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SPECIAL POINTS OF INTEREST:

DUHALLOW FARMING FOR BLUE DOT CATCHMENTS (ALLOW PROJECT)

ABILITY PROG. 2018-2021

RESILIENT YOUTH INITIATIVE

Community Development Working Group

LEADER News

IRD Duhallow's LEADER Programme is progressing a pace with many specific budgets already committed over €857,587. We are now focusing on projects under the Protection and Sustainable use of Water Resources and also the Protection and Improvement of Local Biodiversity. **For help and assistance in making an application please contact Ellen on 029-60633.**



European Innovation Partnership Allow Project EIP-Agri

IRD Duhallow has been selected by the Dept. of Agriculture, Food and the Marine (DAFM) to implement a new €1.4 million European Innovation Partnership for Agriculture Productivity and Sustainability (EIP-Agri).

The five-year project is entitled **Duhallow Farming for Blue Dot Catchments (Allow Project)**. It will develop a cost effective community led strategy to restoring and protecting the high status of the Allow River catchment. Engaging further with the community the project will protect and restore the ecological status of the River Allow through an innovative results based payments scheme. Working closely with farmers in the catchment the results based scheme will reward sustainable agricultural practices which enhance wetland and freshwater ecosystem services.

It is hoped that up to 100 farms will benefit from participating in the EIP through an opt-in process. Participating farmers will select a number of actions designed to enhance the river ecosystem and will be financially rewarded to reflect the success of their actions. The River Allow is of high conservation value and supports a wide variety of rare and protected habitats and wildlife. In recognition of this it has been designated as a Special Area of Conservation for the protection of otter, freshwater pearl mussel, lamprey, salmon and other important fish species. The river has been the subject of extensive work as part of IRD Duhallow's Life programmes. The new Allow Project will build on the success of SAM OK Life, bringing a source of economic growth to farmers in the region while simultaneously improving the quality of the natural environment for all.

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	Equality Working Group	3	Youth & Education Working Group	4
Enterprise Working Group	2	Services	3	Raptor LIFE	4



Riailtas na hÉireann
Government of Ireland



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 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 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 based at the James O’Keeffe Institute, Newmarket, 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. We have a wide range of Christmas cakes, plum puddings, mince pies and Christmas logs for sale all made with the finest natural ingredients. Why not take a break from your Christmas shopping and call in for afternoon tea. For further information on our services contact Orlaith at 029-76375 or email duhallowfoods@eircom.net visit www.foodinduhallow.com or follow us on facebook Duhallow Community Food Services.

STOP Food Waste Talk Need some ideas to move closer to a waste-free Christmas? The Stop Food Waste programme will conduct a talk on reducing food waste and home composting on the **11th December from 7-9pm in the James O’Keeffe Institute, Newmarket.** This event is aimed at both individuals and community representatives. Call Ellen on 029-60633 for further information.

Duhallow Arenas (Situated adjacent to the James O’Keeffe Inst. Newmarket) are available to hire for all equestrian related events at a rate of €20 per hour. Become a key holder for €30 (December), which will allow full access to the arenas. **For further information contact Louise on 029-60633.**

Historic Grave Surveying

IRD is seeking to train communities in the digital recording and publication of historic graveyard related stories in their localities. We are asking that all communities who are interested in participating in this training to make contact, as it is only with the help of community volunteers we will be able to record and publish these important local stories. Training will commence in early 2019, and will take place during day time hours. **To register your interest in participating in this LEADER funded training programme, please contact Nollaig on 029-60633**

Enterprise Working Group

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

Medication Management	4th December	6.30pm - 9.30pm	€25.00	1 Night
Recruitment & Interview Skills	5th December	9.30am-5.30pm	€150	1 Day

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 or Contact Louise at 029-60633 / louise.bourke@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**

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. *For further information on the PEIL programme please 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.”*

IRD Duhallow Equality Working Group is hosting two Multi-Cultural Christmas Community Events On Tuesday 11th December in the Trade Union Hall, Kanturk from 6.30p.m. to 7.30p.m. and on Thursday 13th in Teach Iosagain, Rathmore from 6.30p.m. to 7.30p.m. These events will give local children & adults the opportunity to meet new friends and to have some festive refreshments. Each child will have the opportunity to get a photo taken with Santa and Mrs Claus who will both be in attendance on the night. The events are free of charge and everybody is welcome. As places are limited, registration is essential prior to attending, please contact Jacinta on 029-60633 to register your families' details no later than **Thursday 6th of December.**

Duhallow Women's Forum: Genealogy, Local History and Heritage Training Courses:

IRD Duhallow is currently seeking expressions of interest from people who are interested in participating in Genealogy, Local History and Heritage training. Training will commence in early 2019 in Beginners Genealogy, Local History and Heritage. This will be followed on by Advanced Training in Genealogy, Local History and Heritage, which will build on the existing skills attained in the Beginners course. **To register your interest in participating in either of these LEADER funded training programmes, please contact Nollaig on 029-60633**

Befriending Network 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 Louise on 029-60633**

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 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.**

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'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 6pm wintertime.

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.**

Youth and Education Working Group

IRD Duhallow kindly invites all parents, teachers, coaches and those involved in youth affairs to an information seminar titled “**Social Media – Challenges for Parents**” at 7.30pm Wednesday 12th December at the James O’Keeffe Institute, Newmarket. This information evening is delivered by Dr. Maureen Griffin, nationally renowned Forensic Psychologist and Director of MGMS Training Ltd. The seminar will provide an overview of what is currently popular among Irish students, what the potential dangers are and will offer practical advice on how to protect children when they are online or using their mobile devices. Issues such as social networking sites (e.g. Instagram); social messaging/chatting apps (e.g. snapchat); video-streaming sites (e.g. YouTube); mobile device safety; screen time & sleep; grooming; sexting and cyber-bullying will be addressed with time provided for Q&A. **Booking Recommended - please contact Conor on 029 60633 or email: conor.judge@irdduhallow.com**

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 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**

Employment and Training Working Group

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 programme 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.**

Tús - Have you been unemployed and in receipt of a job seeker’s allowance for over a year. Participation on Tús will offer you opportunities to experience different work environments and provide you with employment related experience to re-enter the labour market. Self-referral may be an option for you, **for more details contact Sheila or Marie on 029-60633**



IRD Duhallow’s Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



Raptor LIFE - As the seasons change hen harriers are returning to their roost sites for the winter. The LIFE project has commenced harrier winter roost monitoring in order to determine where these birds roost and in what numbers. Identification of winter roost sites is important for the species long-term conservation. Over the winter the LIFE project will work on the restoration of upland habitats for hen harrier by reseeded clear felled areas of forestry with native, locally sourced heather. This will assist in the revegetation of heath habitats, restabilising soils and promoting native biodiversity in upland habitats. Heath and bog habitats are very important as foraging, breeding and roosting ground for a variety of upland birds, including the hen harrier.

On November 7th Dr Jodie Asselin presented her research on the local perspectives on farming in the Mullaghareirks Special Protection Area at the James O’Keeffe Institute. Jodie has been working with Raptor LIFE, investigating the perspectives of landowners in relation to social, economic and environmental issues in the SPA. The research has particularly highlighted farmers’ concerns relating to forestry and farm succession and it is planned to publish this in spring 2019. Much of the audience were farmers and landowners who have actively contributed to the research and were interested in hearing the outcome.

*Beannachtaí na Nollag agus
Athbhliain faoi mhaise
IRD Duhallow Offices will re-open at 9.00am
on Monday 7th January 2019.*