pm
Safeguarding of Vulnerable Persons	20th November	6.30pm - 9.30pm
Employment Law	22nd November	9.30am - 5.30pm
Medication Management	4th December	6.30pm - 9.30pm
Health Care Course	24th Sept - 6th Dec	9.30am - 2.30pm

Duhallow Skillnet also plans to deliver the following training: Technical Report Writing, An Introduction to Mediation, Lamh Module 1, An Introduction to Photoshop, Chainsaw and Manual Handling. Dates and times to be confirmed. **Please contact 029-60633 for further details or visit www.irdduhallow.com /email 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. **Names are now being taken for the following training courses:**

Course Name	Commencement Date	Time	Duration
Sage Accounting	12th & 13th Sept.	9.30am-5.00pm	2 Full Days
Personal Development	17th Sept.	10am-12noon	8 Weeks
Assertiveness	11th Oct.	10am-4.00pm	1 Full Day
Infection Prevention & Control QQI Level 5	14th Nov.	6.30pm-9.30pm	10 Nights

For further information on the PEIL programme or the above courses contact Jacinta on 029-60633 or e-mail jacinta.carroll@irdduhallow.com or visit www.irdduhallow.com This project is part supported by the Irish Government and European Social Fund (ESF) Fund 2014-2020 as part of the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

Resilient Youth (ReY) IRD Duhallow's Resilient Youth Initiative aims to support young people aged 15-24 years who are not in education, employment or training through participation on a 5 month programme offering a range of pre-employment training supports, mentoring, group development and skills based training. Where possible, training will be based on the young person's needs, capacity and aspirations ranging from unaccredited introductory courses to minor accredited modules. Young people will be supported to complete their driver theory test and 3 driving lessons as this has been identified as a major barrier for young people in their pursuit of employment. **For further information or to register please contact Triona or 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 next meeting of this group will take place on Thursday 9th August 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.**

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*

"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.**

Duhallow Women's Forum - Women for Change Project

Are you female and aged 18+?; Do you want to meet other women from your area?; Do you see things that need to be improved for women?; Are you involved in a group that makes decisions in your community?; Would you like to take part in training that would help you in your role?; Make a start with other women in the same position. Duhallow Women's Forum in conjunction with The National Women's Council of Ireland invite you to register your interest with the Women for Change project. Through this project we will be running training and workshops in the Autumn for women involved in decision making. You will get peer support and develop skills to support you to advocate for women's equality and social change. **To express your interest in please contact Jacinta on 029-60633 or e-mail jacinta.carroll@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.**

Youth and Education Working Group

Ability Programme 2018 - 2021 This Programme aims to support young people with disabilities (15-29 years of age) to improve their employability through a range of person-centered supports. It is proposed that participants on the Ability Programme will be supported with tailored training and career guidance support. Training will include the development of soft skills, confidence, communication, self-awareness, life-skills/personal development. A focus will be placed on work preparation training for young people with disabilities including job search strategies. Existing link-ages on the ground with local employers will be utilised to facilitate supported work sampling, work experience place-ments, work shadowing, volunteer placements and place and train schemes. For the purpose of the Ability programme, people with disabilities refers to people with physical or sensory disabilities, mental health conditions, acquired disabilities, intellectual disabilities, hidden disabilities and people on the autistic spectrum. **In order to qualify for support, Ability participants must also be:** in receipt of disability allowance or invalidity pension; or in receipt of illness benefit for more than three months; or other referrals may be accepted on a case-by-case basis. Referrals from GPs and mainstream schools are not eligible. **For further information or to register please contact Triona or Jacinta on 029-60633**

IRD Duhallow Afterschool Service will reopen in September for any primary school children in Duhallow, operating from 2pm to 6pm. However, the service offers transport only from Newmarket Boys and Girls National school. A warm nutritious home cooked dinner is provided along with homework support daily. Please note IRD Duhallow offers a tiered pricing system allowing families in receipt of a social welfare payment or medical card to receive a reduction in price. Parents also have the flexibility of sending their children for the whole week or a daily as they wish. **For further Information contact Helen or Aoife at 029-60633 or email newmarketafterschools@irdduhallow.com**



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



While the breeding season for species like hen harrier is coming to a close and birds leave the uplands of Duhallow for the winter, it's been an exciting if challenging season for wildlife and the farming community alike with a cold, wet spring followed by a long exceptionally dry summer. A highlight of our hen harrier work has been monitoring the progress of one of our young female harriers. Having left her nest area between Ballydesmond and Rockchapel in late July 2017, she spent the winter on the south-east coast of Co. Wexford, but returned in late April to nest 17 kilometres from her home in Duhallow, the first proven case of a female harrier breeding in her first year. We are already looking forward to seeing this female return to nest again next year! Despite falling numbers of hen harriers in Ireland the wider Duhallow region is still one of the most important areas for hen harriers in the country. A heartfelt thanks to all the farming community and our participating farms for working with us to help hen harriers and other wildlife. We couldn't do the work without you. A vibrant farming community like we have in Duhallow is critical to the future of species like the hen harrier! The monitoring, recording and removal of invasive plant species is in full swing, with the focus on Himalayan balsam at the time of year. The removal of this invasive plan involves surveying stretches of river banks and hand pulling the plant before it flowers. If the plant is flowering a bag must be placed over the flower head to stop balsam pollen and seed from spreading, before continuing to pull the rest of the plant. Landowners, angling clubs and local communities play an important part in this work. Thanks to all of you! Anyone who would like to help by volunteering can contact us Nuala O'Riordan at IRD in Newmarket.