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SPECIAL POINTS OF INTEREST:

TRAINING SCHEDULE

NEW PROGRAMMES;  
ABILITY & REY  
2018-2021

CAREERS  
EXHIBITION 3RD OCT.

### 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)**

**Duhallow REVAMP Back to School Specials** We have unbeatable value this month on computer desks, chairs, small suites of furniture with the additional bonus of a student discount across all ranges. 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.**

**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.**

**Weekly Vegetable Market (Wednesdays)** —The LTI Weekly Vegetable Market takes place each **Wednesday** from 11am to 3pm. All vegetables are organically produced on the Grounds of the James O'Keeffe Institute. **For further details contact Ellen at 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"

## 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](http://www.irdduhallow.com) / [duballowskillnet@irdduhallow.com](mailto:duballowskillnet@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     |

**Warehousing Operative** 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 ring 029-60633 / email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

**QQI Level 5 in Health Care** Duhallow Skillnet is taking expressions of interest in 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 / email [duhallowskillnet@irdduhallow.com](mailto: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 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)*

## Equality Working Group

### 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 Diarmuid on 029-60633.

### 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](mailto:jacinta.carroll@irdduhallow.com) or visit [www.irdduhallow.com](http://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.

### 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 start on Monday 10th of 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 on [edaly@shine.ie](mailto:edaly@shine.ie).

**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.*

**IRD Duhallow is supporting Make Way Day on 26th September 2018**, an initiative organized by the Disability Federation of Ireland to raise awareness of everyday mobility issues faced by people with disabilities in the public spaces we all share. This is the second year of this initiative – in 2017 more than 13 organizations came together with Disability Federation of Ireland to organize the first Make Way Day in Dublin. This year it has expanded nationwide. It's about encouraging people to be that bit more mindful of making sure our footpaths and roads are easier to navigate for anyone with disabilities. Cars parked on footpaths, wheelie bins left out on the street, sandwich boards left outside premises or bicycles and mopeds chained to railings are just some of the obstacles that create problems for people with disabilities on our streets. The Disability Federation of Ireland believe that it is thoughtlessness and lack of awareness that that lies behind most such incidents and 'Make Way Day' aims to raise awareness and change our behaviours. **If any group in Duhallow** is interested in organizing or discussing ideas for an event on 'Make Way Day' on **Wednesday 26th September**, please contact Diarmuid at IRD Duhallow on 029-60633.

**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*



### **“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.**

**Personal Development Workshops** This eight-week Personal Development training programme funded through the PEIL Programme for Women will include modules on some of the following topics: Developing Self-Esteem, Saying No, Managing Feelings, dealing with anger & anger management, developing communication skills with the aim of building self-confidence and self-esteem and to discover inner strengths and resources. This programme will incorporate one to one mentoring and guidance sessions with the tutor. **These workshops will commence on Monday 17th of September from 10.00 am-12.00pm. and will continue once a week for eight weeks in the James O’ Keeffe Institute, Newmarket. To register please contact Jacinta on 029-60633.**

### **Invitation to Open Day for Horticulture Training Initiative: Thursday 20th September 2018**

IRD Duhallow invites you to visit our gardens in the James O’ Keeffe Institute, Newmarket as part of an Open Day designed to provide insight into our successful Horticulture Training Initiative. This event will take place from 10am to 1pm on **Thursday 20th September 2018**. This Local Training initiative in Horticulture is a full time, 44 week programme which is due to commence in Spring 2018 where participants will gain the skills necessary to grow their own produce, learn landscaping techniques and perhaps go on to further training, set up a business, or gain employment. All welcome. **To register your interest please contact Rachel or Ellen on 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** 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**

**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**

**The Annual IRD Duhallow Careers Exhibition** will take place on **Wednesday 3rd October** in the Edel Quinn Hall, Kanturk from 10am to 1pm. The event is open to young people, parents & teachers to provide an opportunity to meet with representatives from National Universities, Institutes of Technology, PLC Training Colleges etc



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

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



Japanese knotweed is a non-native invasive plant and has spread across Ireland, particularly along rivers, roads and on waste ground. Knotweed can seriously damage houses, buildings, and infrastructure by growing through concrete, tarmac and other hard surfaces. On the rivers it dies back during the winter, leaving banks bare of vegetation and susceptible to erosion. Japanese knotweed should never be cut as even tiny amounts of cut stem, crown or rhizome are capable of producing a new plant. The optimum time for treating knotweed is late August to the beginning of October, when the plant is flowering. After this stage the plant will die back drawing its nutrient from its foliage. Treatment being with Glyphosate (Round-up), using minimal chemical in order to target the vast root system. Over use of chemical causes only top growth kill. You might meet us out and about on both the roads and river banks in the coming weeks treating the highly invasive plant. If you have any questions about this plant and how to treat it, please feel free contact us by phone on 029-60633 or by e-mail; duhallow@irdduhallow.com