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Youth & Education Working Group

IRD Duhallow Afterschools OPEN EVENING

We cordially invite all prospective students, their families and interested members of the community to attend our opening evening to see our facilities and to meet our staff. Significant subsidies are available for those in receipt of a welfare payment or those who hold a medical card. Our staff will be delighted to explain pricing structures, policies and answer any questions you may have. We look forward to welcoming you at the James O' Keeffe Institute, Newmarket on **Thursday, 16th May 2019 from 6pm to 7.30pm.** Cannot make this event? Please do not hesitate to contact IRD Duhallow After Schools on 029-60633 or email: newmarketafterschools@irdduhallow.com

Briefing on Meitheal Practice Model & Emerging Youth Research

This free information event is open to all those working with Children & Families; Tusla has developed the Meitheal approach to help children where they may need the support of more than one service. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to the Social Work Department under Children First. The second aspect of the event is a presentation on the 'Lived Experience of Youth in Duhallow' by Dr. Brendan O'Keeffe of the Institute for Action Research. This brief seminar will explore trends in the field of youth research from existing, emerging and future data sources. It will then be followed by a discussion on evidence based planning relevant to all attendees. This event will take place on **Tuesday 14th May from 4.00pm—6pm. Venue: James O'Keeffe Institute, Newmarket.** Register 029-60633 / duhallowskillnet@irdduhallow.com

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.**

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**

Employment and Training Group

QQI L6 – Train the Trainer - Dates: 30th May, 6th, 13th & 20th June; Time: 9.30am – 5.30pm; Duration: 4 Days; Fee: €350; The purpose of the Certificate in Training Delivery and Evaluation programme is to provide training delivery personnel with the tools and techniques required to effectively deliver, assess and evaluate their training programmes. Register: 029-60633 / duhallowskillnet@irdduhallow.com

Your Garden – How to create a Wildlife Haven Tureencahill Community Centre - May 7th and May 14th 10a.m. to 3p.m.

How can you increase wildlife in your garden and thereby increase its biodiversity? This two-day workshop will help you to create a biodiverse garden and ultimately add to its beauty as well as increase wildlife in your garden. There will also be ideas on how you can add to the genetic diversity of the plants in your garden. This workshop is suited to any home gardener or Tidy Town group that will cover all the basics of improving your plot for the animal life that live there and in and around our homes. This course is free. **For more details or to book your place, contact Mary on 029-60633.**

Duhallow REVAMP Time for a spring clean? If you feel like giving your home a breath of fresh air on a budget why not avail of our unbeatable value on suites and sofas, wardrobes, tables and chairs, bedside lockers and more. We also now offer a sofa repair service and our collection and delivery service is there for your convenience. There is a discount available for individuals and families in receipt of a social welfare payment! **Visit our showroom, opened Monday to Friday, 9am to 5.30pm.** We also 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 also avail of our restoration and upholstery service. **For more information please contact Colm at 02960633 and visit us on Facebook: Duhallow Furniture Revamp.**

SPECIAL POINTS OF INTEREST

DAY OF THE REGION

BEALTAINE EVENTS

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Community Development Working Group

IRD Duhallow Community Information Meetings

IRD Duhallow will continue community meetings in May 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 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.

Wednesday 1st May	Rathmore and Shrone	Rathmore Hall
Thursday 2nd May	Glash	Glash Community Centre
Thursday 2nd May	Cullen	Cullen Pipe Band Hall

Celebrate Duhallow Day of the Region

IRD Duhallow is inviting all community and voluntary groups to take part in their initiative **'Day of the Regions' from June to August 2019.** This initiative aims to celebrate Duhallow as a region and promote all the various activities, facilities and events that are operating locally and increase the participation of new families in Duhallow. This will help to promote events in your community and will encourage people to come out and get involved in an event locally. This project is part of a wider EU initiative and IRD Duhallow is asking communities to put their ideas together, projects may include reviving old festivals, family fun days, seisiúns, organised walks, youth projects, workshops, plays etc. Where possible IRD Duhallow will be in a position to support advertising, marketing, inflatables, refreshments and catering equipment for your events. **The deadline for receipt of applications is Friday 3rd of May. For further information and an application form please contact Mary at 029-60633.**

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, 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**



"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"

Bealtaine Festival 2019

The Saoi Network wants to facilitate a more active social life for older people living in Duhallow who want to broaden their horizons, become more active and get more involved in their communities. Active Retirement groups throughout Duhallow are hosting a variety of events including:

1st May

On the 1st of May the Saoi Network will **open Bealtaine with Mass at 6am at the Source of the Blackwater.**

People are encouraged to wrap up well in warm clothing for this special spiritual ceremony.

To register please ring 029-60633.

Basic Computer Training - Venue: James O'Keeffe Institute on the 1st, 8th, 15th, 22nd and 29th of May;

Time: 10am – 12pm; Register: 029-60633.

Mullagherirke Walk - Meeting in the car park Meelin; Time: 6.30pm; No Fee. Register 029-60633.

Exhibition of Art - Enjoy a wonderful Exhibition of Art produced by Members of Millstreet Active Retired. Official Opening: 1st May from 7-8pm in Millstreet Library. Exhibition Dates: 1st – 31st May; Time: Tues – Sat 10am – 1pm and 2.30pm – 6pm. Venue: Millstreet Library; Admission: Free.

2nd May River Awareness Event – Duhallow LIFE - Venue: Kanturk GAA Pitch; Time: 11am; Register: 029-60633.

3rd May Alzheimer's Tea Morning - Venue: Tureencahill Community Centre. Time: 11am–1pm.

Alzheimer's Tea Morning—Venue: Duhallow Community Food Services. 11am –pm.

Beginner Angling for Adults - Dates: 3rd, 10th & 17th of May. Register: 029-60633.

Craft Exhibition - Glash Craft group are celebrating 10 years in existence and will be holding an exhibition of their work on the 3rd of May in the James O'Keeffe Institute from 3-5pm. Admission: Free

5th May Donoughmore Social Dance - Venue: Donoughmore Community Centre; Time: 8.30pm – 12.30pm; Admission Charge: €10

7th May Digital Photography - Venue: Tureencahill Community Centre; Date: 7th, 14th, 21st & 28th of May;

Time: 10am – 12pm; Register: 029-60633.

Personal Safety and Security - Kanturk Garda Marie Lynch will host a personal safety and security event at 2.30pm in the James O'Keeffe Institute. Admission: Free; Register 029-60633.

8th May Day Time Bridge - Enjoy a social game of bridge in the James O'Keeffe Institute. Time: 11.30am – followed by lunch at 1pm. Cost (for lunch) €10. Register: 087-6865326

Island Wood Walk - Meeting: in the Island Wood Car Park; Time: 6.30pm; No Fee. Register 029-60633.

9th May Afternoon of Music Set Dancing and Story Telling - Newmarket Active Retirement Club are hosting an afternoon with Traditional Music, Craft Display and Set Dancing from 2pm – 5pm in Cluid Housing, Newmarket. Admission: Free.

Women and the upcoming Local Elections Workshop Venue: James O'Keeffe Institute; Time: 7p.m. – 9.30p.m. Admission: Free; Register: 029-60633.

10th May Scoraíocht - Clondrohid ARA are hosting an evening of music, songs, recitation and stories in the relaxed scoraíocht style. Venue: Clondrohid Hall; Time: 8pm – 10pm; Admission: Free.

11th May Darkness into Light - Kanturk Men's Shed are organising a Darkness into Light Walk in aid of Pieta House. Venue: Edel Quinn Hall Kanturk; Time: 4.15am; Registration online in advance is advised.

12th May Tureen Creamery Centenary Celebrations—Venue: Tureen Creamery; Time: 2pm.

Millstreet ARA Tea Dance - Venue: Wallis Arms, Millstreet; Time: 2.30pm – 5.30pm. Admission €5

Tir na nOg ARA - Tir na nOg Active Retired are hosting a poetry and culture night in Dr. Croke's House in Kilbrin. Time: 8pm; Admission: Free

The Glen Theatre Drama Group will be hosting their production of **Sive** in Bruach na Carraige, Rockchapel Time: 8pm.

14th May Day Time Cinema – The Field - Venue: James O'Keeffe Institute, Time: 1.30pm

15th May Shrone Walk - Enjoy a guided walk of Shrone. Meet at Shrone Church at 6.30pm. No fee. Register 029-60633.

17th May Castlemagner Bealtaine Variety Concert - Venue: Castlemagner Community Centre. Time: 8pm; Admission: €10.

19th May Fundraising Walk of Béalic Mountain- There will be a fundraising walk for Abbey's Well Lighting development with Light refreshments served afterwards in Laharn Heritage Centre. Venue: Laharn Cross; Time: 12pm; Admission: €10.

20th May Hooley in the Hall - Kanturk Active Retired are hosting a Hooley in Linn Gorm, Kanturk at 11am.

Mount Hillary Walk - Meeting at the Trail Head at 6.30pm. No fee. Register: 029-60633.

“Putting out the fire before it starts” - Preventative Heart Medicine - Cardiac Support Group North Cork will host an information evening at The James O'Keeffe Institute, Newmarket, on Monday 20th May 2019, at 8.00pm. Open to all. Talks will be given from a G.P., Nurse Specialist, and a Patient perspective. Dr. Bertie Daly, Mairead Lehane and Eily O'Callaghan.

24th May Clara Loop Walk - Meeting at Car Park by Carnegie Hall, Millstreet at 6.30pm. Free. Register: 029-0633.

28th May Jack's Mystery Tour - Jack's Renowned Mystery Tour takes place on 28th of May. Buses will pick up day trippers from all around Duhallow and where we go from there only Jack knows. Fee: €60; Register 029-60633.

Kilshannig Folklore Talk – Led by folklorist Shane Lehane from UCC. Shane is a regular contributor on TV and radio and is a frequent guest on Maura and Daithi the RTE 1 Afternoon Show. His talk will centre on ancient times and beliefs of our ancestors. Venue: Laharn Heritage Centre; Time: 7.30pm; Admission €5

26th May Aubane Butter Road Walk - Meeting at Aubane Community Centre, walking from Aubane to the Kerry man's Table and returning for Refreshments after at Aubane Community Centre. Admission: Free

29th May Freemount Gramophone Night Hosted By: Freemount Thursday Club Venue: Cois Abhann, Freemount; Time: 8pm Admission: €3.

Clondrohid ARA Try Fitness Class Hosted By: Clondrohid ARA Club Venue: Clondrohid Hall; Time: 10am Admission: Free

31st May Millstreet Gramophone Club - Venue: Millstreet Day Care Centre; Time: 8.15pm Presenter: Michael Drew from Boherbue. Adm: Free

Women and Childcare Working Group

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 24th May. **The Women and the upcoming Local Elections Workshop** will take place on **Thursday 9th 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.**

Duhallow Women's Forum:

Limited places remain in the **Advanced History, Heritage and Genealogy training** course which will commence in **May 2019.** Anyone who is seeking to participate in this LEADER funded course should have already completed some genealogy training. It is proposed that this eight week training course will run **Tuesday afternoons** in the James O'Keeffe Institute, with the exception of one daytrip to the main repositories in Dublin. To register your interest please contact Nollaig on 029-60633.

Equality Working Group

Duhallow Carers Group are hosting **Paediatric First Aid for Family & Voluntary Carers** on the 5th of June from 9.30am – 4.30pm. Cost €10; Venue: James O'Keeffe Institute, Newmarket.

Duhallow Carers are **hosting Patient Moving and Handling for Family & Voluntary Carers** in June. Learn how to lift and move patients correctly including the use of a hoist. Cost: €10. Venue: James O'Keeffe Institute.

To register to please contact Louise on 029-60633.

PEIL—Duhallow Work Opportunities for Women

This Measure is supported by the European Social Fund (ESF). This grant supports 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.

IRD Duhallow is now taking names for the following training courses offered through PEIL:

Course Name	Start Date	Time	Duration
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

This project is part supported by the Irish Government and the European Social Fund (ESF) Fund 2014-2020 as part of the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

Contact Jacinta at 029-60633 to register your interest in the above training.

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