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**Youth & Education Working Group**

**Young Adult Survey for all 18 – 35 Year Olds.**

IRD Duhallow's Youth & Education Working Group is conducting a survey aimed at young adults in the Duhallow, Sliabh Luachra & Lee Valley area. It is open to all young people aged 18-35 and covers a range of topics such as lifestyle preferences, housing issues, urbanisation and rural resettlement after young adulthood. This will form part of IRD Duhallow's youth planning going forward and is one of few surveys of this type. This survey is being conducted as part of a LEADER funded project in conjunction with Dr. Brendan O'Keeffe of the GESERA Institute for Action Research.



The online survey can be accessed by scanning the QR Code using your smartphones camera. A link to the survey can also be found on our website. The survey takes on average 10-15 minutes to complete and all responses are anonymous.

**IRD Duhallow Newmarket After Schools**

IRD Duhallow Newmarket After Schools will run **Summer camps** starting Monday 1<sup>st</sup> of July from 9am to 1.30pm each day for Primary School children of all ages. These five weeks will be fun filled with activities, fun and laughter and are running as follows:

- Crafty Kids & Creative Chefs Camp** - 1<sup>st</sup> to the 5<sup>th</sup> of July
- Crafty Kids & Creative Chefs Camp** - 8<sup>th</sup> to the 12<sup>th</sup> of July
- Whiz Kids** - 15<sup>th</sup> to the 19<sup>th</sup> of July
- Laugh & Learn** - 22<sup>nd</sup> to the 26<sup>th</sup> of July
- Go Wild Nature Camp** - 29<sup>th</sup> of July to the 2<sup>nd</sup> of August

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 or Rachel on 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)

**The National Childcare Scheme** will be introduced in Ireland in October 2019. This will provide financial support for parents towards the cost of childcare. This new scheme will replace the existing targeted childcare programmes with a single, streamlined and more user-friendly scheme and will include "wraparound" care for pre-school and school-age children. Please note that **you will need a Public Services Card to avail of Childcare Subsidies**. Parents, make sure you apply as soon as possible to be eligible. For further details: visit: <https://psc.gov.ie/how-to-apply/>

**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 part-time 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 will receive 3 free 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 IRD Duhallow on **029-60633**.

**Agriculture Working Group**

**Horticulture Local Training Initiative Open Day & Grow It Yourself Re-Launch  
 On Saturday 15<sup>th</sup> June 11 a.m. to 3p.m.**

A vegetable and plant sale will take place on the grounds of the James O' Keeffe Institute and we will also be relaunching our Grow It Yourself Programme with speaker Kitty Scully. Kitty is a well-known TV gardener and will give a talk and offer practical tips and advice in relation to growing your own produce. Through the Safe Food Ireland Community Food Initiative we will also have a speaker who will talk about Healthy Eating and Healthy Lifestyles. We want to show and help people to make choices to maintain a healthy, balanced diet.

For more information and to book your place, please contact Mary on 029-60633.



**Blue Dot Project**

IRD Duhallow would like to thank all the farmers that have expressed their interest in the Blue Dot Project so far. We would like to hear from all landowners within the Allow catchment area, including the Dalua. We are seeking to engage with as many farmers as possible, especially those that have river frontage or significant tributary streams on their land. For further information please contact Michael Morrissey at 029-60633.

**Community Development Working Group**

**SPECIAL POINTS OF INTEREST**

**DAY OF THE REGION EVENTS**

**HORTICULTURE LTI OPEN DAY & GIY RELAUNCH ON 15TH JUNE**

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**Celebrate Duhallow Day of the Regions**

IRD Duhallow's Day of the Regions will kick off in June. There will be a variety of events held throughout Duhallow. Full details can be found in Discover Duhallow Booklets available in shops and other businesses throughout Duhallow as well as on our website [www.irdduhallow.com](http://www.irdduhallow.com) and facebook page.

**Here is a taste of what's on offer in Duhallow in June:**

On **Sunday 2nd June** there will be Crossroads dancing at Laharn crossroads. Admission is free and commences first week in June to the first week in September at 8p.m.

On **Sunday 9th June**, Aghinagh Macra na Feirme will host their 5K Fun Run and Know Your Neighbour Evening which will be held at The Ploughman Bar, Ballinagree. For more information, please contact Sheila Lynch on 087-7652690.

On **Tuesday 11<sup>th</sup> June** the Ability Programme will host an Art Exhibition of the Artwork they have completed throughout the year in the James O' Keeffe Institute.

**Wednesday 12<sup>th</sup> June** will see a Sportsfest being held in the Edel Quinn Hall in Kanturk for the older adult. A range of physical activities will be in place for people of all ages and abilities. This event is free.

On **Saturday 15<sup>th</sup> June** Castlemagner Community Hall and Castlemagner Development Association will host their Countdown to Summer Festival. For more information, please contact Lisa on 086-1237421.

On **Sunday 16<sup>th</sup> June** Sliabh Luachra Cycling Club will host Youth Races where individuals can sign on from 9.30a.m. at Knocknagree Community Centre. For more information please contact Maurice on 087-9178836.

**Friday 21<sup>st</sup> June** will see the Kanturk Mid-Summer Festival commencing whereby there will be a weekend of events for all ages to enjoy. On Friday night there will be a book launch and musical entertainment.

**Saturday 22<sup>nd</sup> June** Kanturk Mid-Summer Festival continues with Art in the Park. For more information, please contact Lisa on 087-9444523.

Also on **Saturday 22<sup>nd</sup> of June** we see Scullys Festival taking place where there will be a Traditional Strawing in Scullys Bar Newmarket.

On **Sunday 23<sup>rd</sup> of June** the Kanturk Mid-Summer Festival will conclude in the Town Park with Lark in the Park which will take place from 2p.m. to 4p.m.

Also on **Sunday 23<sup>rd</sup> of June** Croí na Laoi, Inchigeelagh are hosting a Village Picnic at 1p.m. outside the hall.

**Tuesday 25<sup>th</sup> June** will see Ballinagree Development Group host their annual Musherá Platform Dance in Musherá from 8.30p.m. to 10.30p.m.

**Sunday 30<sup>th</sup> of June** Tureenahill Community Group will host their Annual Barbeque which will kick off at 1p.m. in Tureenahill Community Centre.

**Sunday 30<sup>th</sup> of June** will also see the Sliabh Luachra Cycling Club Sportive which will commence at 9a.m. at Teach Iosagain, Rathmore. For more information, please contact Maurice on 087-9178836.



"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"

### Historic Grave Surveying:

IRD Duhallow is seeking to train communities in the digital recording and publication of historic graveyard related stories in their localities. Through field work in historic graveyards and the recording of local people's stories, oral records of the locality will be created showing Duhallow's broad heritage. 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. **Opening information night to take place Monday the 10<sup>th</sup> of June at 7.30 p.m.** in the James O'Keeffe Institute Newmarket. Training to take place during day time hours. To register your interest in participating in this LEADER funded training programme, **please contact Nollaig on 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**

**Duhallow REVAMP ..... Summer Specials!** We have fantastic value on sofas and suites of furniture this month, quantity is limited so don't miss out! We also have great deals this month on tables and chairs, lockers and more. Our collection and delivery service is there for your convenience and 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 029-60633 and visit us on Facebook: Duhallow Furniture Revamp.**

### Bike Week is 22nd-30th June 2019

In order to celebrate National Bike Week, IRD Duhallow is hosting two workshops on the grounds of the James O'Keeffe Institute on **Thursday 27<sup>th</sup> of June.**

- Cycle Skills for young children aged 7 to 14 years of age from 3.30p.m. to 5.30p.m. Children will take part in a range of skills, games and cycle safety lessons with the aim of enhancing their overall cycling skills.
- Bike Maintenance for all ages will take place from 6.30p.m. to 8p.m. This workshop will focus on brake maintenance, puncture repair and the basics of bike mechanics. **To register your interest, please contact**

**Mary at 029-60633.**

### Enterprise Working Group

**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](http://www.irdduhallow.com/duhallow-enterprise/mentoring)

or **Contact Louise at 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com) .**

### Duhallow Skillnet

**Instagram Your Business** Did you know that Instagram is the fastest growing social media platform? Don't let your business get left behind by attending our Instagram Workshop. 19<sup>th</sup> June from 9.30am – 12.30pm. Cost: €40.

**Social Media for Business** Bring your business into the Digital era with our Social Media Training Programme. This 4 week programme will cover the fundamentals of Facebook, Instagram, Twitter and Linked In. Venue: James O'Keeffe Institute, Newmarket. Start Date: 16<sup>th</sup> September 2019. Cost €125.

**Start Your Own Business** Learn the Fundamentals of Starting Your Own Business. From Business Research and Finance, to Marketing and Sales, we cover all you need to know to get your business up and running. This is a 6 week LEADER funded training programme commencing the 24<sup>th</sup> September; Time: 6.30pm – 9.30pm; Cost: €25.

**To register for any of these courses please contact 029-60633 or visit <https://www.irdduhallow.com/upcoming-events/>**

### QQI L5 Major Award in Health Care

IRD Duhallow is currently recruiting participants for a Major Award in Health Care. This course qualifies successful graduates to be home helps or care assistants and will run from September 2019 to April 2020 from Monday – Thursday from 9.30am – 2.30pm. The course is 100% funded by the Skillnet EAP and so there is no charge to the trainee. It is open to anyone who is in receipt of a welfare payment of any kind, as well as: Homemakers, Former Sole Traders and Business Owners, Recent Graduates who are Unemployed, Retirees seeking to return to the Workplace, Individuals who fail to qualify for social welfare payments because of a spouses income, those who have recently accepted redundancy payments and EEA nationals holding an immigration Stamp 4. To express an interest contact 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

### Women and Childcare Working Group

#### Sleep – What every Parent Needs to Know (birth – 6years)

The Women and Childcare Working Group presents Lucy Wolfe, Paediatric Sleep Consultant who will give a talk on **Sleep – What every Parent Needs to Know (birth – 6years)**. This presentation will provide:

- An introduction to your child's sleep, what is a sleep problem and what can you do; Gentle sleep shaping strategies to embrace from birth to 6 months; Addressing 3 core reasons that routinely dilute parent's efforts;
- Decisions to make that improve sleep - where does your baby sleep, who starts the process and using a dummy, when to begin; Definitive steps towards positive sleep practices including using my stay and support approach to gently and considerably improve sleep by day and by night.

This talk will take place in the James O' Keeffe Institute on **Saturday the 29<sup>th</sup> of June from 12noon.**

Admission costs €5 and to book your place or for more information please contact **Mary on 029-60633.**

### Equality Working Group

#### Adult and Second Chance Bursaries

There are Bursaries available for Adult & Second Chance Education. This funding is available through the Social Inclusion Community Activation Programme to facilitate access and entry to further and higher level education and training opportunities for adults who may not have had the previous opportunity to continue or complete their education.

**Please contact Mary Creedon for further information 029-60633.**

### Duhallow Carers

The Duhallow Carers Group will be officially launching their new Dormant Accounts Programme, which will provide training locally for family and voluntary carers. The launch will take place on Saturday **15<sup>th</sup> of June from 11am – 1pm** with a **Coffee Morning** in Duhallow Community Food Services. National Carer of the Year – Brenda O'Connell Barry who many know from the Fight for Fionn Campaign will officially launch the new programme.

**Proceeds will be donated to Carers Ireland.** All are welcome.

The Duhallow Carers Group will be organising a number of courses for **Family and Voluntary Carers** under Dormant Accounts Funding:

Course	Date	Time	Venue	Cost
Paediatric First Aid	5 <sup>th</sup> June	9.30am– 13:00pm	James O'Keeffe Inst.	€10
Patient Moving & Handling	22 <sup>nd</sup> June	9.30am– 17:00pm	James O'Keeffe Inst	€10

For full details or to register for any of these courses please contact 029-60633 or visit <https://www.irdduhallow.com/upcoming-events/>

**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 a group of trained volunteers who provide a free confidential service to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. This is not a counselling service but a friendly and supportive listening service. A trained volunteer currently meets in a one to one setting with a client at a time suitable to both parties. To make an appointment call **087-6279000.**

**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