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### SPECIAL POINTS OF INTEREST:

CAREERS EXHIBITION  
3RD OCT.

SKILLNET TRAINING

ABILITY PROG.  
2018-2021

RESILIENT YOUTH  
INITIATIVE

## 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](mailto: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](mailto:whs@irdduhallow.com)**

### Senior Alert Scheme - Personal Monitored Alarm

IRD Duhallow delivers the Seniors Alert Scheme in 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 029-60633 or email [whs@irdduhallow.com](mailto:whs@irdduhallow.com)*

**Duhallow REVAMP..** Re-arranging a child's room or a guest bedroom? We have just the thing - a wide range of timber bed frames, from single to double and even futons for ultimate space saving. Matching bedside tables and shelving units will complete the look perfectly, visit our showroom open Monday - Friday, 9am to 5.30pm. We have unbeatable value on our pre-loved furniture range. 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.

**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.*

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Riailtas na hÉireann  
Government of Ireland



## Enterprise Working Group

IRD Duhallow Skillnet is accepting enrolments for the following courses. *Visit [www.irdduhallow.com](http://www.irdduhallow.com) to book online or email [duballowskillnet@irdduhallow.com](mailto:duballowskillnet@irdduhallow.com) or for enquiries contact 029-60633.*

Time Management & Productivity using Gmail	2nd October	9.30am - 5.00pm	€150.00	1 Day
Customer Service & Complaint Handling	5th October	9.30am - 5.30pm	€120.00	1 Day
Training Delivery & Evaluation	9th, 16th, 23rd, 30th Oct.	9.30am - 5.30pm	€350.00	4 Days
Understanding Dementia	9th October	6.30pm - 9.30pm	€25.00	1 Night
Autism Awareness in the Workplace	9th October	7.00pm - 10.00pm	€20.00	1 Night
An Introduction to Photoshop	9th October	9:30am - 5.30pm	€120.00	1 Day
Technical Report Writing	17th October	9.30am - 5.30pm	€99.00	3 Days
Project Management Essentials	22nd & 23rd October	9.30am - 5.30pm	€200.00	2 Days
End of life Care Training	23rd October	6.30pm - 9.30pm	€25.00	1 Night
Boom Sprayer	24th & 25th October	9.30am - 4.00pm	€120.00	2 Days
Disciplinary & Grievance	25th October	9.30am - 5.30pm	€150.00	1 day
Successful Cash Collection by Telephone	26th October	9.30am - 5.30pm	€120.00	1 day
Manual Handling Instructor	30th & 31st Oct & 1st, 5th & 6th Nov	9.30am - 5.30pm	€350.00	5 Days
CPR Training	6th November	6pm - 9.30pm	€25.00	1 Night
Training Needs ID & Design	6th, 13th, 20th & 27th November & 4th December	9.30am - 5.30pm	€400.00	5 Days
Knapsack	7th & 8th November	9.30am - 4pm	€120.00	2 Days
Food Safety Level 2	7th November	9.30am - 5.30pm	€120.00	1 Day
Advanced Excel	13th November	9.30am - 5.30pm	€100.00	1 Day
One Day Intro to Mediation	14th November	9.30am - 5.30pm	TBC	1 Day
Lamh Module 1	15th & 22nd November	6.30pm - 9.30pm	€99.00	2 Evenings
Safeguarding / Elder Abuse Training	20th November	6.30pm - 9.30pm	€25.00	1 Night
Employment Law	22nd November	9.30am - 5.30pm	€150.00	1 Day
Medication Management	4th December	6.30pm - 9.30pm	€25.00	1 Night

### 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 November 2018 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 QQ1 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](mailto:helen.osullivan@irdduhallow.com)

**Artisan Food** IRD Duhallow is currently accepting Expressions of Interest from project applicants wishing to receive grant aid under the LEADER Food Initiative (for Artisan, Micro and Small food producers). 50% funding is available for Artisan Food Businesses. For further details contact [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) / 029-60633

**IRD Duhallow Mentoring Programme** IRD Duhallow Mentoring Programme 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)**

## 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:**

**For further information on the PEIL programme or the above courses contact Jacinta on 029-60633 or e-mail [jacinta.carroll@irdduballow.com](mailto:jacinta.carroll@irdduballow.com) or visit [www.irdduballow.com](http://www.irdduballow.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.

Course Name	Commencement Date	Time	Duration
Assertiveness	Thurs. 11th Oct. 2018	10am-4.00pm	1 Full Day
Computer Skills for Work	Tues. 6th Nov. 2018	6.30pm-9.30pm	5 Nights
Mindful Parenting Workshops	Tues. 6th Nov. 2018	7.00pm –9.00pm	5 Nights
Preparation for World of Work including CV, Interview Skills & Psychometric Testing	Fri. 1th Nov. 2018	10.00am—4.00pm	5 Full Days
Moms Matter	Wednes. 7th Nov. 2018	10.30am—12 noon	6 Mornings

### Ability Programme 2018-2021

The Ability 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 linkages on the ground with local employers will be utilised to facilitate supported work sampling, work experience placements, 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.** “Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.”

**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 & 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 details or an application form please contact Ellen at 029-60633.**

**Citizen Information Duhallow Outreach Service**, will be transferring to The Temperance Hall, on Strand Street, Kanturk (next to the Alley Bar) commencing Thursday 27th September 2018. We will be open every Thursday from 10am to 12:30pm and we look forward to welcoming you. Citizen Information provide access to accurate comprehensive and clear information relating to all your rights and entitlements in a warm and welcoming atmosphere. We look forward to meeting you. Any questions please give us a call on 076-1078000.

**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.

**AIANON** - If you’re 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 7.30pm summertime.

**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**

**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 18th of October from 2.00p.m-4.00p.m** in the James O'Keeffe Institute, Newmarket. *For further information on meetings, please contact the Emily Daly, Shine Regional Development Officer on 086-8525755 or by e-mail on edaly@shine.ie.*

**Befriending** IRD Duhallow is currently seeking volunteers for our Befriending Network which will do friendly calls to older people in the area. *For further details contact [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) / 029-60633.*

### **Networking for Employment Seminar**

This Information Seminar will cover a wide range of topics relating to the importance of networking for employment. Topics covered on the night will include: What is networking? Potential benefits of networking; Barriers to networking; Exploring your existing network & investing in what you have; Building a job search network; Online networking; Existing networks for women nationally and locally and creating networking goals. It will be held on Monday 15th of October at 7.00pm in the James O'Keeffe Institute, Newmarket. Spaces are limited so booking is essential. *For further details and booking please contact Jacinta on 029-60633 or e-mail [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com)*

### **Duhallow Womens 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. An information session in relation to these workshops will be held on **10th October at 7.00pm** in the James O'Keeffe Institute, Newmarket. *To register, contact Jacinta on 029-60633 or e-mail [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com)*

## **Youth and Education Working Group**

### **Careers Exhibition 2018**

The annual IRD Duhallow Careers Exhibition will take place on **Wednesday 3rd of October in the Edel Quinn Hall, Kanturk** from 10am -1pm. This event is open to young people, parents and teachers, to provide an opportunity to meet with representatives from local and national universities, Institutes of Technology, PLC Training Colleges etc., to discuss further training and education opportunities and to get an insight into the requirements and what each course entails. Roisín Kelleher, Career Guidance Counsellor will be in attendance on the day to offer invaluable advice to students on filling out their CAO and on their further education choices. *For further details contact Jacinta at 029-60633.*

**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

**IRD Duhallow Afterschool Service** operates from 2pm to 6pm for any primary school children in Duhallow. 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 details contact Helen at 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

**IRD Duhallow Literacy support Programme,** offers supports for children with Dyslexia and Dyspraxia. Our classes are offered with primary teachers and focus on the key problem areas for children with literacy difficulties. For further details or information contact **Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**



## **IRD Duhallow's Raptor LIFE Project**

**Supported by the LIFE Financial Instrument of the European Community**



The LIFE project are continuing their **eradication treatment of the Himalayan balsam and Japanese knotweed infestation.** You might meet us out and about on both the roads and river banks this September and October treating the knotweed. If you have any questions about this highly invasive plant or any other topic, please feel free contact us by phone 029-60633. There will be a **controlled burn demonstration** in Millstreet County Park, depending on the weather either the 7th or 8th November 2018. The day will also include talks on upland management and a mulching demonstration. To register please contact John Casey on 022-21936 or alternatively [John.Casey@teagasc.ie](mailto:John.Casey@teagasc.ie)