

TEL: 029 60633
 WEB: www.irdduhallow.com
 E-mail: duhallow@irdduhallow.com

Youth & Education Working Group

IRD Duhallow Newmarket After Schools - Summer Camps

IRD Duhallow Newmarket After Schools will run **Summer camps** starting Monday 1st 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 - Creative, Crafty—packed week filled with lots of fun arts and crafts as well as some fun filled baking in our kitchen. **1st to the 5th of July and 8th to the 12th of July.**

Whiz Kids - Step towards the future for all children. A week filled with Science Experiments, Computer Practice and lots of games. **15th to the 19th of July.**

Laugh & Learn - Making learning fun! Come and develop your reading and writing skills while also taking part in some fun filled activities such as sports and arts and crafts. **22nd to the 26th of July.**

Go Wild Nature Camp - If you love the outdoors this camp is for you! Go pond dipping, hunt for beetles, bugs and butterflies, search for creepy crawlies and take part in tracking games. All outdoors. **29th July to the 2nd 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

“Managing Childhood Anxiety”

Are you as a parent struggling to support your overly anxious child? A child with fears so overwhelming that it may be impacting their emotional or physical wellbeing?

Are your child's worries affecting their ability to enjoy life at home, school and elsewhere? If so then this workshop will be of interest to you. **IRD Duhallow will host a workshop for parents of younger children (Primary School) on Monday 16th September at 7pm and for parents of adolescents (Secondary School) on Monday 30th September at 7pm.** Both will take place in the James O’Keeffe Institute, Newmarket.

If you are interested in attending either workshop please register on 029-60633 as places are limited.

This practical, interactive, workshop utilises a **cognitive behavioural therapeutic (CBT)** approach to help parents support their anxious children. The workshop will be facilitated by two experienced therapists, both of whom have worked with children and young people with mental health issues, including anxiety, for over 20 years.

Ability Programme 2018-2021: IRD Duhallow’s Ability Programme aims to support young people with disabilities aged 15-29 years to improve their employment prospects. If you are a young person who would like to be in a paying job, IRD Duhallow’s Ability Programme can help you to achieve your goals. The Ability Programme will help young people with disabilities to find education, training and employment. Young People will also be encouraged and supported to participate in community life. Supports through Ability include: one to one person centred planning, life skills support such as money management, laundry and cookery, work preparation training, social and personal development, dramatherapy, art & craft therapy, assistance in gaining work experience and voluntary placements, work shadowing. 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. **For further details and eligibility criteria please contact Triona or Jacinta on 209-60633.**

“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’s Raptor LIFE Project
 Supported by the LIFE Financial Instrument of the European Community

The removal of invasive plant species is in full swing, with the focus on Himalayan balsam at this time of year. The removal of this invasive plant involves surveying stretches of river banks and hand pulling the plant before it flowers. If the plant is flowering a bag must be placed over the flower head to stop balsam pollen and seed from popping/spreading, before continuing to pull the rest of the plant. Landowners, angling clubs and local communities can play an important part in this work. **Anyone who would like to help by volunteering can contact Nuala Riordan on 029-60633.**

Agriculture Working Group

Duhallow Farming for Blue Dot Catchment Project

IRD Duhallow would like to thank all the farmers that have expressed an interest in the Duhallow Farming for Blue Dot Catchment Project. The project is a practical approach to protect and restore high status river quality through a results based payment scheme in the target area. We would like to hear from all landowners within the catchment area including the rivers Allow, Owenanare and Dalua. We are seeking to engage with as many farmers as possible, especially those with river frontage or a significant tributary stream on their land. **For further information or to arrange a farm visit please contact Michael Morrissey on 029-60633.**

The European Agricultural Fund for Rural Development: Europe investing in rural areas

SPECIAL POINTS OF INTEREST

DAY OF THE REGION EVENTS

AGM ON 31ST JULY 2019

INSIDE THIS ISSUE

Community Working Group	1.
Day of the Region Events	2.
Employment and Training Working Group	3.
Equality Working Group	3.
Youth & Education Working Group	4.
Raptor LIFE Project	4.
Agriculture Working Group	4.

Community Development Working Group

The **North Eastern Duhallow Elections & Community Forum Meeting** will take place on **Thursday 4th July in the James O’Keeffe Institute, Newmarket at 8pm.** On the night, two representatives will be elected onto the Board of IRD Duhallow to represent the needs of communities in the region. A Community Forum meeting will also be held to discuss the needs and issues in North Eastern Duhallow. This information evening is open to all. North Eastern Duhallow comprises of the following communities; **Newmarket, Lismire, Kanturk, Kilbrin, Castlemagner, Cecilstown, Dromtariffe, Freemount and Tullylease.**

The A.G.M. of IRD Duhallow CLG and Launch of Progress Report 18-19 will take place Wednesday 31st of July at 8.00pm in the James O’Keeffe Institute, Newmarket. While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible.

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**

IRD Duhallow Home Incentive Scheme

There are home insulation grants available through the SEAI for **all homeowners whose properties were constructed prior to 2006.** These insulation grants are to assist the home owner upgrade their home in an affordable manner and help save thousands of euro over the lifetime of the home. Works carried out include attic and cavity wall insulation. **Grants of up to €850** are available to qualifying households. IRD Duhallow will carry out a **free survey** on your property to determine what works can be funded. **To apply, contact IRD Duhallow on 029-60633 or email whs@irdduhallow.com**

LEADER

Rialtas na hÉireann
Government of Ireland

ciste na gcuntas diomhaol
the dormar accounts fun-

Tús
your training

pobal
government supporting communities

Life

seai
SUSTAINABLE ENERGY AUTHORITY OF IRELAND

NSAI
Certified

Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union

EUROPEAN UNION
Investing in your future
European Social Fund

SICAP
Social Inclusion & Community Activation Programme

EXCELLENCE THROUGH PEOPLE
ETP 1000-2012
NSAI Certified

Skillnet
An tSúil le hÉireann
The Skills Partnership

“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”

Senior Alert Scheme - Free Personal Monitored Alarm

IRD Duhallow delivers the Seniors Alert Scheme in Counties Cork and Kerry. It enables older persons (65yrs+) to continue to live securely in their homes by providing them with a **free personal monitored alarm and pendant**. The alarm is supplied and installed free of charge along with one year's monitoring. **To apply, contact IRD Duhallow on 029-60633 or email whs@irdduhallow.com**

Historic Grave Surveying:

During the month of July, IRD Duhallow will be providing training in the digital recording and publication of historic graveyard related stories. 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 and volunteers 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. For further details on this LEADER related training, **please contact Nollaig on 029-60633.**

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 details please contact Colm at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp.**

Day of the Regions

IRD Duhallow's Day of the Regions Programme is continuing in July with a variety of events taking place throughout Duhallow. Full details can be found in Discover Duhallow Booklets available in community centres, shops and other businesses throughout Duhallow and on our website www.irdduhallow.com and facebook page. **Here is a taste of what's on offer;**

Laharn Sunday Night Open Air Dancing continues at Laharn Crossroads on a **weekly** basis. Admission is free and commences at 8p.m. For further information email: oshea_jp@hotmail.com

Bruach na Carraige's tradition of **weekly Seisiúin commences on Tuesday 2nd of July** at 8.30p.m. and promises to be a lively night of traditional Irish music, song and dance. Admission €10. For more details contact Jack 087-2205566. Musherá Platform Committee are hosting their **Musherá Platform Dance on Sunday 7th July** from 3p.m. to 5.30p.m. For more information, please contact Rita on 086-0647381.

On **Sunday 7th July** keep your diaries free for a Bishop McEgan history evening in **Dr. Croke House, Castletcor.** This promises to be a great evening in Dr. Croke House and will start at 8p.m. until 10.30p.m.

On **Saturday 13th of July Lismire Community Association** invites you to a **Historical Walk** – A synopsis of the History of the Old Village of Coolavota. Meeting at Kilcorcoran Graveyard at 6.30p.m. and will be followed by refreshments and entertainment in Lismire Hall.

On **Saturday 13th of July**, Jack Roche will lead a **Holy Wells Tour covering part of Duhallow celebrating both our current and historic Christian practices and linkages to pre-Christian traditions.** The tour will depart from the James O' Keffe Institute, Newmarket at 1.30p.m. and will take 6 hours approx.

Monday 15th of July will see the start of Sliabh Luachra Summer School Master Classes, in Rockchapel on Authentic Irish Traditional Solo Step Dancing Workshops directed by Maurice O' Keffe. These classes will run from 15th of July to 26th of July from 2.30p.m. to 6.30p.m. For more information, please contact Jack on 087-2205566.

Freemount Comhaltas (C.C.E.) annual weekly **Seisiúin commences on Wednesday 17th July** and will run until Wednesday 28th August. Each week will consist of traditional music, singing, dancing, storytelling and craic!! The cost will be €10 for first night and if a returning customer the fee will be €5. The Seisiúin will take place in the Heritage Centre in Freemount commencing at 8.30p.m.

Donoughmore Parish is proud to be celebrating its **50th Annual Carnival from the 18th to the 21st of July.** In celebration of 50 years of the carnival events will include Sean Keane in Concert, family Bingo, All Ireland Tug of War competitions, Cork County Macra's Creative Challenge Competition, Vintage Car Display & Car Treasure hunt and much more. Further details will be available on Donoughmore's Carnival Facebook page, Twitter and Instagram.

Cullen and District Special Needs Association invite you to take part in the **21st Annual Harvest Afternoon & Vintage Display on Sunday 21st July @ 1pm** in Cullen GAA Grounds. Raffle tickets for many valuable prizes will be on sale and refreshments will be served Entry Fee €5. For more information, contact Kathleen on 086-1265398.

Banteer Community welcomes all to their **Family Fun Day on Sunday 21st of July** which is guaranteed to be an action packed day with entertainment for all the family. For more information, please contact Maria on 087- 2822847.

Joe Weathers Memorial Vintage Run in association with Duhallow Vintage Club will take place **on the 21st of July and will start at 12noon from Meelin Hall.** For more information please contact Mary Sheahan on 087- 9228078.

On **Tuesday 23rd and Wednesday 24th of July** Duhallow Angling Centre of Excellence will host **Angling Taster sessions** on the Rivers of Duhallow. These taster sessions will be open to all and will commence in Kanturk Soccer pitch each day from 10a.m. to 3.30p.m. Booking is required, so please contact Tom on 086-0827484.

On **Saturday 27th of July, Millstreet Community Council** will host a Party in the Park programme of events aimed at young families, the young at heart and everyone in between. Commencing at 12noon with a Teddy Bear's Picnic there is a range of activities held through the day and evening. All events will take place in Millstreet Town Park. If you would like further details contact millstreetcommunitycouncil@gmail.com or visit www.millstreetcommunitycouncil.ie



Community Food Initiative 2019 – 2021



Healthy Cooking Skills for Parents Training course funded through the Safefood Ireland Community Food Initiative 2019 – 2021. This course will focus on cooking on a budget, preparation of healthy meals considering time constraints, Healthy eating will be explored and a variety of recipes will be delivered. This will be an eight week course from 10a.m. to 12noon. and will commence early September. **For more information or to book your place, please contact Mary on 029-60633.**

Employment and Training Working Group

Children with Additional Needs 5N2396 Component Module

IRD Duhallow is seeking to determine interest in running a QQI level 5 Children with Additional Needs Module. This module is designed to enable the learner develop skills, gain knowledge and attitudes necessary to work with children who have additional needs. The learner will gain an understanding of the support needed to ensure children are fully included and integrated in a variety of care and educational environments. It aims to provide the learner with an understanding of the context of special needs, associated issues and approaches used as well as offering an overview of the legislation and policy development relating to children with additional needs in Ireland today. It is anticipated that this course will commence on **Monday the 30th of September** and will run for one night per week for ten weeks from 6.30p.m. to 9.30p.m. **If you are interested in attending or would like more information, please contact Mary on 029 60633.**

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 to 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 spouse's 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

Equality Working Group

Duhallow Carers

The Duhallow Carers Support Group provides peer support for carers, to provide a relaxing environment and to give members a much needed break from their caring duties and most of all to up skill new carers and provide them with the relevant training and mentoring they need to carry out their duties to the best of their abilities. The group meets the first Thursday of every month to organise and facilitate these supports, equipping carers with the skills and the confidence to look after loved ones.

We would be delighted to meet you at our **next meeting on Thursday 1st of August at 8.00pm** in the James O'Keeffe Institute. The meeting on the 4th of July has been CANCELLED to facilitate this year's carers summer outing. For details or further information contact Stephanie on 029-60633.

The Duhallow Carers Group will be organising a **number of training courses** for Family and Voluntary Carers under Dormant Accounts Funding which will be commencing in September 2019 including; First Aid, Circle of Security Parenting Prog., Yoga for Carers and Managing Challenging Behaviour.

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

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 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; Women parenting alone; Women with disabilities; Carers and Migrant Women. For further information on this programme, please contact Jacinta on 029-60633.

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.

Shine Phrenz Support Group

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 18th of July 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