

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

**SPECIAL POINTS OF INTEREST**

**AGRI SEMINAR**

**BUSINESS AWARDS**

**MULTICULTURAL CHRISTMAS EVENTS**

**TRAINING COURSES**

**Community Development Working Group**



**Interactive Morning with practical information on Healthy Eating, Mindfulness and raising healthy eating habits for families**



**On Thursday 7<sup>th</sup> of November 10a.m. to 1p.m. in the James O' Keffe Institute**  
 Caroline O' Connor, registered paediatric dietician, mum of four and founder and owner of Solid Start will take you through from your baby's first bite to the challenges of feeding toddlers.

Alison Burnard is a Psychotherapist, Meditation and Mindfulness facilitator will speak on Mindfulness and Health - How the ability to access stillness is crucial in the modern world. Helen Harvey, registered dietician who is passionate about helping mum's find the best, easiest ways to feed their family will speak on 'Childhood Nutrition - Separating fact from fiction. Nutrition labels, expert opinions and even the next door neighbour?! Nutrition advice is everywhere. As a busy parent how do we know what our child really needs to eat? Join Helen Harvey, registered dietician to get the evidence based facts on childhood nutrition.'

Donna Westley, HSE Community Dietician will help us look at the role of a community dietician and also will provide great advice on creating quick and healthy meals for adults.

**This will be an interactive morning and is FREE so please register your interest in attending by contacting Mary 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 ..... Winter 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 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.

**INSIDE THIS ISSUE**

Community Development Working Group	1.
Enterprise Working Group	2.
Equality Working Group	3.
Youth & Education Working Group	4.
Employment & Training Working Group	4.
Raptor LIFE Project	4.

**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 21<sup>st</sup> of November** 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](mailto:edaly@shine.ie).

**Embracing Duhallow as a Multicultural Area at Christmas Time:**

IRD Duhallow's Equality Working Group is hosting two Multi-Cultural Christmas Community Events in Kanturk and Rathmore in early December with dates to be confirmed.

Each child will have the opportunity to meet Santa and Mrs Claus and have their photograph taken.

The events are completely free of charge and everybody is welcome to come along. Refreshments will be served.

As places are limited, booking is essential. **Please contact Nollaig on 029-60633 to register your family's details.**

**Youth and Education Working Group**

**IRD Duhallow Afterschool Service** operates from 2pm to 6pm for any primary school children in Duhallow. However, the service offers transport only from Newmarket Boys and Girls National school. A warm nutritious home cooked dinner is provided along with homework support daily. Please note IRD Duhallow offers a tiered pricing system allowing families in receipt of a social welfare payment or medical card to receive a reduction in price. Parents also have the flexibility of sending their children for the whole week or a daily as they wish. **For further details contact Brigid-Ide on 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

**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](mailto:jacinta.carroll@irdduhallow.com)**

**Employment and Training Working Group**

**Would you or someone you know be interested in joining IRD Duhallow's Tús or RSS Schemes**  
 The Tús Community work placement Initiative is a community work placement programme providing short-term working opportunities for unemployed people. Tús aims to break the cycle of unemployment and to prepare each person for a return to the labour market.

**The self-referral eligibility criteria for Tús:**

A person needs to be on Jobseekers Allowance payment for at least 12 months

You are now considered eligible if you had a break of up to but not exceeding 30 days in the Jobseekers Allowance record in the last 12 months

**For the RSS, a person needs to be;**

On Farm Assist OR In receipt of a means tested social welfare payment

and Be actively farming or Have access to an active herd number (Partner/Spouse, father/mother, brother/sister, provided this number is not being used by another RSS participant).

A Class A stamp will be paid for the RSS Participant.

**If you or someone you know is interested in joining these schemes, please contact Sheila on 029-60633.**



**IRD Duhallow's Raptor LIFE Project**

**Supported by the LIFE Financial Instrument of the European Community**



**Work Progress**

The end of the fieldwork season is approaching fast and it was an intense one! Apart from removal of invasive species along our roads and rivers we have also conducted lots of monitoring. We have good news with an excellent year for hen harriers which fledged at least 13 chicks in the Mullaghareirk Mountains this year, the best year since 2016. The quality of rivers is improving too which was confirmed by monitoring of macroinvertebrates (small underwater creatures) and sediment. The first ever electrofishing survey for lamprey in the region revealed good numbers of this protected fish species.

**End of Project Conference**

Our RaptorLIFE project is coming to an end and therefore we are concluding our achievements with the End of LIFE Conference which will take place on the **8<sup>th</sup> November** in James O'Keeffe Institute in Newmarket. The conference will focus on the themes of Farming & Biodiversity. There will be many interesting speakers on the day, coupled with launch of a book, Duhallow: A Living Landscape for Farming & Wildlife, created by RaptorLIFE in conjunction with Canadian anthropologist Dr Jodie Asselin. Booking is essential as number of places is limited. To book your place go into our website <https://www.irdduhallow.com/events/raptor-life-end-of-project-conference/> or contact us on 029-60633.



**"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, Carers 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](mailto: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](mailto:whs@irdduhallow.com)

**Duhallow Arenas** is currently accepting membership applications situated adjacent to the James O'Keeffe Institute, Newmarket. Become a key holder for €50 (Nov. – Dec.), which will allow full access to the arenas. **Contact Louise on 029-60633** to obtain a membership form.

### 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!!! **For further information please contact Louise on 029-60633 or email [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

#### Agri Seminar

'**IRD & AIB Supporting Sustainable Agri Business**' – IRD Duhallow and AIB will be hosting a seminar on **Monday 11<sup>th</sup> of November** at 7.30pm in the James O'Keeffe Institute, Newmarket on farm topics including TAMs, Partnerships and Succession featuring speakers from FDC and Teagasc. Register on 029-60633 or on the IRD Duhallow Website.

#### Duhallow Business Awards 2019

The Duhallow Business Awards will take place on **Thursday 14<sup>th</sup> of November in the James O'Keeffe Institute, Newmarket**. The awards act as a great networking opportunity to meet other Duhallow entrepreneurs. Tickets for the Gala Banquet are €40 and can be purchased online on [www.irdduhallow.com/upcoming-events/](http://www.irdduhallow.com/upcoming-events/)

**Duhallow Skillnet** is taking enrolments for the following training courses which will be held in the James O'Keeffe Institute, to express an interest contact 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

Course	Date	Time	Cost
First Aid for Farm Families	02/11/19	10am-5pm	€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
First 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

Expressions of interest are being taken for a **Reception Skills training programme**. The course would run from 9.30am - 2.30pm in the James O'Keeffe Institute commencing in December. It would be free for those in receipt of a welfare payment or homemakers. **For further details contact 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

IRD Duhallow is currently accepting expressions of interest for a **Level 6 Major Award in Health Services Supervisory Management** which would run at night time in the James O'Keeffe Institute, commencing in January 2020. **For further details contact 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@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. 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, cookery, work preparation training, social and personal development, dramatherapy, art & craft therapy, assistance in gaining work experience and voluntary placements and 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
CV Preparation & Interview Skills	01/11/2019	10am-3.00pm	5 Full Days	James O'Keeffe Inst.
Assertiveness	13/11/2019	10.00am-4.00pm	1 Full Day	James O'Keeffe Inst.
Stress Management Workshops	Date in Nov TBC	10.00am-4.00pm	2 Full Days	James O'Keeffe Inst.
Styling for an Interview	19/11/2019	10.00am-4.00pm	1 Day	James O'Keeffe Inst.

**Assertiveness Workshops** — The aim of this workshop is to help women to build their confidence as well as enhancing their communication skills in their personal and working life. Assertiveness is a communication tool. Being assertive means being able to stand up for your own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting 'wrong'.

This workshop will help women to: Learn to be Assertive; Build your self-confidence and improve your ability to deal with others; Develop effective communication skills; Manage emotions & conflict; Deal with criticism; Learn confrontational skills; Enforce positive thinking.

**For further information and booking please contact Jacinta on 029-60633 or e-mail [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com)**

*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

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. If you are a **family carer** and are interested in participating in any of the following courses **please contact Helen at 029-60633.**

Course	Date	Time
Patient Moving and Handling	9 <sup>th</sup> November	9.30am – 5.00pm
Supporting Children Through Loss & Grief.	21st November	6.30pm - 9.30pm
Palliative Care - QQI Level 5 Award	3rd, 10th, 17th Dec. 14th, 21st, 28th Jan. & 4th, 11th, 18th, 25th Feb.	6.30pm—9.30pm
Intellectual Disability Studies	11th Feb.—14th April (10 Evenings)	6.30pm—9.30pm

**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 and also in the Pearse Memorial Hall, Boherbue every Wednesday 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