

IRD Duhallow

SPECIAL POINTS OF INTEREST:

Tel: 029-60633

SEPTEMBER 2019

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TRAINING COURSES

Community Development Working Group

Welcome to our new Board Members; Padraic O'Connell, Bord Gais; Tom O'Riordan, North Eastern Duhallow; John Lyons, Mid Cork; Margaret Mc Sweeney, Mid Cork; Cllr. Ian Doyle, North West Cork; Cllr. Martin Coughlan, Mid Cork and Cllr. Fionnain Fitzgerald, Kerry Co. Council who were appointed at our AGM. Copies of our Progress Report available at Community Centres or contact 029-60633.

INFORMATION TALK ON ADDICTIONS

IRD Duhallow recognises the importance of participation of all town residents in decision making which will inform development plans for the coming years. IRD Duhallow is committed to working in partnership with residents to ensure that the diverse needs of existing and future households are highlighted and met. IRD Duhallow wishes to assist in the development of support work plans, in partnership with residents which will ensure that their voices and opinions are heard and recorded. A series of community meetings will be held to consult with people on issues which may affect them with a view to assisting in the development projects where sources of funding become available.

IRD Duhallow's Community Development Working Group would like to invite the residents of the following housing estates to community planning meetings:

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Cill Ard, Paddy Guiney Terrace, Murphy's Place & Barry's Place, Newmarket	11th Sept. in the James O'Keeffe Inst. @ 8pm
O'Callaghan Park, Kanturk	Date to be confirmed
St. Theresa's Place, Kanturk	Date to be confirmed
Murphy's Terrace, Millstreet	18th Sept. in the Wallis Arms @ 8pm

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 We have great deals on sofas, tables and chairs, lockers and more. 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 & upholstery service. **For details contact Colm O'Connor 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**

Newmarket Pitch & Putt is a newly renovated 18 Hole Course on the scenic surrounds of the James O' Keeffe Institute, making it more challenging and interesting for families, groups & single players alike. It guarantees a thoroughly enjoyable experience for young & old. Whether you are a novice to the sport, or an experienced player Newmarket is always delighted to welcome new members. Membership is due for renewal 1st March each year. The club prides itself on being a friendly club with a vibrant community of players. The calendar year is full of tournaments and competitions to keep players sharp. **Call us on 087 3733181**, Search for us on Facebook or visit www.pitchandputtnewmarket.ie for more information. Membership and green fees can be purchased on our website.

Trail Walks Come and join us for our September trail walks, with refreshments afterwards. **4th Sept.** Island Wood, **11th Sept.** Mullaghereik, **18th Sept.** Shrone, **25th Sept.** Mt Hillary & **2nd Oct.** Clara Loop. Starting at 6.30pm. **Register on 029- 60633.**

Cork Sports Partnership is running a training programme in IRD Duhallow on **Safeguarding I – Code of Ethics & Child Protection**: Date: 25th September 2019; Time: 6.30pm – 9.30pm. To book this course please contact Cork Sports Partnership on 021 4347096 info@corksports.ie

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.**

Enterprise Working Group

Start Your Own Business Training Learn the fundamentals of starting your own business with our LEADER funded Start Your Own Business Course. The Course goes through all you need to know to get your business up and running. **Commences:** 24th September **Time:** 6.30pm – 9.30pm. **Duration:** 6 Evenings. **Register on 029-60633.**

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	Venue	Cost
Process Led Art	07/09/19	11am	James O'Keeffe Inst	€25
Sugar Craft	09/09/19	7.00pm (1 evening)	James O'Keeffe Inst.	€100
Boom Sprayer	24/09/19	9.30am - 5.30pm (2 days)	James O'Keeffe Inst	€120
Social Media for Business	25/09/19	7.00pm - 9.00pm (4 Weeks)	James O'Keeffe Inst.	€125
Employment Law	26/09/19	9.30am - 4.30pm (1 day)	James O'Keeffe Inst.	€150
First Aid Responder	01/10/19	9.30am - 5.30pm (3 days)	James O'Keeffe Inst.	€190
Food Photography	02/10/19	11.00am - 4.00pm (1 day)	James O'Keeffe Inst.	€95
Supervisory Management	02/10/19	6.30pm - 6.30pm (10 Nights)	James O'Keeffe Inst.	€350
Heath Care QQI Level 5	07/10/19	9.30am - 2.30pm	James O'Keeffe Inst.	Free to anyone receiving Social Welfare

An Information Evening regarding the **Healthcare QQI Level 5 Training** will take place on **4th September** at 8.00pm in the James O'Keeffe Institute. This course qualifies successful graduates to be home helps or care assistants and will commence on 7th October and run until April 2020 from Monday to Thursday form 9.30am to 2.30pm. The Course is 100% funded by the Skillnet EAP so there is no charge to the trainee. It is open to anyone in receipt of a welfare payment.

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."

Towards Personal Occupation Programme

Are you out of work for a long period of time and looking for direction? Would you like to boost your confidence and self-esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? Are you feeling isolated? Would you like to bring about positive change in your life? If you answered **YES** to any of the above questions than maybe the Towards Personal Occupation Programme is for you. The programme provides a combination of flexible one to one support, guidance and training to people. Part time training includes horticulture, sewing/upholstery, personal development etc. **If you are interesting learning more or in joining the programme please contact Triona on 029-60633.**

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
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.
"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.

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.

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
Yoga for Carers	05/09/19	7.00pm-8.00pm (8 Weeks)	€5
Care of the Older Person (QQI L5)	17/05/19	6.30pm-9.30pm (10 Tues.)	€10
Managing Challenging Behaviour	28/09/19	9am-1pm	€10
Trust Planning Workshop	02/10/19	7.30pm	Free
Autism Awareness with Middletown Centre for Autism	05/10/19	9.00am	€10
Understanding Dementia	09/10/19	6.00pm—9.30pm	€5

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

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 19th of September** 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.

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](tel:087-1179990).** "A Journey of a thousand miles begins with a single step" - Confucius

Have you ever tossed and turned in the bed – not able to sleep because you are so worried about a family member or a friend and their substance misuse, their drinking or their gambling?

Are you ever concerned about the effects of addiction/misuse on the family?

Do you ever wonder what services are available to help family members and friends?

If so, perhaps you would like to attend an information session facilitated by Dolores Tiernan, CEO, Talbot Grove. With many years of experience in the area of addiction Dolores will speak in relation to all of the above concerns.

This SICAP funded event, which is aimed at supporting families or anyone impacted by addiction, will take place in **Tureencahill Community Centre, on Tuesday the 17th of September at 10.00 a.m. To register your interest please contact Nollaig on 029-60633.**

Citizens Information Centre The weekly clinic at Strand Street (next to Alley Bar) Kanturk is open from 10am to 12.30pm each Thursday. Where you can access accurate information relating to your rights and entitlements.

Friday Night Social Dancing in Kilbrin Social Club from 9pm-11.30pm. Contact John Joe Herlihy at 087 -9735113.

Employment and Training Working Group



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 on Wednesday 25th of September** in the James O' Keeffe Institute, Newmarket. For more details on this Free Course or to book your place, please **contact Mary on 029-60633.**



IRD Duhallow is delivering an **Improvers Computer course** with the aim of getting users more used to using the Internet and their computer. This course will include: Internet security, Using the Internet, Government Online services, Online shopping, Using your email and File Management. This course will take place one morning per week for five weeks from 10a.m. to 12noon in the James O' Keeffe Institute commencing on **Monday 9th of September.** **If you interested in participating please contact Mary on 029-60633.**

Care Skills QQI Level 5 Component Module IRD Duhallow is seeking to determine interest in running a QQI level 5 Care Skills Module. The purpose of this award is to equip the learner with the knowledge, skill and competence to care for clients in a safe and hygienic environment. This course is due to commence on **26th September, one night per week for ten weeks from 6.30p.m. to 9. 30p.m.** If you are interested or would like more information, **please contact Mary on 029-60633.**

IRD Duhallow is delivering a **Basic Sign Language** training course. It will commence on **26th September** and will take place over one session per week for eight weeks from 7p.m. to 9p.m. This course is subject to demand. The classes will cover such topics as: *Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc.* The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. **If you are interested in participating or require further information, please contact Mary on 029-60633.**

IRD Duhallow is delivering a six-week **Introductory Millinery Course.** Participants will look at the following: Basic Millinery techniques, such as working with sinamay one of the main fabrics used in Millinery. Working through the millinery process of design, blocking, stiffening, covering, trimming and adding embellishments to create your piece. Creating bases for the chosen hat/fascinators and working with Millinery wire. How to manipulate feathers and mounting pieces on a comb, headband or base with elastic and much more. Dates and times are to be confirmed. **Please note places are limited and if you are interested in taking part please contact Mary on 029-60633.**

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 **contact Jacinta on 029-60633 or e-mail Jacinta.carroll@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. This seminar is being facilitated by two Occupational therapists from the Stepping Ahead Clinic. This information night intends to equip the parents with information, strategies, supports and tools to help your children engage in school and continue their education with confidence. **Date:** 11th October 2019; **Venue:** James O'Keeffe Institute **Time:** 6.30pm; Admission Free.