

IRD Duhallow

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AUGUST 2019

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

IRD Duhallow RaptorLIFE project commenced in 2015 with the aim to connect and restore two Natura 2000 sites for the conservation of upland and freshwater biodiversity, including hen harrier, merlin, Atlantic salmon and brook lamprey. As we enter the final months of the project it is timely to reflect on some achievements to date.

Enhancement of habitats for hen harrier and merlin: Across six project farms vegetation management has been undertaken on 48ha of farmland. By flailing or mulching areas dominated by rushes, purple moor grass or rank heather, farmland biodiversity has been enhanced, allowing a variety of plant species to re-colonize and improving the quality of habitat for hen harrier prey species. A large area which had been left bare by forestry clear felling has also been reseeded with heather seed harvested locally. 23ha of Rhododendron and self-seeding conifers have also been eradicated from where they encroached on hen harrier habitats. One of the largest undertakings was the creation of a foraging corridor which connects the Blackwater SAC to the Stacks to Mullaghareirks SPA in a landscape dominated by intensive forestry. With the help of Coillte, this 3km corridor is nearing completion, with almost 14ha of mature conifers removed and replaced with native trees, heather seeds or left to revegetate naturally. All summer, RaptorLIFE has monitored hen harrier nest sites, many of which have already fledged successfully. This season has been the best season since 2015 for hen harrier occupancy and breeding success.

Restoration of river habitats: By improving water quality and reducing the sediment input into the Blackwater & Owentaraglin rivers the project aims to improve habitat quality for salmon, lamprey and freshwater pearl mussel. These species require clean, silt free gravels and waters free of excessive nutrients in order to reproduce, survive and complete their life cycle. To achieve these conditions, the project has undertaken the restoration of riparian vegetation to prevent erosion of the river banks and provide a buffer to nutrients entering from farm land. RaptorLIFE has fenced 29ha of river bank, excluding livestock from sensitive water courses, reducing pollution from poaching and manure, and allowing native vegetation to recover in areas that were previously overgrazed. Areas subject to excessive erosion have been stabilised by planting willow and other native trees. RaptorLIFE monitors freshwater invertebrates such as stonefly as indicators water quality; Results show that water quality on these rivers remains stable at good to moderate status. RaptorLIFE also monitor fish populations with the help of IFI. Following a significant fish kill which took place in 2016 a recovery in salmon and trout populations has been detected in 2018. A final assessment of water quality and fish stocks will be undertaken in August / September 2019.

Invasive species eradication: August is peak invasive species management season and our crews have taken to the rivers and roads of Duhallow to continue the eradication process. Himalayan balsam is being controlled by hand on over 80km of river with significant progress to date. We are treating Japanese knotweed on over 400km of roads and 25km of river. Those stands that have been treated for three seasons are already exhibiting a 66% decline in area with further decline expected this season.

Farming for Nature Awards - IRD Duhallow RaptorLIFE would like to congratulate one of our project farmers, Connie O'Connor on his nomination for the "Farming for Nature" Awards. Connie and his wife Julia, were among 39 farming families nationally that were nominated for their excellent work in supporting nature on their farm and in their community. Connie and Julia farm 47 hectares near the source of the River Blackwater. As a RaptorLIFE project farmer, Connie has been enthusiastic about taking on the many measures to enhance and restore farmland habitats for the conservation of hen harrier and other freshwater and terrestrial species. Connie farms suckler cattle in a non-intensive approach. His farm varies from open rich blanket bog to rough grassland and some improved grassland. He uses minimal fertiliser and low stocking density to maintain his species rich grasslands, he uses mulching instead of chemicals to control rushes, he manages the structural variation in the grasslands to support raptor prey species & he has taken action to protect watercourses from livestock & erosion. The judging panel were very impressed with Connie & his enthusiasm for the protection of wildlife & the environment.

Joseph Sexton R.I.P. On the 24th of June, IRD Duhallow were deeply saddened to learn of the death of Joseph Sexton, a member of the RSS crew that worked on RaptorLIFE. Joseph had worked at IRD Duhallow for over 10 years, and all have fond memories of him as a character of joviality and fun. Joseph was a very diligent worker and took great pride in every job he set his hands to. A farmer in his own right, he had a good understanding of the land and recognised the value of his work toward improving the wider environment for all. Whether it be invasive species management, river bank protection, hedge laying or tree planting, Joseph completed every task to a high standard and motivated others to do the same. The wealth of local knowledge Joseph had built over the course of both SAMOK and RaptorLIFE was invaluable. He was chatty, witty and a great man for the weekly round-up of sporting fixtures and local news. Joseph will be sadly missed by all at IRD Duhallow and our deepest sympathies are extended to his family and friends.

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.**

SPECIAL POINTS OF INTEREST

DAY OF THE REGION EVENTS

TRAINING COURSES

RAPTOR LIFE

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Community Development Working Group

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 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 for the elderly or those not in a position to cook for themselves. Meals can be booked on a long or short term basis. Dinner and Dessert cost €7.50 per day, delivered to your door. Alternatively join us in the restaurant on site where lunch is served Monday to Friday from 12.30pm until 2.00pm. Senior rate of €8.00 for main course and dessert apply. We also provide a wide range of hot or cold dishes for any catering event such as Special Occasions and Functions.

For further information on our services contact Orlaith at 029-76375 or email duhallowfoods@eircom.net visit www.foodinduhallow.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.**

"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"

Day of the Regions

IRD Duhallow's Day of the Regions Programme continues during August with a variety of events taking place throughout Duhallow. Details can be found in Discover Duhallow Booklets available in community centres, shops & other businesses throughout Duhallow or see our website www.irdduhallow.com or 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_ip@hotmail.com

Bruach na Carraige's tradition of **weekly** Seisiúin continues **every Tuesday evening in August** starting at 8.30p.m. and promises to be a lively night of traditional Irish music, song and dance. Admission is €10. For more details contact Jack on 087-2205566.

Freemount Comhaltas continue their weekly Seisiúns **every Wednesday night** in the Heritage Centre in Freemount up until Wednesday 28th of August. Each night consists of traditional music, singing, dancing, storytelling and craic. For more information, please contact Aisling on 087-7562782.

Mushera Platform Committee are hosting their Mushera Platform Dance in Mushera from 3p.m. to 5.30p.m. on **Sunday 4th August & Friday 23rd August** from 8.30p.m. - 10.30p.m. For more details contact Rita on 086- 0647381.

From 31st July to 2nd August Sliabh Luachra Summer School takes place with Advanced traditional music workshops directed by Nicolas McAuliffe. The workshops take place in Bruach na Carraige Heritage Centre from 10a.m. to 2p.m. For more information, please contact Jack on 087-2205566.

Cultural Tour of the Sliabh Luachra part of Duhallow will take place on **Saturday 10th of August** departing from Bruach na Carraige, Rockchapel @ 1.30p.m. This tour will cover many key locations contributing to the cultural richness of the region. Booking is essential so please contact Mary on 029-60633 for more information.

Tullylease GAA is hosting a Family Fun Day on **Sunday 11th of August** commencing at the GAA grounds at 12noon. There will be GAA games, novelty races & a toy tractor run plus other activities. All welcome.

Also on **Sunday the 11th of August, Aubane Social Club** will host their **Family Fun Day** which will commence at 2p.m. at Aubane Community Centre and will host a range of activities for the family including Bouncing Castle, Obstacle course, face painting, side shows and lots more. For more information, please contact John on 086-1942161.

Ballinagree Community Development Company wish to invite you to the **official opening of their LEADER funded Community Playground on Sunday 11th of August** which will commence at 2p.m. on the day and will see a range of activities. All are welcome. For more information, please contact Laura on 086-3744575.

From **Thursday 15th August to Sunday 18th August Inchigeelagh Festival** takes place. The festival is hosted by Uíbh Laoire GAA and will see a series of events that the whole family can attend. The festival's main attraction has got to be the **huge marquee** which is erected in "River Island" each year and hosts **fantastic live music over the course of the weekend**. On Friday the 16th of August there will be a 5km fun run and Derek Ryan will be singing. On Sunday 18th August, Bog the Donkey will close out the weekend. For more information, please contact Ciara on 085 7794653.

Ballinagree Vintage and Family Fun Day is held in Ballinagree Village every year and commences at 11a.m. on **Sunday 18th August**. This is a day that brings the community together both young and old. The proceeds for this day are given to a charity every year so all support is greatly appreciated. For more details contact Rita on 086- 0647381.

Sliabh Luachra Summer School Master Classes - Advanced Traditional Solo Step Dancing will commence on **Monday 19th of August and will run until 23rd of August** from 10a.m. to 2p.m. in Bruach Na Carraige, directed by Patrick O' Dea, Ireland's leading dance teacher. Advanced students are welcome, contact Jack on 087-2205566.

RaptorLIFE is holding a family fun nature day in Kiskeam on the Araglin in the town park at 11a.m. on **Monday 19th of August**. This event will offer fun filled & interesting events for all the family including kick sampling in the river, small mammal trapping, sweep netting for mini beasts & a river fruit race. Contact Nuala on 029-60633.

Gneeveguilla Carnival Weekend promises to be a great weekend with something for everyone and kicks off on **Friday 23rd August** which will see the selection of the Lord Mayor of Gneeveguilla. There will be a fun fair and amusements all weekend. On Saturday 24th of August Rebel Hearts will be playing in Gneeveguilla Community Hall and there will be an underage Football blitz, ladies' games and a parish league for Senior players. **Many events are also planned for Sunday 25th August in Gneeveguilla with the carnival continuing in great spirits.** For more details, please see Gneeveguilla GAA club facebook for further details.

Saturday 24th of August will see the Greatest Showman arrive to the James O' Keeffe Institute, Newmarket. IRD Duhallow will host an **outdoor cinema with the film expected to start at 9.15p.m. approx.** There will be teas, coffees, popcorn & sweets on offer. Tickets are just €5 and to book please contact 029-60633.

Sunday 1st September there will be a **Family Fun Day in Clondrohid** with a range of activities including a 5km Fun run/walk, live music, craft stalls, ball run, bouncy castle and plenty of activities for children on the day. This is a fundraising event for the Community Hall and Parent's Association of Clondrohid National School so please come out and support it. For more information, please contact Peter on 086-8318861 or Mary on 087-1214271.

Community Groups Roles & Responsibilities

IRD Duhallow and the HSE are organising **Community Governance Training**. This training is suitable for all board and committee members who need a general and easy to follow guide to good governance practice. Topics covered include: Committee Roles & Responsibilities, Funding & Finance, Marketing & Communicating Community Events. **Commences:** 18th September; **Time:** 7pm – 9pm **Duration:** 4 Nights. **Register on 029-60633.**

Genealogy: Are you interested in researching your family tree? On **Tuesday 10th September** at 7.30 p.m. IRD Duhallow will hold a workshop entitled '**Introduction to Genealogy, Local History and Heritage**'. The aim of this workshop is to provide assistance & guidance to people who are interested in developing their own family trees. This workshop will have some local history content. A second workshop will take place on **Wednesday 18th September** at 7.30 p.m. entitled '**Ireland in the early 1900s – Census and History**'. This workshop will focus on the censuses of 1901 and 1911 as an information resource & will also have some local history content. Both workshops will take place in the James O'Keeffe Institute. Spaces on these workshops are limited, to book contact Nollaig on 029-60633.

Enterprise Working Group

Duhallow Skillnet is taking enrolments for the following training, to express an interest contact 029-60633 or email duhallowskillnet@irdduhallow.com

Course	Date	Time	Venue	Cost
Social Media for Business	16/09/19	7pm-9pm 4 weeks	James O'Keeffe Inst.	€125
Process Led Art	07/09/19	11am	James O'Keeffe Inst	€25
Lamh One	09/09/19	6.30pm-9.30pm 2 weeks	James O'Keeffe Inst.	€100

PEIL—Duhallow Work Opportunities for Women

Duhallow Work Opportunities for women 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 & Migrant Women. **For further details on this programme, contact Jacinta on 029-60633.**

Course Name	Start Date	Time	Duration	Venue
Personal Development	16/09/19	10am-12.00pm	8 Weeks	James O'Keeffe Inst.
Assertiveness	18/09/19	10am-4.00pm	1 Full Day	James O'Keeffe Inst.

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.

Youth and Education Working Group

Broadening Your Horizons aims to support and empower young people aged 16-24 years who are not in education, employment or training and living in rural areas to access training, employment and recreational opportunities through: mentoring and coaching support; Training Taster Sessions ranging from unaccredited introductory and tasters courses to minor accredited modules e.g. HACCP Food Hygiene, Customer Care and Complaint Handling, Care Support, Manual Handling etc, Drive2Success' Driver Theory Workshops in preparation for the theory test and support to obtain provisional driving licence, 3 Free Driving Lessons, work preparation training including Job search strategies, mock interviews, CV preparation, psychometric testing, styling for interview etc and support seeking work placement. For further details on this programme **please contact Jacinta on 029-60633 or e-mail jacinta.carroll@irdduhallow.com**

Equality Working Group

Following a successful first year of the **Ability Programme**, IRD Duhallow is now recruiting participants for year 2 of the programme which will begin in September. The Ability Programme aims to support young people with disabilities (15-29 years of age) 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 and to participate in community life. Examples of support available through Ability include: one to one person centred planning, support to develop life skills 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, in order to qualify for support.

For further information and eligibility criteria 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."

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
First Aid	02/09/2019	9.30am-13.00pm	James O'Keeffe Inst.	€10
Care of the Older Person QQI L5	03/09/2019	6.30pm-9.30pm 10 weeks.	James O'Keeffe Inst.	€10
Yoga for Carers	05/09/2019	7pm-8pm 8 weeks	James O'Keeffe Inst.	€5
Managing Challenging Behaviour	28/09/2019	9am-1pm	James O'Keeffe	€10

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

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*