

### Youth & Education Working Group

**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. 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 Stephanie at 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

Our **Egg-stra Fun Easter Camp** will take place during the **two weeks of the Easter holidays**. The camp will run for Primary School children of all ages. Join us for fun activities such as Easter Egg Hunt, Teddy Bears Picnic, Arts & Crafts, Baking, Potting Plants, Indoor and Outdoor games, Fancy Dress Disco and many more. IRD Duhallow offers a tiered pricing system allowing families in receipt of a social welfare payment or medical card to receive a reduction in the price. Parents also have the flexibility of sending their children for the entire duration of the camp or daily as they wish. Please note that space is limited and due to the success of the camps, early booking is advisable. **For further details, please contact Stephanie on 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

### Lego Club for Children in Teach Failte, Gneeveguilla

Lego club offers creative Lego building sessions for boys and girls aged between 5 and 9 years old. Lego building sessions will be led by a Certified Play Therapist giving children the opportunity to improve social, teamwork, communication, problem solving, fine motor and creative play skills, all the while having fun and making new friends. **The sessions will begin on Saturday the 4<sup>th</sup> of May** and will run for one session per week for six weeks from 10 a.m. to 11 a.m. **Course Cost: €20 Places are limited and to register your interest contact Mary on 029 60633.**

### Cycle Training for Children

IRD Duhallow is looking into the possibility of delivering **safety training for children when they are cycling**. This will include the following: Bicycle maintenance - how to know when the bike needs attention, how to identify the bike parts, and a practical exercise in setting up the bike properly; Helmet wear and correct fit; Clothes on a bike, how they help, how they hinder; Weather and environmental considerations; Core bike-handling skills; Shoulder checking and signalling; Starting position and safe stopping; Left turn, major to minor road, Left turn, minor to major road, Right turn, major to minor road, Right turn, minor to major road, Correct positioning on the road, Overtaking parked cars etc., The lifesaver look (the final extra check before a manoeuvre), Sessions also include elements of theory, and rules of the road incorporating signs and crossings, with fun and skills incorporated. It is anticipated that this course may be delivered in both Newmarket and Gneeveguilla. **For more information, please contact Mary on 029 60633.**

**Bicycle Maintenance** - IRD Duhallow is accepting expression of interests for a training course on Bike Maintenance. Participants will learn the basics of bike mechanics and puncture repair with a professional mechanic. This course will run for 2 hours each week for four weeks. **For more information, please contact Mary on 029-60633.**

### Information Session on Student Grants (SUSI)

**Valerie Moore Access Officer, Tralee Institute of Technology**  
**In Rathmore Credit Union on Monday 15th April at 7p.m. to 9p.m.**

Gain insight into the various grants and supports available for students wishing to enter third level education. This information session will be delivered by the Access Officer from Tralee Institute of Technology in Rathmore Credit Union. To register your interest please call (064) 7758328 or (066) 9767777.

**Coderdojo Volunteers** - IRD Duhallow holds a weekly Coderdojo Club for young people aged 7-13 years. Coderdojo is a global movement helping children to learn how to code, develop apps, games, websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software development industry. We are currently seeking volunteers who may have a background in IT and are interested in assisting with the coding sessions. **If you're interested in volunteering, please contact Jacinta on 029-6633 or e-mail [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com)**

**IRD Duhallow's Raptor LIFE Project**  
**Supported by the LIFE Financial Instrument of the European Community**

The LIFE project are finishing up their winter roost monitoring, with a record of up to 21 birds on one occasion. Before long the breeding season will be up and running. The crews have been busy removing regenerating conifers from a couple of nest site locations, that were becoming enclosed with these wildings. In addition, they have been reaping heather seeds to sow on the corridor at the source of the Blackwater where the conifers have been removed to create the foraging corridor/riparian buffer zone.

### SPECIAL POINTS OF INTEREST

### COMMUNITY INFORMATION MEETINGS

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### Community Development Working Group

### IRD Duhallow Community Information Meetings

IRD Duhallow will continue community meetings in April to give people an opportunity to discuss their ideas and plans for their communities as well as hear of opportunities. The forthcoming Local and European Elections in May are an opportunity to lobby your public representatives when they come looking for your vote. You are invited to attend a meeting in your locality, all meetings will be attended by representatives of IRD Duhallow Board and Staff. Meetings are to begin at 8 pm and will include a series of short presentations on the role and supports of IRD Duhallow as well as a workshop format that will ask communities what is important to them. This information will inform future planning for the area and it is important that the meetings are well attended in order to present an accurate picture of life in Duhallow. We are asking that all groups, both young and old as well as those not involved in the community to attend so that we are best placed to support you.

Mon. 1st April	Freemount	Freemount Heritage Centre
Mon. 1st April	Clondrohid / Carriganimma	Clondrohid Community Centre
Tues. 2nd April	Ballinagree	Ballinagree National School
Wednes. 3rd April	Ballydesmond, Foiloighig, Knockboul, Ballinahoula.	Ballydesmond Community Centre
Wednes. 3rd April	Kanturk	Edel Quinn Hall
Thurs. 4th April	Newmarket, Lismire	James O'Keefe Inst.
Thurs. 4th April	Rusheen, Bealnamorive	Rusheen Hall
Mon. 8th April	Rathmore, Shrone	Rathmore Hall
Mon. 8th April	Millstreet, Abubane, Ballydaly	Canon O'Donovan Centre
Tues. 9th April	Kilbrin	Kilbrin Community Centre
Wednes. 10th April	Meelin	Meelin Community Centre
Wednes. 10th April	Bweeng / Laharn	Bweeng Community Centre
Mon. 15th April	Gneeveguilla	Teach Failte, Gneeveguilla
Mon. 15th April	Kiskeam	Kiskeam Community Centre

### 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, Heating 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)**



**"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"**

**LEADER News - Call for Broadband Projects**—IRD Duhallow on behalf of the **North Cork LAG** is seeking expressions of interest for LEADER funding from community groups and businesses under the Broadband sub-theme in IRD Duhallow’s North Cork area. Eligible projects include small-scale equipment (such as in-building boosters / mobile phone repeaters / indoor cabling), IT equipment, feasibility studies and training initiatives in digital learning and development. Max Funding available per project: €10,000. Total budget available €51,173. **Enquiries to [conor.judge@irdduhallow.com](mailto:conor.judge@irdduhallow.com) / 029-60633.**



**Bealtaine 2019**

There are a number of upcoming events for Bealtaine 2019. Full list will be available in the May Newsletter or visit [www.irdduhallow.com/events](http://www.irdduhallow.com/events)

Date	Event	Venue	Time	Register With
27th April	Castlemagner 5k Dawn Chorus Walk	Castlemagner Com. Centre	5.00am	€10 Registration fee ot the Door
27th April	A Night of Soul with the Lorraine O’Riordan Gospel Choir	Edel Quinn Hall	8pm	087-6729648
1st May	Dawn Mass	Source of the Blackwater	6am	029-60633
1st May	Alzheimers Tea Morning	Tureencahill Com. Centre	11am-1pm	064-7751178
1st May	Guided Mullagherirke Loop Walk	Meeting at Meelin Car Park	6.30pm	029-60633
5th May	Donoughmore Country Western Social Dance	Donoughmore Com. Centre	8.30pm	€10 Register at the Door
8th May	Day Time Bridge	James O’Keeffe Institute	11.30am followed by Lunch	087-6865326
8th May	Island Wood Walk	Island Wood Car Park	6.30pm	029-60633
10th May	Clondrohid Scoraiocht	Clondrohid Hall	8pm	Register on the night. Admission Free

**Jack’s Mystery Tour** - The famous Jack Roche’s Mystery Tour will take place on **Tuesday 28<sup>th</sup> of May**. Enjoy a brilliant day of fun and comradery ... to where ... only Jack knows! Registration is essential and spaces are limited and will go on a first come first saved basis. Register on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)

## Enterprise Working Group

**Duhallow Skillnet** is accepting enrolments for a wide selection of training courses. Please visit [www.irdduhallow.com/upcoming events](http://www.irdduhallow.com/upcoming%20events) to book online or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) or for enquiries contact Louise or Helena at 029-60633.

Course Title	Venue	Start Date	Time	Price Per Trainee	Duration
First Aid Refresher	James O’Keeffe Inst.	4th April	9.30am-5.30pm	€120	2 Days
Lamh One	James O’Keeffe Inst.	11th April	6.30pm-9.30pm	€100	2 Nights
Advanced Excel	James O’Keeffe Inst.	17th April	9.30am-5.30pm	€100	1 Day

## Employment and Training Working Group

**IRD Duhallow is holding the following courses: Please contact Mary at 029-60633 to register your interest.**

Course	Venue	Start Date	Time	Price	Duration
Art Classes for Beginners	James O’Keeffe Inst.	10th April	7pm –8.30pm	€30	6 nights
CPR AED	Teach Failte, Gneeveguilla	18th April	6.30pm –9.30pm	Free	1 Evening
CPR AED	Tureencahill Com. Centre	25th April	6.30pm—9.30pm	Free	1 Evening
Ipad / iPhone Training	James O’Keeffe Inst.,	29th April	10am to 12 noon		5 Mornings
Basic Computer Training	Teach Iosagain, Rathmore	30th April	10am to 12 noon		5 mornings
Basic Computer Classes	James O’Keeffe Inst.	1st May	10am-12 Noon		5 mornings
Angling for Beginners		3rd, 10th & 17thMay	10am to 12 Noon	€30	3 mornings
How to create a Wildlife Haven	Tureencahill Com. Centre	7th & 14th May	10am—3pm	Free	2 Days
Digital Photography, Beginners	Teach Iosagain, Rathmore	7th May	10am-12 Noon	€20	4 mornings
Digital Photography, Beginners	James O’Keeffe Inst.	9th May	10am to 12 Noon	€20	5 mornings
Digital Photography, Beginners	Tureencahill Com. Centre	11th & 18th May	10am –2pm	€20	2 Sessions

## 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. **IRD Duhallow is taking names for the following training courses:**

Course Name	Commencement Date	Time	Duration
Intellectual Disability Studies QQI Level 5	Thursday 4 <sup>th</sup> April	6.30pm-9.30pm	10 Weeks
ECDL Start	Start Date TBC	6.30pm-9.30pm	12 Weeks
First Aid Responder Training (FAR)	Start Date TBC	9.30am-4.00pm	3 Full Days

**PEIL - Accessing the Hidden Job market and Effective Communication Skills Workshop**

Learning how to access the hidden job market is an essential skill for people looking to return to the Workforce or gain employment in 2019. This information Seminar will help you to: Learn new skills and increase your chances of getting work; Stop wasting your time and energy on a strategy that is ineffective and no longer works. Start doing what works for job seekers; Learn effective communication skills that will put you ahead. If you are serious about getting work, and not getting left behind then this workshop is for you! The workshop takes place on **Monday 29<sup>th</sup> April 2019 at 6.30pm** in the **James O’Keeffe Institute, Newmarket**. Booking for this seminar is essential as spaces are limited. Spaces for this seminar are limited so booking is essential.

**For further details on the PEIL Prog. 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.

**Effective Committees and Negotiation Skills Workshop for Women on Tuesday 9<sup>th</sup> April 7p.m. – 9.30p.m. In the James O’Keeffe Institute, Newmarket.** This practical workshop will help you understand how successful committees work and will help ensure your committee is productive, inclusive and cordial! If you are a committee member or a chairperson, facilitator, secretary/minute taker, this workshop will help you to play your part in building a cohesive and effective committee. What makes an effective committee? Dealing with group dynamics and challenging behaviours, Committee roles and terms of reference, Leadership - the role of Facilitator / Chairperson, Inclusion – ensuring all voices are heard, The importance of a clear agenda and meeting minutes, You will also receive a training pack to take away, with helpful tips and templates. **This workshop is free, to register please contact Mary on 029- 60633.**

**The Women and Childcare working group** will hold an information session on the current issues for women with a view to the upcoming local elections that are taking place on the Friday 24<sup>th</sup> May. **The Women and the upcoming Local Elections Workshop** will take place on **Thursday 9<sup>th</sup> May 7p.m. – 9.30p.m. in the James O’Keeffe Institute, Newmarket.** The following will be covered: What women want from their local councils in their own area? Explanation of the current state of representation? What is the role of local councillors? What issues should they deal with? How can we make our local councils more accountable to women? How to engage with candidates on your doorstep, Next steps/post-election. **This workshop is free, to register please contact Mary on 029-60633.**

**Information event on Fair Deal Scheme and Family Carers Entitlements** On **Thursday 4<sup>th</sup> of April at 2.15pm** at the James O’Keeffe Institute, Newmarket. Join us for an informative talk by Nuala O’Sullivan from Citizen Information on the Fair Deal Scheme and Entitlements for Family Carers. Please contact Stephanie on 029-60633 or [Stephanie.moynihan@irdduhallow.com](mailto:Stephanie.moynihan@irdduhallow.com) to reserve your place. Please note that the Carers Meeting at 8pm on the 4<sup>th</sup> of April will be replaced by this information event.

**Cork SportsAbility Week- Disability Awareness in Sport Workshop**

IRD Duhallow in conjunction with Cork Sports Partnership is hosting a **Disability Awareness in Sport Workshop** as part of Cork SportsAbility Week which is on from 6<sup>th</sup>-13<sup>th</sup> of April. This interactive workshop will raise an awareness around people with disabilities participating in sport and physical activity and will cover perceptions, communication and etiquette, understanding disability and inclusion and readiness along with local initiatives for people with disabilities. The workshop is aimed at anyone involved in sport or physical activity that would like to learn more about offering opportunities for people with disabilities to participate in their school, club or organisation. This workshop will take place on **Tues. 9<sup>th</sup> April from 6.30pm-8.30pm** in the James O’Keeffe institute in Newmarket. Booking is essential as spaces are limited. For further details and booking, contact Jacinta on 029-60633 or e-mail [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com).

**Emotional Support & Counselling Service** IRD Duhallow is offering a One to One Integrative Counselling service. This service is being offered by a number of qualified, pre– accredited Counsellors who are working towards their accreditation. This services 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