

## 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 on the following dates:

Thursday 5th December 6.30pm –7.30pm in the Trade Union Hall, Kanturk  
 &

Tuesday 10th December 6.30pm-7.30pm in Teach Íosagáin Rathmore

This is a wonderful opportunity to meet Santa and Mrs Claus, have a souvenir photograph taken and enjoy some festive refreshments. The events are completely free of charge, however booking is essential due to limited availability. Please contact Nollaig on 029-60633 to make a booking. **Please contact Nollaig on 029-60633 to register your family's details.**



IRD Duhallow  
 Wielokulturowe święta  
 odbędą się w Czwartek piątego Grudnia 6.30 -7.30 w Trade Union Hall Kanturk  
 oraz  
 Wtorek Dziesiątego Grudnia 6.30 – 7.30 w Teach Íosagáin Rathmore

To wspaniała okazja na spotkanie świętego Mikołaja i Pani Mikołajowej! Oczywiście będą też prezenty, pamiątkowe zdjęcia i poczęstunek.  
 Wstęp wolny. Ilość miejsc jest ograniczona więc wymagamy rezerwacji pod numerem 029-60633 (Nollaig lub Tomasz)



## 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**

## 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.**

## Agriculture Working Group

### Duhallow Farming for Blue Dot Catchments EIP

This project will deliver a **Results Based Payment Scheme** to those who farm in an environmentally sensitive manner in the catchments of the **Rivers Allow, Dalua and Owenanare**. For the past number of months, the project has been open to expressions of interest from those farming in the above catchments. Thank you to all those who have already expressed an interest; the project team have commenced the evaluation process and will be in contact over to arrange a farm visit over the coming weeks. Due to the exceptional degree of interest we will soon close the first call. Please contact IRD Duhallow to submit an expression of interest form by the closing date of **December 8<sup>th</sup> 2019**.

*Beannachtaí na Nollag agus  
 Athbhliain faoi mhaise*

*IRD Duhallow Offices will re-open at 9.00am on Tuesday 7th January 2020.*

## SPECIAL POINTS OF INTEREST

### MULTICULTURAL CHRISTMAS EVENTS

### BLUE DOT CATCHMENT EIP

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## Community Development Working Group

### IRD Duhallow is Celebrating 30 years in Business

On the 19<sup>th</sup> November, 1988 a group of Duhallow Businessmen that all shared a passion for Salmon Angling on the Blackwater were brought together by Jerry Sheehan (Avonmore) and the late John Ronan of Ronan Daly Jermyn Solrs. In order to tackle the obvious economic decline affecting both farming and businesses and leading to the out migration of the regions young people. They believed that if the natural resources of the region could be developed that activity tourism would bring people back. Hence IRD Duhallow was established with Jerry Sheehan as Chairman, Tim Lucey, Solr; Conor O Flynn; Michael Twohig, Frank Healy, Ducon (RIP), Vincent McSweeney (RIP). These founding fathers went to the local cooperatives to raise funds to establish the company and start a Bottom-Up approach to Rural Development. Their promise was that for every one pound raised IRD Duhallow would lever in three pounds in European and Irish Government Funding. Successive Boards have taken those early ambitions and adapted and changed according the demands of the particular time. In fact, IRD Duhallow has levered over €60m into the region, created over 1,600 jobs, supported over 1,180 businesses and provided over 10,000 training places locally. We have established and supported over 190 community groups, hosted over 400 unemployed on job placements and insulated over 3,900 homes. In addition, we implemented a strategy which, saw 7 Community Crèches established, which now employ up to 400 people locally; Established a Rural Meals Service which, delivers over 38,000 meals to the elderly a year, provides hot school lunches and employs 40 people. A furniture Revamp Serviced has been established and a Community Laundry and Community Garden. We are the only Local Development Company to have implemented a Life Programme and are now completing our second one. Our most recent service to the community is to produce Discover Duhallow, a fee magazine Discover Duhallow, which sees over 5,000 copies produced and delivered through shops and local businesses. Almost 150 volunteers have served on the Board over the 30 years with over 5,000 serving on subcommittees, working groups and other community structures affiliated to IRD Duhallow. We employ 50 core staff and have a further 100 on our payroll. Let the year of celebration success begin in every community throughout Duhallow because each one has so much done to be really proud of. Our Strategic focus remains constant: to be a Vehicle promoting Prosperity, Self Help and Quality of Life in Duhallow.

**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. Selection of Christmas Puddings, Christmas Cakes and other Yuletide favourites available to order. Christmas Themed Afternoon Tea €12pp served 2.30pm to 6pm. Pre-booking required. **For further details contact Orlaith at 029-76375.**



"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"

### Duhallow REVAMP ...Christmas specials!

We would like to wish all our customers and friends a very HAPPY AND PEACEFUL CHRISTMAS and in case you need those extra bits for the house before it all begins, 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 in receipt of a social welfare payment. Visit our showroom at IRD Duhallow, opened Monday to Friday, 9am to 5.30pm. 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 contact Colm at 029-60633 and visit us on Facebook: Duhallow Furniture Revamp or email us at [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com). We greatly accept donations of unwanted, reusable furniture and household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving, curtains and fabric, etc.

**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.**

### 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, which will allow full access to the arenas. **Contact Louise on 029-60633** to obtain a membership form.



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



### End of project conference

The RaptorLIFE End of Project Conference held on the 8<sup>th</sup> November at the James O'Keeffe Institute was a huge success. This was due to the very interesting speakers, the staff of IRD Duhallow for making it run so smoothly, Duhallow Community Food Service for the excellent catering, but more so to the farmers who spoke at the Conference. The conference focused on farming, biodiversity, raptors and the successes/achievements of the RaptorLIFE project. The launch of the book, 'Duhallow: A Living Landscape for Farming & Wildlife', co-written by RaptorLIFE's Dr Allan Mee in conjunction with Canadian anthropologist Dr Jodie Asselin, was very well received, with great praise for it from all the attendees.

### 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)**

IRD Duhallow is accepting expressions of interest for a **QQI 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."

### Broadening Your Horizons

#### Calling all Under 24's in Duhallow!

**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)**

### Communicating Europe Initiative

The Department of Foreign Affairs and Trade funded **Communicating Europe Initiative** aims to build public understanding and knowledge about Ireland's EU membership. Ireland has seen many benefits since joining the EU in 1973. One of these being the European Social Fund (ESF), which is the European Union's main financial instrument for helping people seeking employment through investment in education, skills and employment support. For the period 2014-2020, ESF investments within Ireland have been delivered through the Programme for Employability, Inclusion and Learning (PEIL).

Over the last number of years, IRD Duhallow has been successful in receiving funding for initiatives are co-funded by the European Social Fund. These include the Social Inclusion Community Activation Fund (SICAP) which promotes social inclusion among Local Community Groups and Individuals. Gender Equality-Women Returning to the Workforce which aims to support the social development of women and aid their return to the workforce.

The Youth Employment Initiative which supports Young People in Duhallow to access training and employment opportunities and the Ability Programme, which targets young people with a disability (aged 15-29) to develop socially and to improve their employment prospects through a range of person centred supports. For further information on any of the above programmes please visit [www.irdduhallow.com](http://www.irdduhallow.com) and <https://www.esf.ie/en/>.

### 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 or Helena at 029-60633.**

Course	Date	Time
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