

Tel: 029-60633

Web: www.irdduhallow.com

E-mail: duhallow@irdduhallow.com

SPECIAL POINTS OF INTEREST:

SENIORS CONFERENCE ON 6TH NOV.

IRD DUHALLOW BUSINESS AWARDS ON 22ND NOV.

ABILITY PROG. 2018-2021

RESILIENT YOUTH INITIATIVE

Community Development Working Group

We welcome Mary Wallace, Donoughmore as the new Chairperson of IRD Duhallow and Breeda Moynihan Cronin who takes on the role of vice chairperson. We thank Anne Maria Bourke, the outgoing Chairperson and Brian Kelly, the outgoing Vice Chairperson for their leadership during their time in office.

LEADER News

IRD Duhallow's LEADER Programme is progressing apace with many themed budgets almost committed. We are now focusing on projects under the Biodiversity Theme and Water Resources Theme. **For help and assistance in making an application please contact Ellen on 029-60633.** Congratulations to Kanturk Mart on the official opening of the new Carpark which will be a huge benefit to the town. Congratulations also to Boherbue Development for completing their footpath from the village to the graveyard, which was officially opened recently.



IRD Duhallow Warmer Homes Scheme

A well insulated home can cut fuel bills by over 50% and reduce carbon emissions. If you are in receipt of any one of the following payments you will be eligible to receive insulation services **free of charge**; Fuel Allowance, Working Family Payment, Domiciliary Care Allowance, Care Allowance, One Parent Family Payment, Jobseekers Allowance for more than 6 months & have a child under 7 years of age. Houses must be owner occupied & 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

Duhallow REVAMP.... Getting ready for Christmas

It is this time of year again and Revamp is getting ready to have your Christmas needs sorted. Back by popular demand our personalized toy boxes and our upholstered kids armchairs are just the thing. 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. Also, if you have a piece of furniture in need of some attention, you can avail of our restoration and upholstery service. **For more details please contact Colm at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp.**

As always, we have great value on our good quality 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, opened Monday to Friday, 9am to 5.30pm.

Finalists in the PAKMAN Awards 2018 - Excellence in Waste Management and Recycling

INSIDE THIS ISSUE:

Community Working Group 1
Enterprise Working Group 2

Equality Working Group 3
Services 3

Youth & Education Working Group 4
Raptor LIFE 4



Rialtas na hÉireann
Government of Ireland



"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.**

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 €40 (Nov – December), which will allow full access to the arenas. **For further details or information contact Louise on 029-60633.**

IRD Duhallow will be leading the following walk: **Claragh Loop (with an option to include climbing to the Cross) on Sat. 24th November**, meeting in the Millstreet church car park at 2pm. **Ring 029-60633 to register.**

Enterprise Working Group

IRD Duhallow Business Awards in conjunction with the Corkman Newspaper will take place on **Thursday 22nd Nov. 2018 at the James O’Keeffe Institute, Newmarket.** This promises to be a great event showcasing the nominated businesses in each category. Tickets for this event cost €35 are now on sale. To purchase your ticket please contact Louise Bourke at 029-60633 as soon as possible to avoid disappointment.

Duhallow Skillnet is accepting enrolments for the following courses. **Visit www.irdduhallow.com to book online or email duhallowskillnet@irdduhallow.com or for enquiries contact 029-60633.**

CPR Training	6th November	6pm - 9.30pm	€25.00	1 Night
Training Needs ID & Design	6th, 13th, 20th & 27th November & 4th Dec.	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
Food Safety level 5	21st, 22nd & 23rd Nov.	9.00am—4.30pm	€500	3 Days
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 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**

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 louise.bourke@irdduhallow.com/029-60633.**

IRD Duhallow would like to invite you to a **Breakfast Seminar entitled “Fostering Work Place Equality” on 28th November at 8am in the James O’Keeffe Institute, Newmarket. Registration from 7.45am.** The keynote speaker will be Laura Reidy. Laura is a Senior HR Consultant and Trainer with the HR Suite. She works with HR Suite clients across a wide range of industries and sectors providing business owners and managers with best practice advice on all HR related issues including People Management and Employment Law to both small and large scale organisations. Information on the range of state supports available to employers to support those with disabilities in the workplace will be provided i.e. wage subsidy scheme, job interview interpreter grant, workplace equipment grant/adaption grant, personal reader grant, disability awareness training supports scheme, employer retention grant scheme, employers PRSI exemption scheme. The legislation covering the employment of people with a disability and workplace ergonomics will also be covered. **To register for this event please contact Jacinta at 029-60633.**

Boherbue Christmas Market on Sunday 2nd December, 2pm– 5.30om in Boherbue Hall, bigger and better this year. Santa Claus will be there with his elves and gifts for all the children. The market will also have lovely festive home baking and locally made products. There will be side shows for children, raffles, spot prizes and a tea-room. Boherbue Christmas Market always focuses on local artisan producers to promote the small, the beautiful and the original.

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
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 the World of Work - including CV, Interview Skills & Psychometric Testing	Fri. 1th Nov. 2018	10.00am—4.00pm	5 Full Days
Moms Matter Workshops	Wednes. 7th Nov. 2018	10.30am—12 noon	6 Mornings

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.

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-centred 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.”*

Local Training Initiative: Horticulture

Following on from the success of our QQI Level 4 in Horticulture, IRD Duhallow is inviting expressions of interest for a QQI Level 5 in Horticulture for Spring 2019. This Local Training Initiative in Horticulture is a full time, 44 week pro-gramme where participants will gain the skills necessary to grow their own produce, learn landscaping techniques and much more. **To register your interest or find out more please contact Rachel or Ellen on 029-60633.**

Bereavement & Loss Support - If you find that the intensity of loss is unsettling, causing you undue grief and sad-ness there is help at hand. The Bereavement Support Group consists of trained volunteers who provide free confidential service to people who have experienced loss in their lives. 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.**

Domestic Violence Support Helpline - IRD Duhallow's Domestic Violence Support Helpline is operated locally by trained volunteers and provides support and information to people experiencing domestic violence. For information please contact the **Helpline @ 087-7733337 from Monday to Saturday from 10am – 10pm.**

AI ANON 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 15th November 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 / 029-60633.**

Duhallow Seniors Conference

The Duhallow Seniors Conference will take place on **Tuesday the 6th of November from 11am – 3pm.** Cost €10. Key Note Speaker: Micheal O'Muircheartaigh, other speakers include Ray O'Dwyer on Fair Deal (with a focus on Agriculture); Community Services; Rights and Entitlements; Health and Safety and Healthy Brain Activity and Alzheimers Awareness. **Booking is essential contact Louise on 029-60633.**

Agriculture Working Group

The Agricultural Working Group is hosting a **First Aid Workshop** for farmers on **Thursday the 8th November from 6.30pm-9.30pm** in the James O'Keeffe Memorial. This course includes basic First Aid principles, outline common injuries in the farming environment and how to respond to emergencies. **Contact Ellen on 029-60633** to book your place.

Youth and Education 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 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**



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



The LIFE project have **finished their eradication treatment of the Himalayan balsam and Japanese knotweed infestation for the 2018 season.** Continued effort will be required over the coming years to effectively eradicate these plants from the Duhallow landscape. These invasive plant species are highly destructive in our native ecosystems, competing with native plant communities and reducing the quality of important wildlife habitats. **If you have any questions about this highly invasive plant or any other topic, please feel free contact us by phone on 029-60633.**

The project has completed its small mammal trapping on the project farms to ascertain the prey population. It is important to determine the availability of food for hen harrier and other predatory birds. To that end the population of woodmice, bank voles and similar small mammals are monitored. Actions have been undertaken on the project farms to help increase these important prey populations. This includes the enhancement of vegetation diversity and cover which will in turn improve prey populations.

There will be a **Controlled Burn Demonstration in Millstreet Country 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**