



Community Food Initiative



Creating happy, healthy eaters

Give your child the skills they need to become a competent eater

Childhood nutrition is important but HOW a child eats has been shown to be even more important for future health and happiness. **This evidence based workshop will give parents the skills and confidence to create age appropriate food and eating boundaries that are essential for happy, stress free mealtimes.** Also covered will include picky eaters, growth problems and over/under eaters. The workshop will be delivered by Helen Harvey, experienced, registered dietitian who is a mum of a toddler herself. Time will be available for questions and answers and discussion throughout. This topic will be covered over two sessions **on Thursday 10th and Thursday 17th Oct. in the James O'Keeffe Institute, Newmarket from 10.30am to 12noon.** This workshop is free but we ask that you register by contacting Mary on 029-60633.

Healthy Eating & Lifestyle Community Networking Event Thursday 24th October from 11a.m. to 1p.m.

IRD Duhallow will host a Community Networking event whereby a series of stands will be on display for the public to engage with professionals around healthy eating and living. The aim of this session is to support people to lead more well balanced lives. The event will take place in the Marquee at the James O'Keeffe Institute and for more information **contact Mary on 029-60633.**

Youth and Education Working Group

Spooktacular Halloween Camp

IRD Duhallow Newmarket After Schools will be running a Spooktacular Halloween Camp from **Tuesday 29th October to Friday 1st November from 9am to 1.30pm for Primary School children.** 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 information, please **contact Brigid-Ide on 029-60633** or email newmarketafterschools@irdduhallow.com.

Information Seminar for Parents of Children with Dyslexia / Dyspraxia We invite parents of children who have dyslexia or dyspraxia or also parents who might suspect that their child has either of these learning difficulties, to a free information seminar which will be facilitated by two Occupational therapists from the Stepping Ahead Clinic. This seminar will equip parents with information, strategies, supports & tools to help your children engage in school and continue their education with confidence. **Date: 11th Oct. Venue: James O'Keeffe Institute Time: 6.30pm.**

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 & 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, **contact Jacinta on 029-60633 or e-mail jacinta.carroll@irdduhallow.com**



IRD Duhallow's Raptor LIFE Project

Supported by the LIFE Financial Instrument of the European Community



Late summer is a best time to tackle Japanese knotweed, once it has flowered – usually late Aug. Sept. and into October depending on the temperatures. Frost will burn exposed foliage. This resilient plant is difficult to eradicate, but spraying at this optimum time, plus the correct amount of chemical applied, are key factors in successful eradication. The most common mistake is related to amount of chemical applied.

It is very important to read the dosage information from the label on your herbicide container and follow the instructions. Roundup is a systemic herbicide and its Bi-active or Gold are the only permitted chemical allowed near watercourses. The main advantage of this substance over the other less conventional herbicides is that it is transported deep down underground to the rhizomes. This can only be achieved with minimal chemical being applied. It is not a good idea to go over recommended dose which only results in burning above biomass and instant "shut down" of a circulation in rhizome vascular system and subsequently survival of the plant. Timing of treatment is also critical in successful eradication. Trials show that when knotweed is sprayed early in the summer it still has enough of vigour to resist chemical and survive. Spraying is most effective in September when flowers are in bloom and plant is just before its winter die-back. At this time all the nutrients from the foliage along with the chemical are transported into the rhizomes. Spraying must be followed up each year until no regrowth occurs & monitoring thereafter. **For further advice please ring 029-60633.**

SPECIAL POINTS OF INTEREST

BUSINESS AWARDS

BLUE DOT
INFO TALK

FAIR DEAL
INFO TALK

HEALTHY EATING
& LIFESTYLE EVENT

SENIORS
CONFERENCE

INSIDE THIS ISSUE

Community
Development
Working Group 1.

Enterprise
Working Group 2.

Equality Working
Group 3.

Youth &
Education
Working Group 4.

Raptor LIFE
Project 4.

Community Development Working Group

Duhallow Farming for Blue Dot Catchments - By delivering a Results Based Payments scheme to farmers who farm in an environmentally sensitive manner the Duhallow Farming for Blue Dot Catchments project aims to work with 100 farmers to protect and restore the river ecosystems of the Allow, Dalua, Owenanare & their tributaries.

The project is open for expressions of interest from those farming in the above catchments. We are particularly interested in hearing from those farming adjacent to watercourses big and small. **A public information meeting will be held at the James O'Keeffe Institute on Monday 7th of October at 7pm** for all those interested in finding out more about the project.

Information Seminar on Fair Deal Duhallow Skillnet will be hosting an information seminar on Fair Deal. The presentation will be given by Ray Dwyer Senior Executive Officer with the HSE on **Wednesday 23rd of October at 7.30pm in the James O'Keeffe Institute.** Admission is free and all are welcome. **Register on 029-60633.**

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket. Laundry can be dropped 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 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 specials are served Monday to Friday from 12.30pm until 2.00pm. Senior rate of €8.00 for main course and dessert apply. All day Menu available to the general public. We also provide a wide range of hot or cold dishes for any catering event such as Special Occasions & Functions. **For further details contact Orlaith at 029-76375.**

Duhallow REVAMP Autumn Colours The reds and dark green are back on the palettes of interior design and we have great value on sofas and suites of furniture in those warm tones, quantity limited so don't miss out! We also have great deals this month on dining and bedroom chairs, lockers and more. Our collection and delivery service is available for your convenience and there is a discount available for individuals in receipt of a social welfare payment. **Visit our showroom, opened Monday to Friday, 9am to 5.30pm.** If you have a piece of furniture in need of some attention, you can avail of our restoration and upholstery service. For more information **contact Colm at 029-60633** and visit us on Facebook: Duhallow Furniture Revamp. We gratefully accept donations of unwanted, reusable furniture & household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, etc.

The Seniors Conference - The Saoi Network will host this year's Seniors Conference on **Tuesday 12th of November in the Marquee at James O'Keeffe Institute.** The Guest speaker for this event will be Alice Taylor, and other speakers which will include Diabetes Ireland, Cork Co. Council Adaptation Grants Section, Sharon Morrissey Family Mediator & Cork Sports Partnership. Tickets are €10. **Contact 029-60633 to book your place today.**



"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"

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

Senior Alert Scheme - Personal Monitored Alarm IRD Duhallow delivers the Seniors Alert Scheme in 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 with one year's monitoring. **To apply, contact 029-60633 or email whs@irdduhallow.com**

Duhallow Arenas is currently accepting membership applications situated adjacent to the James O'Keeffe Institute, Newmarket. Become a key holder for €65 (Oct. – Dec.), which will allow full access to the arenas. **Contact Louise on 029-60633** to obtain a membership form.

Enterprise Working Group

Duhallow Business Awards 2019

IRD Duhallow is currently accepting nominations for the Duhallow Business Awards 2019.

The categories are: Best Start Up Business; Best Established Business; Best Women Led Business; Best in the Creative Industry; Best Family Run Business. Contact duhallowskillnet@irdduhallow.com / 029-60633 to get a nomination form.

Artisan Food LEADER has funding available for Artisan Food Producers to a maximum of €200,000 grant aid. **For further details or information contact Louise on 029-60633.**

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

Course	Date	Time	Cost
First Aid Responder	01/10/19	9.30am - 5.30pm (3 days)	€190
Food Photography	02/10/19	11.00am - 4.00pm (1 day)	€95
Supervisory Management	02/10/19	6.30pm - 9.30pm (10 Nights)	€350
Training Delivery & Evaluation	04/10/19	9.30am-5.30pm (4 days)	€350
The Management of Food Hygiene—Guide to HACCP	07/10/19	9.30am-5.30pm (5 days)	€500
First Aid Responder Refresher	07/10/19	9.30am-5.30pm (2 days)	€120
QQI L. 5 Healthcare Assistant	07/10/19	9.30am - 2.30pm	Free to anyone in Receipt of Social Welfare
Intermediate Excel	09/10/19	9.30am-5.30pm (1 day)	€100
How to Write a Winning Tender	15/10/19	9.30am	€125
Time Management & Productivity Using Outlook	16/10/19	9.30am—5.30pm (1 day)	€150
First Aid for Farm Families	02/11/19	10am-5.00pm	€5
Manual Handling Instructor	04/11/19	9.30am-5.30pm (5 days)	€400
Finance for Non Finance Managers	05/11/19	9.30am-5.30pm (1 day)	€140
Advanced Excel	06/11/19	9.30am-5.30pm (1 day)	€100
Frist Aid for Farm Families (at Macroom E Centre)	09/11/19	10am-5pm	€5
GDPR & Data Protection	14/11/19	9.30am-5.30pm	€80
People Management	26/11/19	9.30am-5.30pm	€150

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. If you are a Young Person with a disability (aged 15-29) who would like to be in a paying job, IRD Duhallow's Ability Programme can help you to achieve your goals by helping you to access training, Work placement 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 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."

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 please contact Jacinta on 029-60633.**

Course Name	Start Date	Time	Duration	Venue
"After the Offer" A Workshop for women preparing to return to work	01/10/19	7.00pm-9.00pm	3 Night Workshop	James O'Keeffe Inst.
ECDL Start	10/10/19	6.30pm-9.30pm	12 nights	James O'Keeffe Inst.
Stress Management Workshops	15/10/19	10.00am-4.00pm	2 Full Days	James O'Keeffe Inst.
Safety & Health at Work QQI Level 5	16/10/19	6.30pm-9.30pm	10 Nights	James O'Keeffe Inst.
Assertiveness	13/11/19	10.00am-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.

"After the Offer"- A workshop for women preparing for the return to work

These Workshops will provide women considering returning to the workforce, or who have been successful in securing a new position with an opportunity to prepare for what this new stage of their lives will bring. "After the Offer" focuses specifically on the weeks and days leading up to, and after the start of a new job, and ultimately, a new stage in an individual's life, giving participants a space to think about how they, as a whole person, may need to prepare for this new beginning, focusing on the lead up to their start-date in employment, and the immediate days/weeks preceding their start. This programme will empower participants, equipping them with a set of techniques to manage challenges and obstacles, and be mindful and acknowledging of successes on their return to work. **These workshops will take place on Tuesday 1st of October from 7.00pm-9.00pm in the James O'Keeffe Institute. For booking please contact Jacinta on 029-60633 or e-mail jacinta.carroll@irdduhallow.com.**

The Duhallow Carers Group will be organising a number of courses for **Family and Voluntary Carers** under Dormant Accounts Funding. The Venue for all these courses is the James O'Keeffe Institute, Newmarket.

Course	Date	Time	Cost
Trust Planning Workshop	2 nd Oct.	7:30pm	FREE
Autism Awareness with the Middletown Centre for Autism	5 th Oct.	9:00am	€10
Understanding Dementia	9 th Oct.	6:00pm-9:30pm	€5
Insights into Dementia (Delivered by the Alzheimers Society of Ireland)	4 th Nov.	7pm – 9pm (6 Weeks)	€10
Patient Moving and Handling	9 th Nov.	9.30am – 5.30pm	€10

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

ALCOHOLICS ANONYMOUS - Closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday Morning at 11.30am and Thursday at 8.30pm.

AI ANON If you're affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Thursday night at 8.30pm or to the Health Centre in Millstreet on Sunday nights 7.30pm summertime and 6.30pm wintertime as per time change.

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*